

## Neighbourhood Voluntary Care Scheme

# FiSH

Serving Barnes, Mortlake and East Sheen

**Barnes Green Centre, Church Road, Barnes, SW13 9HE - Charity no. 1083996**  
**Newsletter Spring 2012      Large print version available by phoning 020 8876 3335**

### **Dear Friends of FiSH,**

Here we are again approaching another New Year! We hope you are all looking forward to our new programme of talks and outings. Do remember that if the weather is bad this winter, we are here to help you as much as we can; so please ring the Helpline if you need our assistance.

### **TV Changes**

This spring, television reception will change from the old (analogue) system to digital. There is a leaflet enclosed with this Newsletter to give you some basic information about the handover and any help the government can offer. We also have a Tuesday Talk on January 24<sup>th</sup> from a member of the company overseeing the Digital Handover. So you may want to come to that to hear about what it actually means. If you think you need help with retuning your TV or digital box, and no-one in your family is able to do this, we may be able to find a volunteer to do the retuning - please ring the Helpline.

### **Winter Warmth Campaign**

Keeping warm and healthy in the winter is, of course, a priority. Older people and those with long term illnesses are particularly vulnerable to the cold and we need to be aware how we can help others when the winter temperatures drop. Following a few basic principles can make a big difference to the wellbeing of those at risk.

A campaign has been launched to help Richmond residents prepare for the winter. Age UK Richmond and Richmond AID are working in partnership to deliver the campaign locally. The aim of the campaign is to remind people to keep healthy and warm in their homes in winter; informing people of the help which is available including: financial support, help with insulation, reducing energy costs and help with health and well-being. Information will be available on:

- ◆ Heating homes to the right temperature and finding out what help people are entitled to

- ◆ Avoiding cold related illness (such as flu and pneumonia)
- ◆ Eating well and wrapping up warm

If you would like more information please contact:

[www.richmondaid.org.uk](http://www.richmondaid.org.uk)

Richmond AID Advice Line: 020 8831 6070

[www.ageukrichmond.org.uk](http://www.ageukrichmond.org.uk)

Age UK Richmond: 0845 600 1090

### **Singing Scales**

The FiSH choir at Barnes Green has become a very popular activity. FiSH volunteer and choir leader, Jean Oxley, would like to encourage new members to join. No previous experience is needed. Put January 9<sup>th</sup> and 23<sup>rd</sup> at 2.00pm in your diary and come along. Transport is available if necessary, please ring the FiSH Busline (8876 3765)

### **FiSH Membership**

A big 'thank you' to the many Friends who have now returned their FiSH Membership form with their £10 subscription. This is already beginning to make a difference to our finances.

If you haven't yet paid your £10 membership you'll find a reminder about this and a new form with this Newsletter. I'm afraid that if we have not received a subscription, we can no longer send out a Newsletter to you and you will not be able to access FiSH services in future, except in an emergency. Unfortunately as financial support from our local authority is cut we need to find alternative sources of funding in order to continue paying our bills and providing FiSH services. So it's important that everyone is up to date with their FiSH Membership subscription which we announced in the past two Newsletters

***May we wish you a very Happy Christmas and thanks to all from Jenny, Phyllida, Leslie, Celia, David and Terry***

## FiSH Tuesday Talks

at Barnes Green Centre

Coffee from 10.30am. Talk 11.00am (40mins)

- 10<sup>th</sup> January**      **Carrie Hogan**  
*Health and fitness for all ages*
- 17<sup>th</sup> January**      **Charlotte Harman**  
*The Wallace Collection*
- 24<sup>th</sup> January**      **Chris Burton**  
*The TV Digital handover*
- 31<sup>st</sup> January**      **James Norris**  
*The Grenadier Guards*
- 7<sup>th</sup> February**      **Stryker McGuire**  
*The UK/USA "Special relationship"*
- 14<sup>th</sup> February**      **Maureen Keown**  
*The Careline / Telecare Service*
- 21<sup>th</sup> February**      **Mike Bayon**  
*The Pathfinders - the elite of the RAF*
- 28<sup>th</sup> February**      **Joy Catford**  
*The early days of FiSH*
- 6<sup>th</sup> March**          **Margaret Saunders**  
*Cambodia*
- 13<sup>th</sup> March**        **Carol Graves**  
*Challenging cycling through Jordan*
- 20<sup>th</sup> March**        **Peter Siddall**  
*What you didn't know about croquet*
- 27<sup>th</sup> March**        **Peter Warwick**  
*Scott of the Antarctic - "Great God, this is an awful place"*
- 3<sup>rd</sup> April**            **Jacqueline Esin**  
*Amber Home Carers - help in your home*
- 10<sup>th</sup> April**          **Chris Payne**  
*Pompeii*
- 17<sup>th</sup> April**          **Jean Sexton**  
*A referee's memories of the Wimbledon Championships*
- 24<sup>th</sup> April**          **John Ray**  
*The Horrible History of Advertising*

### ★ **Tuesday Shopping Trips** ★

Bus shopping trips on Tuesdays to Sainsburys, Manor Road, (Waitrose on the last Tuesday of the month), in addition to the regular Thursday shopping trips. Please ring the Busline 8876 3765 for more information.

