

**PULBOROUGH & DISTRICT
COMMUNITY CARE ASSOCIATION**
Registered Charity No. 292359



**Building Bridges in the
Community since 1966**

**ANNUAL REPORT
January to December 2010**

CHAIRMAN'S ANNUAL REPORT 2010

Community Care continues to provide many activities which involve over 100 volunteers, who between them give more than 9,300 hours each year to the community. I am very grateful to every one of these special people for it is they who keep our services going. Although we are now 45 years old we are very modern. Indeed that new term "Big Society" surely has, at the heart of it, the hope that by working together we can build bridges between local people and improve community life. This is just what we have been doing since 1966 and is what we hope to be able to continue to do.

In November we collected views from many of those using our services and asked for suggestions about how we could improve what we do. You will find a summary of the results on pages 13 to 19 of this report and with it is a record of the time our volunteers give to Community Care each year. We feel very proud of both the survey and of the devotion of our volunteers but we should like to improve still further. We plan to have some meetings to see if we can do things better and we shall take the ideas from those meetings to our users to ask for their input. In our district about 1 in 5 people are over the age of 65 and as we are all living longer, this proportion will increase as time passes. This is good news for us because we enjoy what we do and we shall obviously be needed more and more as time goes on. We believe that by improving how we work we shall be able to meet at least some of the increasing need in Pulborough.

In future, in response to the increasing numbers of older people and also to reductions in their income from central government, West Sussex Social Services will fund care only for those most in need. Everyone applying for support from social services, and all people who are now receiving support will be re-assessed and grouped according to national

guidance, which recognises 4 groups of need. Only those in the 2 top groups of need will be funded. We believe that it is better to prevent problems than to wait until they happen and then try to find solutions. Our dancing classes and the recently started Tai Chi classes are enjoyable ways of keeping fit (and meeting like-minded people). Our Volunteer Visiting Scheme ensures that people who are house-bound have a friendly visitor every week who can reduce those feelings of isolation which so often happen when people are unable to get out on their own and which increase the need for health service support. The weekly Lunch Club and the Wednesday Club, with its social activities of all kinds, together provide much needed opportunities for social interaction and support. Again, these activities are of the kind which have been shown to have beneficial effects on health and well being. Community Transport ensures that people who can no longer drive can get to the doctor, and to hospital appointments, ensuring that regular health checks can be done and treatments arranged. Our toenail cutting service is for those who can no longer bend to reach their feet and incidentally was the service which Jean Seagrim mentioned to the Queen when receiving her MBE. This service, available at reasonable cost, keeps people's feet comfortable, which means they can get around more easily and hence keep fit whilst also being more independent. Pop in to Pulborough or PiP supports a sight group for those with any kind of visual problem where people exchange tips to help keep independent, and another group for older people at risk of falling and injuring themselves. Here a physiotherapist gives instruction on muscle strengthening exercises and useful advice about how to improve balance. In our experience, the needs of local people are understood locally and we hope to be able to continue to serve Pulborough for many years to come.

Joy Mullett

We were all very shocked and saddened by the death of Joy Mullett in December. Joy devoted 25 years of her life to voluntary work with P&DCCA. Not only did she organise all the activities at the Wednesday Club, from the special treats available at tea time to frequent local outings and 2 holidays a year in hotels all over England, but she also was a founder of our VVS and for 10 years was involved in running VVS and also responsible for part of its excellent training scheme. Joy had wide interests in many aspects of village life and was involved in many things but she was predominantly devoted to Community Care.

Joy had decided to retire in March this year and last summer had asked that we look for others who might take over her work. It was owing to her foresight that we had time to do this.

Joy was not only an efficient organiser and imaginative planner, but as anyone who met her can vouch, she was a very special person. Her ceaseless energy came from a kind and gentle heart and her understanding of others meant that we all knew she was a real friend we could rely on. She had a twinkle in her eye and a love of life that was infectious. It is a privilege to have known her.

