



Cartmel Peninsula Community Friendship Club

March 2019

Dear Churches Together Representatives,

I wondered if I might give you an update on the Friendship Club we launched in December 2018.

So far, it has been successful but is still gathering momentum. It attracts 20-25 friends from all over the Cartmel Peninsula, along with a solid core of 10-15 volunteers. But, we want to grow more and wondered whether you could please help ?

The Friendship Club was introduced especially for seniors living independently and for those in our many Care Homes who want to enjoy outside interests. We are well supported by the Care Homes. It is those living alone in our communities that we are trying to encourage and reach. We all know someone who lives alone or someone who would appreciate some friendship, whether it is a neighbour, friend, or friend of a friend. If you or your congregation know someone, please can we make contact.

We have a programme of different activities packed either side with games, chat, coffee and cake. The sessions are held at High Newton Village Hall, normally on the third Wednesday in the month 10 am - 12 30 pm, just ten minutes from Grange. The Club is run as a non- profit making body. Monthly sessions cost £1.50 to cover room hire and refreshments with transport arranged by appointment. The remaining programme this year is:

20/3/19	'Out of my depth' - a single handed crossing of the Atlantic in 40 days
17/4/19	Easter Sing a long Jennie Gray
15/5/19	Columbia, South America worth a holiday? Cate Davies
26/6/19	Drawing can be fun Valerie Wood
17/7/19	Singing for Dementia Janice Carrick
21/8/19	'Outrageous Adventures for the over 70s' Clive Darley
18/9/19	Raptors touch and learn - Nic. Henderson
16/10/19	Photography by the expert Tina Luke
6/11/19	Poetry Please with a Sing a long with John and Rosie Harper
11/12/19	Let's celebrate Christmas

I would be pleased to provide more information. If you can help, contact me personally on my mobile 07949 140108 or landline 015395 30256 or by e-mail [tcalway@me.com](mailto:tcalway@me.com).

Cheers and blessings