

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

**Building Bridges in the Community
since 1966**



ANNUAL REPORT
January to December 2011

Annual Report for 2011

This Annual General Meeting reports on one of our busiest years. Particularly rapid changes are affecting everyone, and we at Community Care are certainly aware of their impact on people in Pulborough and upon our organisation. The world is now a very different place from the one in which we were founded in 1966. We cannot stand against these changes, however unwelcome, but rather we need to work with them to achieve our aims as set out in our constitution. We are determined to continue to offer services as we have been doing for the past 46 years and this has meant alterations in some of the things we do and how we do them.

What Changes?

First and foremost of the changes we need to consider is the welcome news that people are living longer than ever before. This is a trend that will increase over the next decade and Community Care needs to be ready to provide more, so that no one is left out. We are presently seeing how best to do this. First of all we must take time to listen to, and weigh up, the views of those who come to our activities, and consider how best to meet needs. We know that we shall need to recruit more volunteers. Please will you help us to find more willing recruits? Volunteering is a very satisfying and joyful activity and we hope word will get about that this is a way of improving the quality of life of everyone involved with Community Care, including our very special volunteers.

Due to the rising numbers of those over 80, we need not only more, but different kinds of support in the community. We know that the National Health Service is under enormous financial pressure and that there is a drive to reduce hospital admissions. Most of us who have retired would much rather be looked after in our own homes than in a hospital, however good the hospital. These two factors will work together to see that more people are cared for at home rather than in a hospital. Changes in how General Practice works will aim to provide care at home for many who once might have needed

hospital admission. Care from our local medical staff can only go so far, however, and many people needing this kind of care will have friends or relatives involved in caring for them. This is the area where reduction in the provision of care by Social Services has affected Pulborough. Only those who are considered fairly severely disabled are now eligible for care by Social Services, and the Brooks Day Care Centre in Pulborough has closed. This affects people now designated as not eligible for Social Services support, who used to enjoy days at the Brooks with provision of lunch and a chance to socialise with friends. It also means that their carers now do not have the respite once offered by the Brooks services. We are looking into the lack of respite locally available for these carers, and will keep you informed about this.

The increase in the number of people over the age of 80 means that not only more, but also different kinds of support will be needed to help people remain independent and active. The right kind of help at the right time should be able to prevent at least some of the problems which would otherwise occur and which can result in hospital admissions. Our Falls Prevention Group started some years ago with this in mind. It anticipated a need which is increasingly recognised by the NHS. The aim of Falls Prevention is to build strength and confidence in those who feel afraid of falling. People who feel afraid of going outdoors following falls at home often become quite isolated in their own homes and feel unable, e.g, to go shopping. Being able to go to shops to choose the freshest vegetables, for instance, makes people feel independent which is part of self respect. Our Medical Group has a falls risk assessment programme, and we hope soon to be able to work with them to see if we can pool our resources.

Our Sight Problems Group exists to help older people deal with the problems of failing sight, caused e.g. by macular degeneration. Of equal importance is the humble Toe Nail Cutting service, for no one can walk properly if their feet are painful due to overgrowth of nails; and this is another reason for losing independence. All these groups will need to cater for more people in the future. We are determined that the importance of the social aspects of all these

activities should also be recognised as an important part of preventing loneliness and the depression that so often goes with it.

There are some people, however, who live alone and despite every effort, are not able to get about. A weekly visit from one of our Volunteer Visitors gives an opportunity for a friendly, confidential chat and is a lifeline for many. The Volunteer Visiting Service (VVS) tackles a different level of isolation from what we offer to those who are still able to get out. At Lunch Club there is a friendly welcome and a nutritious hot meal, and with all kinds of social activities available afterwards at the Wednesday Club, people can spend 4 enjoyable hours with friends. We are keenly aware that these two clubs will need to accommodate more people as years pass. The Minibus volunteer drivers and escorts bring people to these clubs every Wednesday, providing inexpensive and convenient transport for people who may no longer be able to drive but who can get around well enough with help from the Minibuses.

Our Community Transport Service is always in demand and the availability of a wheelchair accessible vehicle makes this service doubly useful. More volunteer drivers are needed right now and no doubt even more will be needed in the future.

In the context of increasing demand by us older citizens we welcomed the new club run by AgeUK Horsham which offers a hot meal, and various activities, with good opportunity for socialising, every Monday in the village hall. On Thursday mornings the new Friendship Club, held in the Youth club “Shack” has a 2 hour drop-in coffee morning; is in a different part of the village from the familiar village hall and is accessible to many on foot.