Change at the Wednesday Club

I should like to thank Rosemary Russell and Liz Sollom for immediately and generously stepping in to run the Wednesday club at such short notice when Joy Mullett was taken ill. They plan to ensure that the club continues to offer this enjoyable afternoon every week and Gerald Batt has now kindly joined them to organise outings and holidays. We are grateful to them, wish them every success and hope there will be plenty of fun along the way.

PEOPLE HELPING PEOPLE

People Helping People is Pulborough's volunteer agency. The aim is to attract volunteers who may only have a very limited amount of time available for voluntary work but who would still like to make a difference within their local community. Having built up a lot of information it is possible to direct potential volunteers, even if they are not attracted to P&DCCA, to another appropriate organisation.

If you are interested in becoming a volunteer or would like to discuss your organisation's need for help please telephone **Gill Boys at People Helping People on 01798 831696.**

VOLUNTEER VISITING SCHEME

The Volunteer Visiting Scheme – known as VVS - has been operating in the Pulborough area for the past twelve years. At the present time we have 21 trained visitors who visit 29 people, either in their own home or in a Care Home. We have the time to listen and chat which is much appreciated by those we visit, who often feel lonely and isolated. They are able to share with us their worries and problems in complete confidence and we laugh together too! In some cases Carers may come in and out but they are not able to give their time as we can.

We usually visit once each week, in some cases over a short period, in others for several years - whatever is needed. We are also able to give carers the opportunity to go out, knowing they are leaving their relative in our safe hands. We have noticed a change in the last year as several clients have moved to Care Homes outside the Pulborough area, this involves our visitors in additional travelling time and increased travel expenses.

We are grateful to The County and District Councils and various local charitable organisations for grants, which help us to meet these and other expenses enabling us to continue with our valuable work in the community.

We are always delighted to hear from people who are able to give a little of their time each week and would be interested in training as a volunteer. We meet together regularly for on going training and mutual support.

If you yourself would like a visitor, please telephone Jill Westlake 01798 812104 or ask your Doctor, District Nurse or Social Worker to make a referral for you.

VVS Contact: Jill Westlake 01798 812104

LUNCH CLUB

Easter was a great success thanks to a very generous donation.

A free meal, flowers for everyone, a delicious lunch supplied by René and followed by delicious chocolates. Shortly afterwards the gentleman behind the donation visited us for lunch and was duly impressed.

Our Summer break in August was very welcome to all our volunteers, whom I must thank for their time and effort given so cheerfully. The U.R.C. stepped in again this August and entertained everyone, which was much appreciated.

Christmas came round again but this was a sad one as we have lost our good companion, Joy Mullett. Nevertheless the Christmas lunch went ahead but we were grateful for the two week break.

Each week members enjoy some home-made soup, bread roll, cheese and butter and some delicious home-made puddings. I am very grateful to all our wonderful pudding makers, whose delicious treats are enjoyed and appreciated by all.

Betty Evans

GOOD NEIGHBOURS SCHEME

I was disappointed not to receive directories I could send to the Good Neighbour volunteers to hand out.

The library have not many copies spare so I must make representation to Village Directories to try and include extra copies for me in their run later this year for the 2011/12 edition.

In the meanwhile I will look into other ways we can have the information needed given to new residents and pass it onto the volunteers.

I am always looking for representatives especially in new areas of development and I will be happy to explain what is involved if they would like to contact me. There are some areas now not covered.

As Pulborough continues to have a reputation of being a friendly village it helps having Good Neighbours to be there to help any newcomers.

I can be contacted at home on **01798 874101** if anyone wants to join the scheme or if they have any questions.

