

# VOLUNTEER VIEWS

THE NEWSLETTER FOR AGE UK SUNDERLAND VOLUNTEERS  
AUGUST - OCTOBER 2018

The 2018 Volunteer Celebration and Long Service Awards took place recently at the Marriot Hotel in Sunderland. This is an annual opportunity to thank everyone for their hard work and commitment.

The event was very well attended and a great success. As well as the formal long service presentations, audience members were thoroughly entertained and brilliantly baffled by Magician Graeme Shaw and there was an equally magical performance from the Arco String Quartet playing music from Bach to the Beatles.

Each year all of our volunteers are invited to nominate the person they believe should be named Volunteer of the Year because of their outstanding service. In total 21 volunteers were nominated this year, a massive congratulations to the following nominees: Marion Sleeman, Pauline Taylor, Irene Blackall, Margaret Ferguson, Sandra Leeson, Molly Lawton, Gary Milburn, Michael Armstrong, Paddy McConville, Pauline Smith, Dorothy Smithson, Pauline Gray, Raymond Davison, Valerie Wyberg, Alex Ferguson, Edith Roxby, Moira Marshall, Annette Chicken, Jenny Hendry, Liz Hiles and Ann McConnell.

This year's winner Dorothy Smithson has been an Age UK Sunderland volunteer for eighteen years helping to run a long standing lunch club in Hetton le Hole, she has also worked on the telephone befriending service and is a stalwart at the *Queen of Eventide* which is the opening event of the historic annual *Houghton Feast* celebrations.



Dorothy Smithson being awarded by the Mayor of Sunderland, Councillor Lynda Scanlan and her Consort Mr Micky Horswill and Age UK Sunderland Director Tracy Buck (far left)



## SPOTLIGHT ON WASHINGTON


In this edition of Volunteer Views we look at some of the great work our volunteers are doing in the Washington area. There are scores of active volunteers in the area working on Befriending, Friends & Neighbours Sunderland (FaNS), Digital Champions and in our Lunch Clubs at Branspeth Road Oxclose, Peacehaven Court Usworth and Lambton Village centre. In this edition we go through the doors of the Lambton Lunch Club and meet the volunteers there.


### VOLUNTEER VIEWS QUIZ


Thank you to everyone who said that they enjoyed the music quiz in the last edition and special thanks to volunteer Michael Winter for putting it together for us. In this issue we ask you to name the locally born celebrities!

- 1) Veterinary surgeon who wrote a series of books about his often comical experiences ?
- 2) 'Little' stand up comic with a big reputation?
- 3) Chief news reporter not afraid of the worlds most dangerous war zones?
- 4) Football manager who spent nearly 50 years in Liverpool?
- 5) Comic actor from music hall, variety, and film with a famous 'rubber-neck' dance routine?
- 6) Singer / songwriter with a 'glam art rock' band and world famous reputation?

*How did you do? Answers on reverse.*

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# SPOTLIGHT ON WASHINGTON



## A Visit to Lambton Lunch Club

By Barry Hall (Volunteer Coordinator)

I arrived at Lambton Village on what was apparently the hottest July day of the year so far, so the shaded main room of the small community hall was a welcome relief from the heat outside. The club had already started and the air was filled with the click of dominoes and happy chatter.



The Lambton club is run on Tuesday's and Friday's by a team of four volunteers led by Ray Turnbull (left). Ray explained that he and fellow volunteer John Grant usually arrive at around 9am and begin to set out the room for the mornings activities. Ray has been a volunteer for many years and has led the group for the last four. Ray said that the leaders role

involves supervising, maintaining a weekly register and some basic bookkeeping as service users pay a nominal fee for the club. Both Ray and John have also completed a food hygiene course, as they serve the lunches when they arrive in from the Bradbury Centre. "The great thing is that up to 17 older people get out the house, meet their friends to socialize and have a hot meal. It's providing this service that gives me a sense of satisfaction." explained Ray.

You would have to go a long way to find someone more intrepid than John Grant (right) John has been a volunteer for about 5 years and as well as his role in the Lambton Lunch Club is also befriender to an older gentleman in the Pavilion care home in Fencehouses.



After joining the army at 16 John got a taste for adventure and over the years has climbed Kilimanjaro, Everest Base Camp, Ben Nevis and Scarfell Pike, as well as canoeing across the English Channel, skiing in the Alps and completing the London and Glasgow marathons and fifteen Great North Runs - and for good measure he recently did a parachute jump from a plane at 10,000 feet. You would think after all of this John might find volunteering in a lunch club a bit tame, but not a bit of it! His enthusiasm for his volunteering is infectious as he explains "I find it enjoyable. Making people happy and the sense of being able to help people, arrange activities and so on, we do our best to look after them when they are here"

On a table next to the stairs a small group of people were concentrating intensely, this was a game of dominoes playing out and at the helm volunteer David Barraclough was keeping the



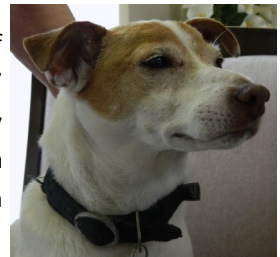
action flowing. David (left) has been volunteering for about 3 years in total. When he arrives in the morning his first task is to meet and greet the clients and ensure that everyone has refreshments and is settled, his happy and engaging manner mean you cant fail to feel welcome and of course his skills as a domino player also means he is in

demand. David explains " I like to meet people and I enjoy the tasks. I feel I am making a difference and that's why I really enjoy it". I'm reliably informed that David is also a very good singer and there were plenty people singing his praises on the day.

The volunteers also organise a club trip out twice a year, most recently to the coast and out to lunch.

The fourth member of the volunteering team Margaret Hope was not there this day but also plays an important part in keeping this a happy and lively club.

Finally I cannot end without a word of praise for visitor and 'co-opted volunteer' Bertie the Jack Russell. On this hot July day Bertie's Zen-like disposition puts him the category of coolest dude in Washington!



We are currently looking to add to our team of volunteers with more great people like you! If you have family members and friends who have been thinking about volunteering let them know about the difference an hour or two of their time can make to the lives of our older residents. We need help with the following services.

- Keeping in Touch Befriending Service
- Friends & Neighbours Sunderland (FaNS)
- Living Well and Beyond Cancer programme
- Social Focus
- Supporting I.T. courses
- Dial-a-Driver
- In all areas of Sunderland

For further information about these projects visit the Age UK Sunderland website [www.ageuk.org.uk/sunderland](http://www.ageuk.org.uk/sunderland) or contact the Volunteer Coordinator on

**0191 5141131**