



VIP visit for Alma

It is estimated that 2.2million over 75's live alone in the UK. Half a million of them go for 5 days without seeing another person and 200,000 go for a month between social interaction (Age UK).

For the past 53 years, SCCCC has been helping to combat loneliness amongst our older generations in Sheffield by mobilising volunteers to visit on a regular basis for a cup of tea and a chat.

Recently, Steve Manley, President of Sheffield Chamber of Commerce and his mum, Bridget made a special visit to meet 92 year old Alma who benefits from our Good Neighbour Scheme.

When the charity was chosen as the Sheffield Chamber's charity of the year 2018/19, Steve was astonished to discover that his mum had been a Good Neighbour Friendly visitor on the scheme back in the 1970's and used to take him along on the visits when he was about 3 years old.

Bridget's first involvement with SCCCC was in 1978 when she took over as the Good Neighbourhood Coordinator for the Wadsley/Wisewood area. When she returned to full time work as a District Nurse in 1980 she maintained close contact



with SCCCC, often reaching out to us for help with the elderly, vulnerable and lonely patients in her care.

Her relationship with us continued when she moved to work at the Northern General Hospital. As a member of a group of healthcare professionals that met regularly with SCCCC, Bridget recalls how together they managed to resolve some problems and sometimes found more! As well as discovering the amazing amount of work that was done by SCCCC quietly behind the scenes.

She says she was overjoyed to discover that her son, Steven, chose SCCCC as the Sheffield Chamber of Commerce's Charity of the year.

This month Steve and Bridget came back to SCCCC after more than 40 years and went along for a cuppa and a chat with Alma.

Having lived in India, Alma moved to England and made a life for her family in Sheffield. Alma, who now lives alone, has been visited for 3 years by volunteer, Maggie Henderson on the Good Neighbour Scheme. They have become very good friends.

Bridget Manley said; **'It was a delight for us to spend time with Alma and Maggie. The work of SCCCC is so valued by its service users, volunteers and local health professionals, who can see the positive benefits that friendly visiting brings'.**

Receiving our Duke of York's Community Initiative Award from HRH The Duke of York has certainly been one of the highlights of the past few months. Being in a room with 54 other charities from across Yorkshire was inspiring yet also humbling. There are so many small charities across the region battling to survive in these difficult economic times and the lives of so many people would be negatively affected should any of these charities have to close.



We are very proud of our achievements but know that we couldn't do any of the work we do without the generous help from the people of Sheffield – not only financial donations but the wonderful donation of time from our volunteers. Time (as our user Joseph so wisely said) is something none of us can reclaim and we truly appreciate our volunteers using some of theirs on our behalf.

If you can help SCCCC continue helping older people in Sheffield, please get in touch.

Mark Storey, CEO

VOLUNTEER OF THE ISSUE Vijay Raghavendran

WHY DO YOU VOLUNTEER?

I have been living in Sheffield since January 2018. Initially, I felt lonely, as I didn't have many friends, and there would be days where I didn't have anyone to talk to. I would go out for a walk in the City Centre just to be with people. I thought of all those old people who live on their own who were also in a similar situation, perhaps less mobile and less mentally astute than me. I decided that I will volunteer for the elderly and started to look for a charity in Sheffield.

I learnt that my work colleague's girlfriend volunteers for SCCCC. I wrote to them, met with Sharon, did the paperwork, had the induction session, and began volunteering in September 2018.

WHO DO YOU VISIT AND FOR HOW LONG?

I visit Joseph, an 86 year old man in a wheelchair, for an hour every Monday evening. As my contract at Sheffield is temporary, I feel sad that my regular visits will stop one day.

WHAT DO YOU GET FROM YOUR VOLUNTEERING?

I get satisfaction that I am able to give my time to someone who is not able to go out of his home. We share each other's experiences and bring to life fond memories from the past.

I share my experience from the countries I have lived and worked, and I hear from Joseph, about his experiences growing up in Jamaica, travelling to the US, Canada, and then to the UK in the early 50s.

Joseph is retired and lived in Sheffield for many years. He has terrible pain in his knee and always



laments 'I wish I were like you; the things I used to do, can't do no more'.

I learn about Joseph's strong belief in Jesus Christ and his penchant for reciting verses from Bible.

I bought a tiny speaker that I take with me and play him classical music from my iPad. This reminds him of his days in the choir in Jamaica.

Joseph was in Florida working in sugarcane fields for long hours under the hot sun. I shared my experience in Brazil working with sugarcane ethanol.

I show him pictures and videos of the places I visit during holidays. Recently, I was in New York City and I sent him a post card of Central Park and he was very pleased to receive it.