Terry Donnelly

PULBOROUGH COMMUNITY TRANSPORT

This year-end sees the completion of three years as community transport coordinator. Demand for this service has been regular and reflects the need in the community for our service. In the past year our voluntary drivers have undertaken 1808 journeys in their own vehicles, of which 579 were local surgery runs. Our wheelchair accessible vehicle is still used regularly and 524 journeys were also undertaken, enabling wheelchair-bound people to get to dental and hospital services that would otherwise be difficult. Full praise to our stalwart band of voluntary drivers without whom this service would not exist. Any new drivers will be warmly welcomed.

Michael Clenshaw

WEDNESDAY CLUB

We started off 2010 on a sad note with the passing of one of our members, Fred (Nobby) Clarke. We then ended 2010 on a very sad and unexpected note with the passing of Mrs. Joy Mullett our leader and good friend to all.

There was no club until the 20th January owing to more snow than we had seen in a long time. However we went on the 3rd January to the Ashington Pantomime, Beauty and the Beast. On the 22nd January there was a visit to the Ice Show at the Brighton Centre which included lunch.

On 3rd June we had a day trip to Eastbourne. It was eventful as one of our members had a fall and we left him in Eastbourne hospital, pleased to say he is quite recovered now. The 2nd July started our annual weeks' holiday to Paignton in Devon. We had some very good outings and the weather was kind to us.

Through August members of the URC church did a holiday club for us which was most enjoyable.

On September 15th we went to Worthing Pavillion to hear John Mann on the organ and piano. On the 27th October we had a tea party to celebrate Maisie and Ken Peryer's 70 years of marriage.

Starting on 15th November was our Turkey & Tinsel visit to Ilfracombe in Devon. Very good.

Sadly on 8th December we learned that Joy Mullett had been taken into hospital. What a sad meeting we had. On the 11th December Joy passed away and we were all in shock.

Thanks to a group from the URC church the Wednesday Club is carrying on.

Thanks to Joy for 20 years of making our club what it is.

Wednesday Club is a wonderful afternoon's entertainment for all people over 50+ It includes cards, scrabble, rummymcub and short mat bowls, plus a nice tea to finish the afternoon.

Also nice to talk to new friends and have a monthly draw.

Holidays in Summer and Turkey & Tinsel in November plus

other outings during the year including Ice Show, theatre and live shows.

The new committee are working with the old team so come and be a member and enjoy what the club has to offer.



**LIZ AND ROSEMARY AND THE WEDNESDAY CLUB
COMMITTEE**

**Back Row: l to r - Jimmy McFadyen, Liz Sollom,
Rosemary Russell and John Hunt**
**Front Row: l to r - Edna Henly, Iris Gravett and
Teresa Harragin**

TOE NAIL CUTTING SERVICE – Pulborough Village Hall

Over 50 clients with healthy feet - but who cannot cut their own toe nails and have no health problems (such as diabetes or circulatory ailments) – appear to appreciate this friendly and efficient service give by Mr. Foulkes. Clients come every 12 weeks on 2 rotas which run from 12.45-4.45pm

**Contact: Jean Seagrim 872540 and Christine Wells
875291**

POP–into-PULBOROUGH – 9.30-11.30am every Tuesday in the Meadows Room of Pulborough Village Hall

6 or 7 regular helpers gather on Tuesdays and hope to welcome friends to coffee, tea and cakes. Recycled cards, bric-a-brac, tombola and eggs are on sale. On the first Tuesday of the month we have a Falls Prevention Group run by the NHS. On the 2nd Tuesday we have an informal knitting group when we collect jerseys and hats for Africa, exchange patterns, wool, needles and ideas. On the 3rd Tuesdays our friends with sight problems come to exchange ideas and information.

We are very grateful to the Minibus drivers and escorts who are always willing to take us on outing as many of our friends do not have a car or are unable to drive due to sight problems etc.

The Tea Rooms in Pulborough is a favourite venue for any celebration.

In August 2011 we will celebrate 30 years of PIP and I think we all hope that we will be able to continue to serve the community of Pulborough, although maybe changes need to happen to match the present situation in the Country.

