



The Bradbury Bulletin

Inside this issue

Recent events:
Summer fair,
M&S fundraising,
Destination
Littlehampton!
Patchwork quilt

Health and
therapy

Gardening diary

Internet café

Coming soon at
The Bradbury

Out and about in
the Kingston area

Autumn seems to have arrived all of a sudden and we can now look forward to kicking through the leaves in the park on bright, crisp days. I've been very interested to read about all that's gone on at the centre this summer, such as the Littlehampton outing with new driver David Hoggett and the success of the pink patchwork quilt.

As this is the fourth issue of the new style Bulletin we thought we'd ask you what you think of it. Enclosed is a questionnaire which we invite you to return by 21 October - your entry may even win you a bottle of wine! I may include a small crossword in a future issue, so if you are a crossword fan and can compile one, please put your thinking cap on and get in touch! Contributions of all kinds are welcome; just send me an email or give Lucy a note.

Janet Evans

Email: janete@ageconcernkingston.org

Classical concert



In July members were serenaded by talented young pianist Kyung-Won Lee while enjoying a cream tea provided by Kellie Pratt from Raleigh House and her helpers. Kyung is pictured here with the electric piano she borrowed from her school. She is a graduate of the Royal College of Music and a music teacher at St Mary's School, Ascot. In 2012 she will take up an appointment as Director of Music at Woodcote School, Surrey.

Why not
celebrate
a special
occasion
at The
Bradbury!
Saturdays
and
Sundays
are
available
too.

See a
member of
staff for
details.

WELCOME NEW MEMBERS

The Bradbury is happy to welcome the following new members who have joined us since June 2011

Lee Bevan
Peta Calcutt
Patricia Hayes
Mary Ireland
Jeanette Liston

Helen Mangan
Yvonne Norman
Irene Richardson
Doreen Vaughan
Jean Young

We hope you will enjoy the times you are here and that you will make new friends and stay with us for the foreseeable future.

CENTRE OPENING HOURS

Monday 10.00am-3.30pm
(3.30-4.30pm Yoga only)

Tuesday 10.00am-2.00pm

Wednesday 10.00am-4.00pm

Thursday 10.00am-4.00pm

Friday 10.00am-2.00pm
(2.00-3.00pm Tai Chi only)

Please note that parking is limited! The car park near Bardwell House cannot be used by Bradbury Centre members.

Recent events

Bag packing at M&S

Another successful bag packing event on Saturday 23 July raised £377 for The Bradbury. Once again, a big thank-you to all those who helped. We'll be holding another event on Saturday 10 December and will compile a rota of volunteers nearer the time.



Summer fair

Fun was had by all at the summer fair on 15 July which raised a grand total of £271 for the centre. This included £91 from the handicrafts stall and £63 from the cake stall. The book raffle raised £46, the bric-a-brac stall £28, the plant stall £22 and complementary therapies £10. Estelle Roth kindly gave £10. We hope to have another similar event at Christmas.

Destination Littlehampton!

On 18 August members enjoyed an excursion to Littlehampton. After a couple of hiccups finding the right car park everyone arrived in the town. Norma Sawyer was the volunteer on hand to help and David Hoggett, who has just completed his RaKAT minibus training to be our Bradbury driver, did well driving the minibus on his first outing with us! Members explored Littlehampton, some trying out the locally recommended fish and chip shop 'Oscars' and others enjoying a pub lunch. Children of all ages were having fun fishing in the river and catching lots of crabs. Luckily there wasn't one drop of rain in the town but on the return journey many puddles and umbrellas were spotted! David kindly arranged drop-off points for some, to save returning to Bradbury. He will be making regular appearances on future Bradbury outings.

Patchwork quilt

It was at our promotional event at the Bentall Centre in May 2010 that a passer-by



asked the patchwork group to make her a crochet quilt in a mixture of pinks. The ladies did exactly that! It took a lot of time, with ladies working on it at home as well, but the 'client' was really satisfied with the result and paid £60 which went into The Bradbury's funds.

Summer buffet and raffle

Our recent summer buffet was attended by about 25 members. The one-day raffle made £44 and our thanks go to Lily Jenkins who sold the tickets before enjoying the buffet.

ANAGRAM

Can you work this one out? DIRTY ROOM (Answer on the back page.)



HEALTH MATTERS

Podiatry

Satyan Patel (MSCh) attends the centre on Mondays by appointment. He is available for nail cutting, ingrown toenails, treatment of corns, callus and verrucas. **Free initial consultation and £18 thereafter per session.** Also available for non-members.

Hearing Aid Checks

We can help with maintaining your NHS hearing aid. Just come along to our RNID walk-in clinic on the 3rd Thursday of every month (1-2pm).

