

BULLETIN *EXTRA* 8

FEB '15

DIRECT FROM THE SECRETARY'S FILING TRAY

Dear All,

A few things are currently here in my filing tray which I think may be of interest to you. So this week I've taken it upon myself to issue a "**Bulletin *Extra***" to accompany Fr.'s weekly bulletin.

The Silver Line

You may have heard about this excellent free confidential helpline for older people which was started by Esther Rantzen OBE in 2013. The helpline exists to provide information, friendship and advice for people in later life and is the only helpline that is open 24 hours a day, every day of the year.

At the back of the church you will find a few leaflets, newsletters and Silver Line Number Cards which you may like to take. There is also information in the leaflets etc on how to become involved as a volunteer if you would like to help older people. It is also useful to know about this organisation so that we can pass on knowledge of its existence to others. Please help yourself.

Community Stores Equipment

Do you have equipment supplied by the NHS that you no longer need and can't seem to pin down how to return it? Items like: over bed tables; chair risers; raised toilet seats; hoists etc. Well I have now obtained a number within Betsi Cadwaladar Trust which we can ring to request free collection. It doesn't matter how long you have had the equipment or if the person it was provided for is now deceased and perhaps has been for some time. The Trust is just grateful to have the equipment back so that they can loan it out to someone else. The number is 01244 527100.

Wheelchairs and Walking Sticks

For a number of years now we have had 2 wheelchairs on the premises in Llay. One can be found in the entrance porch the other in the small hall. We have also inherited 2 walking sticks in the last 18 months. We would be grateful if anyone who knows anything about them could contact the office. If they don't belong to anyone we could donate them to the Red Cross who bring them up to standard and lend them out to people on a short term basis. I know that when Don injured his leg some time ago, we were very grateful for the loan of a wheelchair until he could walk again unaided. But we don't want to do this if these items belong to someone or if they have been specifically donated to the parish. So please get in touch either by email on office@llayrossettparish.org.uk or telephone 01978 852297. I am in the office Tuesdays and Thursdays.

Nightingale House 20th Birthday June 2015

Incredible though it may seem, Nightingale House is 20 years old this year. There are many of us who are familiar with the work of the Hospice and how dear it has become to many people. Most of us know of someone who has been a patient there; a volunteer; a member of staff; fund-raised etc. and I think it goes without saying that it is very much a part of our community now. We cannot imagine not having this wonderful provision amongst us.

To celebrate this milestone, Nightingale House have invited the community, parishes, workplaces, schools etc to hold a 20th Birthday Party in June or other convenient time and to raise funds to keep the hospice running. It now costs £7500 per day to run.

Personally, I think it would be a good idea for our parish to hold such an event. It would be a great social occasion for us and we would be raising funds for our wider community. If you think this is a good idea and would like to help organise please contact me and we can meet up to thrash out a few ideas and come up with a plan.

University of the Third Age

Don't worry, I'm not promoting a New Age movement – you don't need to wear sandals, eat lentils or have your nose pierced – unless you want to of course.

Neither am I suggesting you dust off the text books and refill the ink pen. Rather I wish to bring to your attention the existence of this great international organisation here in Wrexham.

The University of the Third Age provides opportunities for older people who are no longer in full time employment, to meet like-minded individuals to expand knowledge, share interest and to acquire new skills. Although called a university, no academic qualifications are required or awarded. Members with a lifetime of experience, expertise, hobbies or knowledge are encouraged to form study or interest groups leading to new friendships and new experience.

In October 2005 a steering group of 7 individuals was set up and the first public meeting was held in Capel y Groes on 21 Feb 2006 when local historian Alister Williams gave a talk on Acton Hall. The venue was full to capacity when over 100 people attended; thus Wrexham U3A was born. Currently there are over 400 members and 35 interest groups. Monthly speaker meetings are held at Glyndwr University of the 3rd Tuesday of each month.

Membership runs from 1st May to 30 April and costs £15 for the full year. After 1 January reduced fees apply £9

The interest groups are varied e.g. Book groups; reading group; local history; badminton; Fun with Flowers; Digital Photography; Theatre Group; Sewing; Textiles; Garden; Scrabble; Music Appreciation; IT group; Antiques & Collectibles; walking; archaeology; Family History to name just a few.

Looking at the website there seems to be a lot going on and hence to choose from – I think it's worth having a browse, you never know, this may be the start of something completely new for you.

It seems they also have a vibrant social side too with pleasure trips to venues in the UK and abroad; theatre and restaurants etc etc. There are a few newsletters at the back of church which you can thumb through to give you more of an idea and there are also some application forms. Please feel free to take whatever you need.

I've now reached the bottom of the in-tray. Many thanks for reading my jottings and I hope you found something of interest.

Best wishes

Geraldine