Contacts: Jean Seagrim 872540 and Rosa Reeve 872300

TAI CHI – Fortnightly on Mondays 9-10am in Pulborough Village Hall

After a successful series of tasters of Tai Chi at the Pop-in (Funded by an Age Concern/Fit as a Fiddle Lottery bid) it was decided to move to a Monday, starting in September 2010. We now have a viable number and it appears to be much enjoyed by those who have enrolled in Matt's class.

Contact: Jean Seagrim 872540



Tai Chi Class at Pulborough Village Hall

BALLROOM & LATIN AMERICAN DANCING

The dancing classes, led by Barry and Sue Bird, continue to be very popular. We currently run four classes each week, ranging from Improvers to an Advanced plus a Sequence session for dancers attending one of the other classes. In addition extra social and practice evenings, led by Jim and Janet Miles are held most months. The profits from all these events are donated to P&DCCA, so providing very useful funds.

Many thanks are due to Barry and Sue Bird for making the classes so enjoyable and for being very supportive of PDCCA and also to Janet and Jim Miles who help with the classes and run the additional social and practice evenings.

For more information about dancing in Pulborough please telephone the **P&DCCA Co-ordinator Gill Boys on 01798 831696.**



Dancing in Pulborough Village Hall

Since becoming your District Councillor eight years ago, I have become more and more aware of the amazing amount of work that local residents do in and for the community. While the expression “The Big Society” has become in vogue of late, it has been alive and well in Pulborough for many years because of the inspiring efforts and caring attitudes of the people.

Long may it continue!

Cllr B.P. Donnelly

Chairman of the Council - Horsham District Council

**Pulborough & District Community Care
November 2010 Survey Summary**

**Lunch Club; about 40 attendees of whom 34 were present
for the survey**

Would cancellation of the club affect you?	Yes (34)	
How much would it affect you?	31 (a lot)	2 (a bit)
What would you miss?	A Lot	A Bit
Regular meeting with friends	32	2
Meeting friendly helpers	33	

**Wednesday Club; about 37 attendees of whom 30 were
present for the survey**

Would cancellation of the club affect you?	Yes (30)	
How much?	28 (a lot)	
What activities would you miss?	A Lot	A Bit
Sharing time with others	29	1
Exchange of views/news	27	
Good company	28	1
Summer holiday	26	1
Winter holiday	26	1
Outings to shows and trips in summer	29	
Does the club cheer up the lonely?	Yes (23)	

Community Transport Scheme
28 users in the time that the survey was done

Would cancellation of the transport scheme affect you?	Yes (27)	
How much would it affect you?	28 (a lot)	
What would you miss?	A Lot	A Bit
Care and help getting to my appointments on time	27	1
Meeting the friendly drivers	27	

Volunteer Visiting Scheme (VVS)
17 clients were asked to complete the questionnaire

Would cancellation of VVS affect you?	Yes (16)	No (1)
How much would it affect you?	12 (a lot)	4 somewhat

Space was then provided for free comments about what would be missed and also for suggestions for improvements. Please see result under the comments section.

Pop-into-Pulborough
About 20 attendees overall of whom 17 responded

Would cancellation of PiP affect you?	Yes (17)		
How much would affect you?	12 (a lot)	4 (a bit)	
What would you miss?	A Lot	A Bit	Not
Regular meeting with friends	16	1	
Meeting friendly helpers	17		
Falls prevention group	7	1	1
Knitting group	6	1	1
Sight problems group	9	2	1
The chance to exchange information	15	2	

Note on Whole Survey

a) Throughout the survey there were some people in each group who did not respond to every question. b) People attend activities when they can; illness and weather are just 2 examples that affect attendance. Thus the numbers present on the day of the survey may not be the same as the total number usually present.

Note on PiP Survey

About 8 people come regularly to the falls prevention group, about 7 to the knitting group, and about 9 to the sight problems group.