How Can We Pay For All This?

We have always kept strict control of our costs, but in this modern world it is not enough to do this; it is highly important to be seen to be doing it. This is why I think it right to explain some things which are not necessarily evident from glancing at our accounts. Our

essential expenses must be met. We must pay for using the Village Hall, for example. The volunteers for the Car Transport Scheme and those at VVS who need to drive to do their visiting, must be reimbursed their mileage, both for the wear and tear on their cars and for the cost of their petrol and this we do at rates used by many other charitable organisations in the UK. Petrol is now increasingly expensive. Food at Lunch Club is part at cost (the first course) and partly donated (the home made puddings). Volunteers do all the work and this is an essential part of keeping our costs down. Wednesday Club outings and holidays are paid for by those who book them, but sometimes donations of various kinds help us reduce costs here. You will see from the accounts that we do pay some honoraria, which are to people who put in extraordinary hours of skilled work to keep our organisation running properly. The one “salary” we pay is for what has become almost a full time job and absolutely essential in our view. Falls prevention exercises are provided free by staff from the physiotherapy department at Horsham hospital. I shall be glad to explain all this and more, in greater detail to anyone who is interested.

We are most grateful for the ongoing support of Pulborough Parish Council, Horsham District Council and West Sussex County Council through these difficult times. We apply for grants from other organisations to help us in our work. For instance, we applied for lottery funding in 2011 but all our efforts in applying came to nothing. Whilst being very disappointed we were not entirely surprised as less than 10 grants were on offer out of more than a thousand applications. We are aware of the need to generate our own funds, so as to be as near to self-financing as possible. To that end the Wednesday and Lunch Clubs have made modest increases in their charges, and Volunteer Visiting benefited from the proceeds of running a stall at the Harvest Fair. Many of our volunteers give their expenses back to us. We also run Dance and Tai Chi classes which produce income for us and even Toe Nail Cutting just manages a little surplus. Our flag days and raffles yield useful amounts of money.

We reluctantly closed PiP in 2011. After 30 years this was a hard decision to take, but it seemed right in the context of our modern age. Activities formerly hosted by PiP continue once a month as before, so the expense of hall hire has been reduced by 75%, but highly important activities remain available.

Who Does The Volunteering?

It is especially heartening for all of us at Community Care to be able to tell you that in Pulborough it is in many instances the older people who are helping each other. The average age of our volunteers is just over 65. This is a real demonstration that we older people are not addicted to hand outs. At our activities those who attend are also keen to do their share of the work involved. People help the less agile, they set out chairs and tables where needed, run committees helping with the organisation of activities and do many other things that make everyone feel valued and cared for and able to make their own contribution where possible. This is the spirit of Community Care which we hope to maintain, with help from all of you who are with us, in whatever capacity. Thank you all for everything that you do.

Gwen Parr

Pulborough Community Transport

Contact: For all enquiries please ring 01798 875600

10am – 12 noon Monday to Friday

This service continues to be well used and is a valuable asset in our community. We have 36 drivers on call and we currently average about 30 trips each week, consisting of local surgery visits, hospital appointments and social visits. Our wheelchair vehicle is in much demand and is in use most days. New volunteer drivers are particularly welcome, especially for the wheelchair vehicle.

Michael Clenshaw

Wednesday Lunch Club

Contact: Mrs Betty Evans 01798 874254

The Lunch Club thrived in 2011 and on most Wednesdays saw a 'full-house'.

In 2011 it was decided, for the first time, to carry on with the Lunch Club during the month of August. This was welcomed by many members who do not go away on holiday or have family visits etc, and therefore August would be a long month without the regular Wednesday get together.

In 2011 we also introduced a seating area so people can catch up with friends and news before going to the tables for lunch.

During the year we marked Valentine's Day and Easter with a special lunch and also every six weeks had a home-made Shepherd's Pie lunch. On the Wednesday before Christmas members of the Afternoon Club joined the Lunch club and some 60 people enjoyed a delicious Turkey lunch with all the trimmings. We are so grateful to René Kaiser who makes a delicious home-made soup each week and also cooks our 'special meals'

Thanks also go to our very dedicated group of "pudding ladies and gentlemen" who supply some wonderful home-made puddings and desserts, which are so appreciated by the club members. The pudding rota comes around twice a year and if you enjoy making puddings for 10 or 20 people, **Jill Jones on 01798 874249** would be pleased to hear from you.