I wish the pain in his knee subsides and he can stand up and walk even for a short distance. Nevertheless, Joseph is cheerful and asked me once: 'What are the three things that always go up and never come down?' He responded with a big smile: 'Smoke, Age and Time. So very true, indeed.

FAREWELLS

Everyone at SCCCC would like to say *"Bon Voyage and thank you"* to two staff members:



Dot Fisher - Our Good Neighbours Coordinator who would have been with the charity for 21 years in August but is leaving to spend more time with her grandchildren.



Paul Marshall - Hospital to Home team member who after 7 years with us is retiring to spend more time with his wife, Heather and their grandchildren.

We wish them both a happy and healthy future as they start out on their new adventures.

RIP Sheilagh Preston - 1937 - 2019: she was an active supporter of our charity for many years, having been the chair of our committee: she passed away peacefully in April after a short illness, with her family by her side. She will be sadly missed.

NEWS

Receiving our Award from the Duke of York

In our previous newsletter we shared the exciting news that SCCCC had won the Duke of York's Community Initiative Award.

The award ceremony took place in the Warrant Officers' and Sergeants' Mess at the Infantry Training Centre, Vimy Lines Catterick Garrison on Wednesday 3rd April 2019.



Mark Storey, CEO, Professor Pete Skipworth, Trustee, Cath Knowles, Volunteer and Ericka Hill, Marketing, Communications & Fundraising Officer travelled up to receive the award on behalf of the staff, volunteers, trustees and service users of the charity.



Abseil Fundraiser

Our first every charity abseil took place on Saturday 11th May. The 140ft challenge was hosted by Sheffield Hallam University and Bold Adventures LTD. 21 brave souls took part in the day including teams from Environmental Monitoring Solutions (EMS LTD) and The

Sheffield Chamber of Commerce, plus our youngest abseiler, Ollie Storey who was 15 years old. Together they raised an incredible £4,010. There were tears of fear for many but smiles of joy when the challenge was completed.

EVENTS

Curry Cooking Club
Friday 16th August

Sheffield 10K
Sunday
22nd September

Fire walk
Sunday
24th November

**For further information
or to book your place
contact**
ericka.hill@scccc.co.uk

Legacy Donations

None of us like to talk about death - our own or anyone else's, but along with birth it is the only thing we can all be sure will happen to us.

Charities like SCCCC rely heavily on donations and one way you could continue to help us, even after your death, is by leaving a gift in your Will.

Even a small donation helps us to continue our mission of ensuring that no older person in Sheffield is left alone and uncared for.



Sheffield
Chamber of
Commerce
Charity of the Year 2018-2019

GET INVOLVED...

Could you offer a helping hand? Volunteer for SCCCC

Each day the Hospital Aftercare Team drive miles around Sheffield delivering equipment and helping to support older people whilst in hospital, on discharge and beyond. We are always looking for volunteers to spend time with the team to assist in the following tasks:

- Collection of personal belongings for patients whilst in hospital.
- Delivery of equipment such as mobility aids, temporary key safes.
- An emergency food shop.
- The moving of furniture to make way for a hospital bed in a patient's home.
- Feeding pets.

You would always be accompanied by a member of staff and the time commitment can be for a full day, morning or afternoon.

If you are interested, then please contact **volunteers@scccc.co.uk** for more information.



LETTERS

Dear Paul & Sarah

I'm sorry I didn't get to see you when you delivered my aids, my daughter did all the organising but without this equipment I just couldn't have coped with life at home. The bed grab rail was ingeniously inspired & I just couldn't imagine being without it - at least for the foreseeable future. It stopped me being a prisoner in my own home.

*Many, many thanks
Audrey*

What are your thoughts about SCCCC? Share them with us.
Email: mail@scccc.co.uk

Make a donation today to help SCCCC to maintain the level of care that all of our friends and families deserve. Your donation will go a long way to improving the level of care in our communities.

£5 can pay for an emergency food parcel to be delivered to an older person's home who has just been discharged from hospital and has no support.

£10 can help provide emergency practical support for an older person in need.

£20 can support a fully trained friendly visitor to visit an older person at home - helping to reduce isolation and preventing ill health which can result in hospital re-admission.



If you would like to make a donation please complete the following slip and return it to us with your donation to: Unit 19, President Buildings, Savile Street East, Sheffield, S4 7UQ.

Name: _____

Address: _____

Postcode: _____

I would like to make a donation of £ _____
to Sheffield Churches Council of Community Care.

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Please Gift Aid this donation and any donations I make in the future or have made in the past four years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax then the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. Tick to apply ☐

Please make cheques payable to: SCCCC. Do not send cash.
Or visit our website: www.scccc.co.uk and donate online.

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