Note on Toenail Cutting

There are about 55 people who come every 12 weeks to have their toenails cut. It was not possible to survey them owing to the accommodation where the service is provided, to the short time of their appointments and also to cumbersome clothing worn during the winter, needing help from the organisers to deal with that, leaving no spare time for the survey work. The heavy demand for the service by the users indicates both the need for it and also their satisfaction with it but we plan to survey this service in the summer of 2011.

Responses in section asking for **ideas for improvements** we could make

Community Transport:

6 replies

1. Could the service be available on some weekends and some evenings.
2. Without it would---make me rather housebound
3. A brilliant service & I could not manage without it
4. I am not allowed to drive. The service is invaluable to me for the time being
5. I would miss going with you. I am very grateful for what you do.
6. I could not get to hospital in any other way. No bus

Wednesday Afternoon Club (Men)

3 replies

1. No (improvements), just carry on.
2. Things could not be better
3. More than satisfied

Wednesday Afternoon Club (Women)

8 replies

1. Minibus to board at 4p.m.
2. None
3. Wonderful times
4. Wonderful
5. Very well run
6. Not at the moment. Very well run. One in charge great
7. Not really - everything very enjoyable
8. None

Wednesday Lunch Club

11 replies

1. Perhaps a few day trips.
2. Please may we have more custard (not Tesco's!!) Frilly aprons for the helpers – but not mob-caps. NB distribution of flowers once a week is lovely. Thank you, Betty.
3. No ideas – it's fine as it is.
4. Can't think of any improvements.
5. No need for improvement.
6. Keep it as it is.
7. No improvements.
8. No improvements.
9. It is wonderful to have this every week, not just once a month as in so many places.
10. You cannot improve on perfection.
11. Have not really been a member long enough to answer this properly.

Volunteer Visiting Scheme

What would you miss if there were no VVS? 17 replies

1. The company. Having someone to chat to. Looking forward to the day of the visit. Having someone to take me to the dentist and the optician.
2. The company, the visit. I look forward to the visit.
3. Jayne's company.
4. Company & outside news & companionship & love.
5. The company as I get very lonely, living on my own. It breaks up the day for me as it can be very long.
6. Talking to someone outside of the family whom I can trust to keep my secrets. My visitor is my friend and I look forward to her visits.
7. It is a lifeline outside the care home.
8. The dog-walking & having someone to supervise my food storage (fridge & Freezer) and clearing of rubbish. Also reading letters for me.
9. The company.
10. The company & friendship.
11. My visitor helps me with correspondence etc as I am partially blind.
12. We would miss Joyce's visits to us.
13. Having someone to chat to and seeing a familiar face regularly
14. A visitor when my daughter is away.
15. Companionship -would lose touch with VVS & the company I enjoy.
16. The company.
17. A bit of a chat.

Could you suggest any improvements we could make?

3 replies

1. I would like it if we could go out every week but I know she is not allowed to but sometimes we do.
2. No, I'm quite satisfied.
3. No I'm happy as it is.

Pop-into-Pulborough

Ideas for improvements 8 replies

1. Persuade library to open a.m.
2. Change the day to a library morning.
3. Better tombola. More regular transport, fitting in with Sainsbury trips is not v. satisfactory.
4. Would like falls prevention more often.
5. Short of ideas (sorry) but we need help with the transport. We also need to advertise ourselves.
6. Have another circle join.
7. Maybe if we joined with another group.
8. Have another club join us.

Made at PiP

**Colourful hand
knitted hats
and jerseys
bound for
Africa**





Gwen Parr, our chairman, drinking a toast to P&DCCA

Getting on a Bit

In Horsham District 19% or almost 1 in 5 of us is 65 or over. The Office of National Statistics believes that by 2033, 30% of our district's population will be 65 or over. As your chairman is well over 65 she is looking for good news about oldies and was pleased to read the following account of research conducted at the University of California, Berkley. "Emotional intelligence peaks when people enter their sixties, making them more sensitive and empathetic than younger people. They are also better at seeing the positive side of stressful situations. It appears that their lives centre on social relationships and caring for and being cared for by others". Apparently it is easier for older people to see that the glass is half full rather than half empty and your chairman wonders if that is just because we oldies have had more time to practice with glasses.