Finally thanks go especially to Jill Jones who takes on the washing up each week and to all our wonderful helpers whose dedication makes the Wednesday Lunch Club such a happy and welcoming weekly event.

Betty Evans and Ann Kaiser



St. Valentine's Day Lunch

P&DCCA Wednesday Club

Contacts: Rosemary Russell 01798 873174

Liz Sollom 01798 812573

This has been a year of "finding our feet" for all of us who took over the running of P&DCCA Wednesday Club in December 2010 but it is a privilege and very rewarding to be building on what Joy Mullett gave to the Club's 45 members for so many years.

Our grateful thanks go to the Minibus Association, its drivers and escorts, for their support throughout another year and we all greatly appreciated the outings and shows sponsored by Chanctonbury Lions, Storrington Rotarians, Hollands Funeral Directors and Woods Coaches in 2011.

Members pay a £5 annual subscription and £1 a week which together cover the weekly cost of the hall, refreshments and Birthday treats. We have received several generous donations

during the year from the Village Harvest Supper raffle, P&DCCA central funds and Pulborough Parish Council and many individual donations from which we have been able to cover all other costs including entertainment.

We have enjoyed our Royal Wedding Party, a Sound Bath, a Turkey and Tinsel break in Bournemouth, a Christmas Party with 'in-house' entertainment, a pantomime and, of course, our regular Wednesday afternoons where a variety of games and conversations are enjoyed with friends. Coming up is a Fairtrade Tea Party, an outing to the Olympic stadia, the Queen's Diamond Jubilee, our summer holiday to Tenby – and much more!

Our regular team of loyal helpers, stalwart members' committee and all our members look forward to another happy, exciting and successful year in 2012. Why not come and join us – you would be very welcome!



Turkey and Tinsel Holiday at Bournemouth

The Volunteer Visiting Scheme

Contact: Jill Westlake 01798 812104

'The Volunteer Visiting Group—known as VVS—has been operating in the Pulborough area for the past 13 years. At present we have 20 trained visitors, who come with a wealth of experience from varied backgrounds. Currently we visit 29 people, either in their own home or in a care home, usually on a weekly basis. Most are with us for some years, others only for a short time -- just whatever is needed. In total in the past year alone we have achieved approaching 1500 visits. We also enable carers to go out knowing they are leaving their relative in safe hands.

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 still have time to laugh together too. Amongst other things our support has involved helping to pack a suitcase, filling in forms, getting a hearing aid to work, setting a mouse trap, finding a parsnip recipe and even assisting a 'silver surfer'!

Once again we are grateful to the County and District Councils and various local charitable organisations for grants, which enable us to meet our expenses and continue 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 mutual support and for ongoing training, sometimes with relevant external speakers.

If you yourself would like a visitor, please telephone

Jill Westlake on 01798 812104 or ask your Doctor, District Nurse, or Social Worker to make a referral for you.

VVS co-ordinators Jane Allison and Gillie Sutton Smith.

Pulborough Dance Club
Venue: Pulborough Village Hall
Contact: Gill Boys 01798 831696

We currently have three dancing classes per week, held at Pulborough Village Hall on a Thursday and Friday evening. All levels of dancers are welcome to join these fun and friendly sessions. The Sequence Class is currently proving very popular.

Any profits from these classes go to Pulborough and District Community Care Association and many thanks are due to dance instructor Barry Bird and his wife Sue for all their support.

In addition, Janet and Jim Miles run a programme of social dances and practice evenings not only providing a great source of enjoyment but also making a further very welcome contribution to our funds. Their enthusiasm and help is very much appreciated.

For more information about Pulborough Dance Club please contact the P&DCCA Co-ordinator Gill Boys on the above number

Gill Boys

People Helping People

Contact: Gill Boys 01798 831696

People Helping People is Pulborough's volunteer agency. The aim is to attract volunteers who may only have a very limited amount of time free for voluntary work but who would still like to make a difference, however small, in their home community.

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 at the number above.



Janet and Jim Miles who run the social dances

Tai Chi

Venue: Meadows Room, Pulborough Village Hall

Contact: Jean Seagrim 01798 872540

This year has seen three successful terms of Tai Chi. Due to demand we now meet every Monday from 9-10am under the instruction of Matt Ward of the Inner Harmony School. Numbers average 15 and even those with health problems seem to benefit and enjoy the sessions

Toe Nail Cutting Service
Venue: Pulborough Village Hall
Contacts: Jean Seagrim 01798 872540
Christine Wells 01798 875291

This service continues to be appreciated by over 50 clients with healthy feet, but who find it difficult to cut their own toenails. Mr. James Foulkes comes every 6 weeks from 1.30-4.45pm and the clients come on a rota of every 12 weeks.