## FiSH Outings and Events

Please pay for all outings at the time of booking

Contact the Busline to book  
each trip — 8876 3765

**\*\* Tickets for these outings will be allocated by the ballot system**

**Friday, 6<sup>th</sup> January**, 12.30-1.30pm, St. Michael's Barnes, Community Centre, **First Friday light lunch and entertainment**, donation for lunch

**Monday, 16<sup>th</sup> January**, 11.00am from Barnes Green, **Pub Lunch**, £3.00 plus lunch costs

**Wednesday, 25<sup>th</sup> January**, 11.00am from Barnes Green, **Squires Garden Centre**, £3.00

**Friday, 3<sup>rd</sup> February**, 12.30-1.30pm, St. Michael's Barnes, Community Centre, **First Friday light lunch and entertainment**, donation for lunch

**Monday, 13<sup>th</sup> February**, 11.00am from Barnes Green, **Pub Lunch**, £3.00 plus lunch costs

**\*\*Wednesday, 22<sup>nd</sup> February**, 10.30am from Barnes Green, **The Wallace Collection**, £5.00

**Friday, 2<sup>nd</sup> March**, 12.30-1.30pm, St. Michael's Barnes, Community Centre, **First Friday light lunch and entertainment**, donation for lunch

**Thursday, 8<sup>th</sup> March**, 10.00am from Barnes Green, **Kempton Market shopping**, £3.50  
*No wheelchairs on this outing*

**Monday 12<sup>th</sup> March**, 11.00am from Barnes Green, **Pub Lunch**, £3.00 plus lunch costs

**\*\*Wednesday, 21<sup>st</sup> March**, 10.30am from Barnes Green Centre, **Queen Elizabeth II: Royal Photos by Cecil Beaton, V&A Museum**, £5.00

**Monday, 16<sup>th</sup> April**, 11.00am from Barnes Green, **Pub Lunch**, £3.00 plus lunch costs

**Wednesday 25<sup>th</sup> and Thursday 26<sup>th</sup> April**, 11.00am from Barnes Green, **Marks & Spencer, Kew, shopping**, £3.00

### \*\*\* **FiSH OUTINGS** \*\*\*

Please could everyone remember that we are happy to pick up people at home (and other points) to come on the outings and you do not have to come to Barnes Green Centre to join them.

**For all outings except Pub Lunches and shopping trips please bring a snack to have on the bus if a refreshment stop isn't included**

## Unwanted Wheelchairs



Community Services, Wandsworth Division Wheelchair service do reconditioning of NHS wheelchairs that are no longer needed and they then re-issue them.

***If you have an unwanted wheelchair please contact Richmond Area - 8487 6084 or 6085***

They can arrange collection if needed.

**FiSH Helpline:** Please could anyone needing assistance from the Helpline ring **as early as possible** in the morning after 9am so that we can find a volunteer to fulfil your needs. If something is requested after 11.30am (especially near the end of the week) it is often very difficult to find an available volunteer. **Help us to help you!**



**Light Lunch**  
with musical entertainment  
at **St Michael's, Barnes,**  
**Community Centre**  
next to St Michael's Church,  
entrance from Elm Bank Gardens  
or Charles Street

Hosted by FiSH volunteers on the  
first Friday of the month

**12.30pm - 1.30pm**

*Donations to FiSH welcome for the lunch*

Please ring the Busline 8876 3765 for  
help with transport

January 6<sup>th</sup>  
*Mary Tonkin, piano*

February 3<sup>rd</sup>  
*Richard Steel, piano*

March 2<sup>nd</sup>  
*Members of West London Strings*

## ART TALK AND AUCTION

Don't forget to make a note in your diary for the  
popular FiSH art event  
which will be held again next year on

**Saturday 28<sup>th</sup> April, 2012**

**Afternoon / evening**

at

**The Harrodian School**  
**Lonsdale Road, SW13 9QN**

To book a free invitation please contact  
Shirley Rizvi on 0208 876 5737

***Watch this space for further details***

Demonstration, talk and auction  
of sculpture and painting

You can now watch our special FiSH video on  
YouTube via the link on our website!  
([www.fishhelp.org.uk](http://www.fishhelp.org.uk) - page "About us")

## **FiSH contact numbers:**

**Helpline – 020 8876 3414**

weekdays 9am-12 noon

**Busline – 020 8876 3765**

to book group shopping & outings

Email: [info@fishhelp.org.uk](mailto:info@fishhelp.org.uk)

Web site [www.fishhelp.org.uk](http://www.fishhelp.org.uk)

## **FiSH Bridge**

### **Thursdays**

January 12<sup>th</sup>, 26<sup>th</sup>

February 16<sup>th</sup>

March 1<sup>st</sup>, 15<sup>th</sup>, 29<sup>th</sup>

April 12<sup>th</sup>, 26<sup>th</sup>

**Barnes Green Centre**

Phone the FiSH office 8876 3335  
for more information

## **SINGING SCALES**



Enjoy making music, led by Jean Oxley, a FiSH volunteer. Singing is also good for health and well-being as it can improve your breathing. And it's an opportunity to meet others and have fun.

**The only requirement is enthusiasm -  
new members very welcome**

### **Come and Join in**

**Monday Afternoons at Barnes Green**

**2.00pm—3.00pm**

January 9<sup>th</sup>, 23<sup>rd</sup>

February 6<sup>th</sup>, 20<sup>th</sup>

March 5<sup>th</sup>, 19<sup>th</sup>

April 2<sup>nd</sup>

For information and to let us know if you would like to come please ring FiSH on 8876 3335.



## **The Digital Television Handover**

Please see the leaflet enclosed with this Newsletter - many televisions will only need a small adjustment or none at all. There is help available from several sources and this leaflet will show you how to find it.

Please make sure that you ask for proper identification from anyone who comes to your door wanting to do work in your home. If you have not made an appointment with that person or company and are in any doubt, do not let them into your home.



### **Sheen Lane Centre, SW14**

Wednesday & Thursday 10.30am – 12.30pm

Friday 10.30am - 12.30pm

*but not the first Friday of the month*

**Pop in and visit us**

**If you have any complaints or suggestions about our service  
please contact Steve Perry c/o the FiSH office**