Treasurer's Report 2010

The Association's finances continue to be healthy, thanks to the support of West Sussex C.C., Pulborough P.C, Horsham D.C. and all of our Volunteers.

Once again, we received a donation from Saxon Weald, for which we are grateful.

Inevitably the current year will be challenging and we anticipate a deficit for 2011, but our resources are sufficient to see us through in the immediate future.

P. R. Migdale

Pulborough & District Community Care Association Accounts for the year ended 31 December 2010

		2009
	£	£
Incoming resources		
Grants		
Pulborough P.C.	1400	1400
West Sussex C.C.	15875	10850
Horsham D.C.	750	500
Donations	3208	3793
Legacies	0	1750
Dance class fees	8387	9017
Management charge	2927	2981
Subscriptions	719	858
Lunch sales	2276	2688
Other sales	1797	1341
Fares	2358	2370
Fund raising		
Table Top sale	0	216
Raffles	291	516
Flag day and other fundraising	397	891
Interest	<u>136</u>	<u>148</u>
Total incoming resources	<u>40521</u>	<u>39319</u>

Accounts for the year ended 31 December 2010
(continued)

	£	2009 £
Resources expended		
Honoraria	2325	2400
Volunteers' expenses	4060	3105
Dance instructors' fees	4785	4290
Printing, postage and stationary	597	663
Insurances	422	406
Rent	6039	5947
Telephone	1112	1116
Salary costs	7729	7736
Other expenses	828	751
Volunteer training	234	130
Catering supplies	2597	2720
Cost of outings	898	326
Vehicle running costs	2073	2813
Vehicle depreciation	<u>1667</u>	<u>1667</u>
Total resources expended	35366	34068
Net incoming resources	<u>5155</u>	<u>5251</u>
Total funds brought forward	<u>54231</u>	<u>48980</u>
Total funds carried forward	<u>59386</u>	<u>54231</u>

Accounts for the year ended 31 December 2010
(continued)

	£	2009 £
Fixed Assets		
Tangible assets		
Cost	10000	10000
less Depreciation	<u>6667</u>	<u>5000</u>
	<u>3333</u>	<u>5000</u>
Current assets		
Debtors	1338	744
Cash at bank and in hand	<u>57119</u>	<u>50651</u>
Total current assets	<u>58457</u>	<u>51395</u>
Creditors	<u>2404</u>	<u>2164</u>
Net current assets	<u>56053</u>	<u>49231</u>
Total net assets	<u>59386</u>	<u>54231</u>
Funds of the Charity	<u>59386</u>	<u>54231</u>

Signed on behalf of the Trustees

G D Parr)		
P R Migdale)	14 February	2011

Auditor's report

I have examined the books and records of Pulborough & District Community Care Association for the year ended 31 December 2010
In my opinion, the accounts set out on pages 21-23 reflect the income and expenditure of the Association for the year and its position at 31 December 2010

H D Anthony	14 February	2011
Chartered Accountant		

**Welcome to the
ANNUAL GENERAL MEETING
on Wednesday 16th March, 2011
at 2.15 pm in The Arun Hall,
Pulborough Village Hall**

AGENDA

1. Apologies for absence
2. To approve the Minutes of the Annual General Meeting of 2010
(Please see next two pages)
3. To adopt the Annual Reports and Accounts
4. To elect Officers and Committee
5. Any Other Business

We are pleased to welcome our guest speakers:

**BERNARD BALDWIN from AGE UK
and
BRIAN BALL from the Minibus Association**

**Please join us for refreshments
afterwards**



MINUTES OF THE ANNUAL GENERAL MEETING
held on
WEDNESDAY 17th MARCH, 2010 at 2.15pm in
The Arun Hall, Pulborough Village Hall

The Chairman extended a warm welcome to all those attending the Annual General Meeting of Pulborough & District Community Care Association.