For more information contact Richard Williams (Tuesday-Friday) on 07918 942 107 or email richard.williams@rnid.org.uk

THERAPIES

A reminder that the following therapies are available:

Monday

Hypnotherapy: £18 (1 hour 30 mins)

Thursday/Friday

Hand/foot massage: £7.50 (20 mins)

Reflexology: £15 (1 hour)

Full body massage: £15 (1 hour)

Acupressure: £10 (30 mins)

Sports massage £10 (30 mins)

Bookings are required in advance. Please see a member of staff for more information.

Gardening diary

Thank you to everyone who has donated shrubs, other flowering plants and vegetables this summer; the window boxes, another gift, have also given us an extra burst of colour to enjoy. All those contributions have certainly enhanced the garden and we have high hopes for an award in the Kingston in Bloom competition.

Help in the garden is always welcomed; watering and sweeping are particularly useful ongoing tasks - volunteers will find watering cans and brooms in the storage area.

After the colourful bedding display over the last couple of months, the garden will soon be showing signs of autumn and the two young acers on the right-hand side should show spectacular foliage in October. Upcoming jobs include refreshing the tubs and baskets at the front of the building for some winter colour and replanting the bulbs ready for spring flowering, so watch the garden space...

Jane Pringle and Brian Mulley

Discover the internet at The Bradbury Internet Café

Bring your own laptop or log on to one of our computers using the computer suite.

IT tutors are on hand to answer your internet queries.

1st Tuesday of the month, 2-4 pm
£2.00 (includes a tea/coffee)

For more information contact Lucy Webster

Bradbury Browser's Sociable Surfing



Coming soon at The Bradbury

Pub lunch The Anchor, Pyrford Lock, Wisley
 Tuesday 13 September - £5.50
 (for transport only; lunch purchased on arrival)
Connaught Opera and a cream tea
 Tuesday 20 September - 1.30pm - £4.00
'Later life and the law'
 Talk by Daniel Sheridan, local solicitor
 Tuesday 11 October 2011 - 2pm - free

Members Plus Meeting

Tuesday 22 November 2011
 1-2 pm

All members, volunteers and staff welcome. Your chance to hear the latest, get involved with your centre.

What else does

Age Concern Kingston do?

Do you need help with shopping, DIY or gardening? Are you likely to need help after a stay in hospital? Do you need someone to explain complicated forms? See the noticeboard above the pool table for the many different ways in which we can help.

Reminder

It is essential that you **sign in and out** on each visit to the centre. This allows us to keep track of numbers and could influence future funding. It is also for your own safety in an emergency. Thank you for your cooperation.

New creative writing course

Thursdays 11.00 - 12.30

If you have the urge to write, be it for fun or with the hope of publishing, this is the group for you. Short stories, poetry, memoirs. Feedback from the group, plus challenging, fun word exercises, and professional guidance if you want it from group leader and member Pauline Lindsey.

Thursdays at the Bradbury

We have changed the timetable so that members can take part in more than one activity. The new times are:

- Salsa: 10.00 - 11.00
- Creative writing: 11.00 - 12.30
- Bereavement Support Group (1st Thursday of the month): 12.30 - 2.00

Out and about in the Kingston area

8-11 Sept: Heritage Open Days Free access to properties usually closed to the public or which normally charge for admission. Places include Cleave's Almshouses, the Masonic Hall in Surbiton, views from the top of Kingston College, County Hall, Kingston Mosque. Look out for leaflets or enquire at libraries for more details; also check out www.heritageopendays.org.uk.

19-25 Sept: Surbiton Festival Entertainment, food, music and fun for the whole family. Grand parade and street market on the Saturday: opening ceremony 10.00, parade 12 noon.

October: Black History Month Kingston plays host to numerous activities and entertainment,

many free of charge, celebrating cultural diversity. Look out for leaflets, enquire at libraries or telephone 020 8547 5016.

Sunday 9 October: RunKingston an endurance run of 8.2 or 16 miles. Scenic loop follows the Thames towpath, passing Hampton Court Palace before returning to Kingston market place. First run starts 8am. Entry fee. Apply by 3 October www.humanrace.co.uk, tel. 020 8399 3579.

Friday 4 Nov: Community Fireworks Display Kingsmeadow Athletics Ground, Kingston. Cost and time to be confirmed.

Sunday 13 Nov: Remembrance Day Services Kingston, Surbiton, New Malden, Chessington.

Anagram answer: DORMITORY

For more information on all our services and activities visit www.ageconcernkingston.org

Information correct September 2011

Bradbury

welcomes you