

# NETWORK

## The Newsletter of Whitton Network

Registered Charity no 1117627

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Christmas 2019

### *Christmas message from our Chairman*

Christmas is a very special time of the year and I would like to wish all our clients and volunteers a **VERY MERRY CHRISTMAS AND A VERY HAPPY AND HEALTHY 2020.**

I would also like to say a very big thank you to all our volunteers; without their support Whitton Network would not be able to continue.

On behalf of everyone at Whitton Network a special "THANK YOU" to our main funders: the LONDON BOROUGH OF RICHMOND UPON THAMES and the HAMPTON FUND, as well as our clients and friends for their many generous donations throughout the year.



- Hugh Patterson  
Chairman

### VOLUNTEER NEWS

We would like to take this opportunity to welcome Linda McHugh, Peter Ede and Joan Hogan who have recently joined as volunteers.

### CHRISTMAS AND NEW YEAR OFFICE CLOSURE

The office will close at 12.00 noon on Friday 20th December and re-open on Thursday 2nd January.

If you need essential transport or help during this period, it may be possible to arrange this, but we do need at least a week's notice before the office closes.

### WHAT DO YOU THINK OF OUR SERVICES?

We are always looking at ways to improve our services to our clients and we have enclosed a short questionnaire that we hope you will fill in and return.

### GARDEN PROJECT 2020

Whitton Network will still be running this service in 2020. Clients who are already on the Garden Project or on the waiting list will need to apply for 2020 by ticking the "YES" box and filling in your contact details on the questionnaire enclosed in our Christmas Mail Out envelope.



### WINTER HEALTH

The Colds and Flu Season is upon us and we are very grateful to Poonam Agarwal, from Boots Pharmacy, for her information sheet, included with this Newsletter, on their prevention and treatment.

## WHITTON COMMUNITY CENTRE IS OPEN TO ALL

The Community Centre on Percy Road holds activities seven days a week – and everyone can get involved! Friendly art, dance, yoga and social groups take place several times a week with SilverFit's exercise groups on Wednesday and Friday afternoons and the popular Weigh In Work Out classes on Tuesdays and Wednesdays.

Although membership is now only £5 for twelve months, you can pay the modest price for many activities week-by-week. The members' Social Club opens in the evening and on Sunday afternoons for drinks with friends.

The H22, 110 and 481 bus stop at 'Whitton Health and Social Care Centre' is nearby.

Call 020 8894 4452 or see the website [www.whittoncommunity.org](http://www.whittoncommunity.org) for more details.

## WINTER DAYS by P.D. Watson

When winter comes and the dark days are long

I can no longer hear the birds sing,

I cannot hear their song

They have taken wing and flown away

Then will return on a spring time day

The fruits and the grains they lived upon

From the bushes and fields are now long gone

When I look in my garden there is something bobbin'

It is one of the stayers, my redbreasted Robin

The squirrels are out in the force today

Stealing the birds' nuts to hide away

When a hard frost comes down and garden turns white

The birds and the squirrels disappear out of sight

When the night creeps in and the air gets colder

The fox who was timid now gets bolder

My cat in the garden who had kept out of sight

Made a dash through the cat-flap, it is staying in tonight

Your bags of rubbish you had tied tight

Will be opened and scattered about tonight

"The fox," in your bags will find some food you know

After his meal off he will "go"

To sleep in his den for the rest of the day

Till night time comes round for another foray

*Thank you Peter, for letting us include your poem in this Newsletter*

## AND FINALLY ...

Our very best wishes go to Marge, our long-serving Co-ordinator.

We miss her and hope that the New Year will bring her better health.

## PHOTOS FROM OUR ALBUM



*On an outing to enjoy Connaught Opera*



*Dave at the wheel*



*Littlehampton Beach*



*Lunch at Littlehampton*



*At our Summer Tea Party*