1. Apologies for absence

Apologies were received from Jean Seagrim, Liz Coulthard, Barry and Sue Bird, Brian and Terry Donnelly, Fr. Paul Welch, Betty Evans and Anne Ball

2. To approve the Minutes of the AGM in 2009

The Minutes had been previously circulated in the Annual Report Booklet were deemed a true record. Acceptance of the Minutes was proposed by Monica Mason and seconded by Joy Mullett.

3. To adopt the Annual Reports and Accounts

The proposal to adopt the Annual Report and Accounts was made by Bidy Hutcheson, seconded by Derek Parr and passed unanimously.

4. To elect Officers and Committee

The Chairman asked for a proposal that the following people stand as officers and committee members for the coming year

Mrs. Gwen Parr	Chairman and Trustee
Mr. Philip Migdale	Treasurer and Trustee
Mrs. Elaine Crossley	Trustee (Volunteer Visiting Scheme)
Mrs. Betty Evans	Trustee (Pulborough Lunch Club)

Mrs. Joy Mullett	Trustee (Wednesday Afternoon Club)
Mrs. Monica Mason	Trustee (Community Minibus Assoc.)
Mrs. Gill Boys	Trustee (Volunteer Recruitment and Dancing)
Mrs. Jean Seagrim	Committee (Co-ordinator, Pop-into-Pulborough and Toenails)
Mr. Mike Clenshaw	Committee (Community Transport Scheme)
Mr. Stuart Henderson	Committee (Pulborough Patient LINK)

Sarah Jane Thornley proposed and Edna Henly seconded the agreed names.

5. **Any Other Business**

On page 13 of the Annual booklet there was a report from the Community Minibus but the Chairman stressed that although P&DCCA works closely with the Minibus Association, they are indeed a separate charity and the Treasurer's report relates only to Pulborough & District Community Care Association.

This year we had not included a report from Terry Donnelly of the Good Neighbours Scheme which is part of PDCCA and apologise for the oversight. Terry had confirmed that all new Village Directories had been delivered and there was always a need for more volunteers to deliver welcome packs to newcomers to the Village.

The Chairman went on to say that PDCCA is now over 40 years old and still growing and changing with the times, according to needs in the community. Two new

projects, Dancing in Pulborough and the Tai Chi sessions held monthly at PiP both go from strength to strength . We are most grateful to Barry and Sue Bird and all dancers and helpers for their helpful fund raising for us. The Tai Chi sessions are supported by a grant from the 'Fit as a Fiddle'/Lottery Grant .

During the year we had received almost £4,000 in donations, including a £1,000 from Chanctonbury Lions who organised a Book Sale for us. Raffles and our Annual Flag Day raised £1,600. We much appreciate the grants we receive from Pulborough Parish Council, Horsham District Council and West Sussex County Council.

In the coming months we hope to complete a survey of our clients, both as a way of finding out where we need to improve and also to establish how much our services are needed. This will help us when we apply for funding in these difficult times. We shall also ask volunteers to note the time they give to us for this again is a measurement which will be useful in applying for grants.

We are fortunate indeed to have volunteers who all give so willingly of their time and the Chairman said she was very proud to work with such caring people This concluded the business part of the meeting.

The chairman then welcomed Sue Davies, Community Dietician and Bridget Gladwin from the Chiltington Area Response Team our two guest speakers.