Closing of Pop-into-Pulborough
Venue: Meadows Room, Pulborough Village Hall
After 30 years it was decided that this activity was coming to its end.



A piece of PIP History – 1989 – PIP in the old Village Hall
Mrs. Ayling with family and friends

Tai Chi classes have transferred to a Monday. Our **Sight Problems Group** now meets, with thanks to Saxon Weald, at Green Meadows on **the third Tuesday from 9.45-11.30am**
The Falls Prevention Group run by the NHS and **Knitting Group** now meet on **the first Tuesday of the month from 11am to 12.45pm** in the Meadows Room in the Village Hall. At the same time we have cakes, sausage rolls, soup, tea and coffee as well as our popular recycled cards, bric-a-brac and tombola – so we hope our old friends will continue to come and see us. The Knitting Group has sent over 2,000 garments to Africa and some enchanting layettes for premature babies to our local hospitals.

Contacts: Jean Seagrim 01798 872540

Rosa Reeve 01798 872300

Anne Ranken – Falls Prevention 01798 872847

Gina Spain – Knitting Group 01798 872497



Members of Pulborough Knitting Group

Treasurer's report for 2011

Thanks to our many volunteers who give so generously of their time and money, together with the continuing support of West Sussex C.C., Horsham D.C. and Pulborough P.C. we are in a good financial state. We have also had gifts from Saxon Weald, Hall & Woodhouse and Storrington Rotarians for which we are most grateful.

Philip Migdale

Pulborough & District Community Care Association Accounts for the year ended 31 December 2011

		2010
Incoming resources	£	£
Grants		
Pulborough P.C.	1,675	1,400
West Sussex C.C.	15,600	15,875
Horsham D.C.	800	750
Donations	5,340	3,207
Dance & Tai Chi class fees	9,292	9,084
Management charge	3,074	2,927
Outings	10,958	0
Subscriptions	1,198	719
Lunch sales	3,306	2,276
Other sales	1,521	1,101
Fares	2,445	2,358
Fund raising		
Raffles	1,118	291
Flag day and other fundraising	476	397
Interest	<u>56</u>	<u>136</u>
Total incoming resources	<u>56,859</u>	<u>40,521</u>

Accounts for the year ended 31 December 2011**(continued)**

	£	2010 £
Resources expended		
Honoraria	2,400	2,325
Volunteers' expenses	3,838	4,060
Dance & Tai Chi instructors' fees	5,395	5,195
Printing, postage and stationary	422	597
Insurances	431	422
Rent	6,037	6,039
Telephone	1,003	1,112
Salary costs	8,022	7,729
Other expenses	1,159	418
Volunteer training	174	234
Catering supplies	3,333	2,597
Cost of outings	10,872	898
Vehicle running costs	3,073	2,073
Vehicle depreciation	<u>1,667</u>	<u>1,667</u>
Total resources expended	<u>47,826</u>	<u>35,366</u>
Net incoming resources	9,033	5,155
Total funds brought forward	<u>59,386</u>	<u>54,231</u>
Total funds carried forward	<u>68,419</u>	<u>59,386</u>

**Accounts for the year ended 31 December 2011
(continued)**

	£	2010 £
Fixed Assets		
Tangible assets		
Cost	10,000	10,000
less Depreciation	<u>8,333</u>	<u>6,667</u>
	<u>1,667</u>	<u>3,333</u>
Current assets		
Debtors	1,302	1,338
Cash at bank and in hand	<u>67,908</u>	<u>57,119</u>
Total current assets	<u>69,210</u>	<u>58,457</u>
Creditors	<u>2,458</u>	<u>2,404</u>
Net current assets	<u>66,752</u>	<u>56,053</u>
Total net assets	<u>68,419</u>	<u>59,386</u>
Funds of the Charity	<u>68,419</u>	<u>59,386</u>

Signed on behalf of the
Trustees

G D Parr

P R Migdale

10 February 2012

Auditor's report

I have examined the books and records of Pulborough & District
Community Care Association for the year ended 31 December 2011.
In my opinion, the accounts reflect the income and expenditure of
the Association for the year and its position at 31 December 2011

HD Anthony

Chartered Accountant

10 February 2012

**Welcome to the
OPEN MEETING AND ANNUAL GENERAL MEETING
on Wednesday 14th March, 2012
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 2011
(Please see next two pages)
3. To adopt the Annual Reports and Accounts
4. To elect Officers and Committee
5. Any Other Business

Tell Us

What you would like us to do.

