



NETWORK

The Newsletter of Whitton Network

Registered Charity no 1117627

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Christmas 2023

A Christmas message from our Chairman



Merry Christmas to all of our clients and volunteers! We have had a brilliant year this year and are delighted that we've been able to support so many of our existing clients and take on even more new clients in 2023. We've been supported, as ever, by our two main funders, the Hampton Fund and the London Borough of Richmond upon Thames to whom we are very grateful, and we thank you all for your donations that you give to our drivers and at our coffee mornings and outings. Special thanks also go to the family of David Salter, a former volunteer, who kindly donated the collection from his funeral, which allowed us to run an additional outing this year so it was well used.



We are looking forward to another full year with new opportunities for different outings and we look forward to the return early in the New Year of the London Children's Ballet company.

Remember if you are not receiving invites to our outings, please call the office and let us know, as we'd love to see you!

A Very Merry Christmas and Healthy New Year to you all

- Hugh Patterson, Chairman

CHRISTMAS AND NEW YEAR OFFICE CLOSURE

The office will close at 12 noon on Thursday 21st December and re-open on Tuesday 2nd January at 9.30am. If you need any essential help or transport during this period, it may be possible to arrange this, but please contact us as soon as possible to let us know on the office number 020 8755 1336.

VOLUNTEER NEWS

We were delighted to welcome 7 new volunteers to the Network this year with Sue, Jean, Jill, Mary P, Nan, Rita and Rosie all joining our ranks and making a contribution in the office, with driving, shopping and befriending. We're always looking for more volunteers so if you know anyone who might be able to help, please pass them our way.

KEEP HEALTHY

Christmas is also the season of colds, flu and bugs, so keep yourself as strong and well as possible by making sure that you have had your Covid-19 and seasonal flu vaccines. You can book online at: <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/> or you can book by dialling 119 free of charge.

NEW ACTIVITIES AT WHITTON NETWORK

We had the opportunity to introduce some of our clients to Boccia, basically a seated version of bowls and Ba Duan Jin (Qigong) which is a gentle exercise that can be done seated or standing! Good fun was had by those that attended. We'd like to look at putting more health related and different activities on in the new year so please let us know if there's anything you'd be interested in and we can look into setting sessions up.

DATES IN DECEMBER FOR THE DIARY

Monday 11th December, 11am to 1.30pm - We will be hosting a small Christmas gathering in place of our usual coffee morning, it will take place at the Library Annexe at Whitton Library. There will be savoury food as well as the usual cakes and biscuits and we'll have a medley of carols from a local Ukelele Group. If you don't normally come to the coffee morning but would like to attend, please call the office on 020 8755 1336 to let us know, as space is limited.

Tuesday 19th December – 2pm – 5pm - We're back to the Hounslow Evangelical Church for our Annual Carol Service followed by a tea party. If you have already told us that you want to come along, there will be a letter in this envelope with details, if not, or we've missed you out, please do get in touch. It literally is the more the merrier!

SOME HAPPY MEMORIES FROM 2023



TELL US WHAT YOU THINK OF OUR SERVICES

We have enclosed a short survey with this newsletter that we'd be very grateful if you could complete and return to the office. We want to keep track of how we are doing and what impact we are having on the lives of our clients, so we'd appreciate you filling it in. If you'd prefer to have this via email to complete, please email us at whittonnetwork@btconnect.com