LIST OF OFFICERS 2010

- Chairman: Mrs. Gwen Parr Trustee**
Lordings, Station Road, PULBOROUGH,
RH20 1AH Tel: (01798) 872872
- Treasurer: Mr. Philip Migdale Trustee**
Meadowlea, Stream Lane, NUTBOURNE,
RH20 2HG Tel: (01798) 813704
- Secretary: Mrs. Ann Kaiser**
Treetops, Hill Farm Lane, PULBOROUGH
RH20 1BJ Tel: (01798) 872819
- Trustee Mrs. Elaine Crossley**
(Volunteer Visiting Scheme)
King's Cottage, King's Lane, PULBOROUGH,
RH20 2EB Tel (01798) 872929
- Trustee Mrs. Joy Mullett (Wednesday Club)**
(To 11th December 2010)
West Mare, West Mare Lane, PULBOROUGH,
RH20 2EA Tel: (01798) 872413
- Trustee Mrs. Betty Evans (Lunch Club)**
1 Beaumont Court, Skeyne Drive, PULBOROUGH,
RH20 2BA Tel: (01798) 874254
- Trustee Mrs. Monica Mason (Community Minibus)**
Downlands Lodge, Rectory Lane, PULBOROUGH,
RH20 2AD Tel: (01798) 873003
- Trustee Mrs. Gill Boys (PHP and Dancing)**
Vermont, Bury Gate, BURY, RH20 1NL
Tel: (01798) 831696
- Co-ordinator and committee**
Mrs Jean Seagrim (PIP and Toenails)
Hill Farm, Hill Farm Lane, PULBOROUGH,
RH20 1BW Tel: (01798) 872540
- Committee: Mr. Mike Clenshaw (Community Transport)**
2 Maple Leaf, COLDWALTHAM, RH20 1LN
Tel: (01798) 872368
- Committee: Mr. Stuart Henderson (P&PI Forum)**
(Public and patient involvement).
Tiltridge, Rectory Lane, PULBOROUGH,
RH20 2AE Tel: (01798) 873119

PULBOROUGH COMMUNITY TRANSPORT

Volunteers drive their own cars for frail and elderly passengers unable to use public transport for essential appointments, e.g. doctor, dentist or hospital. There is also a specially adapted vehicle that can accommodate 3 passengers and allows access for 1 person in a wheelchair.

The vehicle can be used for any outing.

For all enquiries please ring

01798 875600

10am – 12 noon Monday to Friday



USEFUL LOCAL CONTACT NUMBERS

COMMUNITY MINIBUS

Mr. Brian Ball 01798 873008

Mr. John Denison 01798 872613

Mrs. Monica Mason 01798 873003

Liase@FRONTLINE

Advice on financial difficulties with special emphasis on Debt and Welfare

Benefits. A FREE service to anyone in need

Every Tuesday; 9-11am at Petworth

Family Centre and 2-4pm at Storrington

Family Centre Contact **07931 300705**

(24hr answerphone)

email: liase@frontlinedebtadvice.org.uk

Correspondence address

PO Box 2228 Pulborough, RH20 6AE

MEALS ON WHEELS

01798 343773

JOY MULLETT 1932 – 2010

You can shed tears that she is gone

Or you can smile because she has lived.

You can close your eyes and pray that she'll come back

Or you can open your eyes and see all she's left.

Your heart can be empty because you can't see her

Or you can be full of the love you shared.

You can turn your back on tomorrow and live yesterday

Or you can be happy for tomorrow because of yesterday.

You can remember her and only that she's gone

Or you can cherish her memory and let it live on.

**You can cry and close your mind, be empty and turn your
back**

**Or you can do what she'd want – smile, open your eyes,
love and go on**



PDCCA IN 2011

NOTES FOR YOUR DIARIES



VOLUNTEERS 'THANK YOU' EVENING

Friday 3rd June in Pulborough Village Hall

6.30pm to 8.30pm

Saturday 4th June

Flag Day at Tesco's Supermarket, Pulborough

9am to 5pm

Printed for PDCCA by Treetops Press