Ask Us

What we do now and how we do it.

Help Us

If you can.

**Please come with your written questions or,
give them in at any of our activities or
ask your questions at the meeting**

Please join us for refreshments afterwards



**MINUTES OF THE ANNUAL GENERAL MEETING held on
WEDNESDAY 16th MARCH, 2011 at 2.15pm in
The Arun Hall, Pulborough Village Hall**

Stuart Henderson opened the meeting and explained that he was chairing the meeting in the absence of Chairman, Gwen Parr, who was in Japan visiting her family. He was able to reassure the meeting that she was some 500 miles from the current disaster area.

Stuart also extended a special welcome to Brian Donnelly and Roger Paterson, the two District Councillors.

1. Apologies for absence.

Apologies had been received from Janet Brown (HACVS), David Joliffe (Pulborough Parish Council), Fr. Paul Welch (St. Mary's Church), Gill Boys and Gaye Davenport.

2. To approve the Minutes of the Annual General Meeting of 2010

The Minutes having been printed in the Annual Report were agreed as a true record and duly signed by the acting Chairman.

There were no matters arising.

Stuart Henderson drew the meetings' attention to the recent survey which had given an excellent insight to the amount of volunteer hours given by PDCCA, some 9,300, and also to the variety of support given to the elderly and vulnerable in the community.

3. To adopt the Annual Report and Accounts

The acting Chairman confirmed that PDCCA was fundamentally financially sound. However, the Sharan vehicle would need replacing in the foreseeable future and with possible cuts in funding from the statutory bodies, it was not a time for complacency.

Brian Donnelly proposed adoption of the Annual Report and Accounts, Tony Williams seconded the motion which was passed unanimously.

4. **To elect Officers and Committee**

The Acting 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. Monica Mason	Trustee (Community Minibus Association)
Mrs. Gill Boys	Trustee (Volunteer Recruitment)
Mrs. Jean Seagrim	Committee (Co-ordinator, Pop-into-Pulborough Toenails and Dancing)
Mr. Mike Clenshaw	Committee (Community Transport Scheme)
Mr. Stuart Henderson	Committee (Pulborough Patient LInK)
Rosemary Russell	Committee (Wednesday Afternoon Club)
Liz Sollom	Committee (Wednesday Afternoon Club)

Joyce Cottle proposed the election. Edna Henley seconded the motion which was passed unanimously.

5. Any Other Business

Stuart Henderson conveyed PDCCA's grateful thanks to Rosemary Russell and Liz Sollom for taking over the running of the Wednesday Afternoon Club, earlier than had been expected.

He added there was a continuing sense of sadness over the sudden death of Joy Mullett and recorded for the Minutes the very grateful thanks from all members for all that Joy had done for PDCCA over the years.

Bringing the business part of the meeting to a close Stuart Henderson extended a warm welcome to Bernard Baldwin from AGE UK and Brian Ball from the Pulborough Minibus Association as the guest speakers.

LIST OF OFFICERS 2012

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)**

25 Riverside Court, Station Road, PULBOROUGH,
RH20 1RG Tel (01798) 872929

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 (Toe Nail, Falls Prevention,
Knitting Group, Sight Problems Group)**
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: Mrs. Liz Sollom (Wednesday Afternoon Club)
Abinger, Stream Lane, NUTBOURNE,
RH20 2HG Tel: (01798) 812573

**Committee: Mrs. Rosemary Russell
(Wednesday Afternoon Club)**
147a Lower Street, PULBOROUGH,
RH20 2DP Tel: (01798) 873174

**Committee: Mr. Stuart Henderson
P&PI Forum**
(Public and patient involvement).
Tiltridge, Rectory Lane, PULBOROUGH,
RH20 2AE Tel: (01798) 873119

USEFUL LOCAL CONTACT NUMBERS

COMMUNITY MINIBUS

Mr. Brian Ball 01798 873008

Mr. John Denison 01798 872613

Mrs. Monica Mason 01798 873003

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(24hr answerphone)

email: liaise@frontlinedebtadvice.org.uk

Correspondence address **PO Box 2228**

Pulborough, RH20 6AE

MEALS ON WHEELS

01798 343773

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



One Day at a Time

*One day at a time this is enough
do not look back and grieve over the past, for it is gone.*

*And do not be troubled about
the future for it has not come yet.*

*Live in the present and make it so beautiful
that it will be worth remembering*

Anon