

NEWMARKET DAY CENTRE CIO

QUARTERLY MAGAZINE

Charity Registration No. 1160955



Take a look at our website
www.newmarketdaycentre.co.uk
Call 01638 664262 or pop in & see us
Independent Charity & Community Club



Welcome to the latest Newsletter.

Firstly I would like to welcome our new members of staff that have joined us in May. Hannah Coker is our new Receptionist / Volunteer coordinator & Gillian Yarrow works in the middle office and works as Administrator/ Publicity Coordinator, they will both be a great asset to the Centre.

At last we have the bathroom refurbished and our new bath and shower installed. The bath even plays music while you lie back and relax. If you need help with a bath, please speak with Veronica Fixe our Care Coordinator.

Joanne Blazey one of our volunteers walked the Isle of Wight coastal path and raised us a whopping **£1,411.67**. We cannot thank Joanne enough. In her report on the opposite page, Joanne said she would do it again. A great effort Joanne and thank you for thinking of us.

Marks and Spencer Newmarket have taken us on as their charity of the year. They came one weekend in June to paint our conservatory area. They did a fantastic job and not only did they paint, they added ornamental items and cushions that have transformed the area. Victoria painted us a canvas to hang and Anastasia made us a new notice board. We have invited them to join us for lunch for all their hard work.

Thank you M & S..



Elvis McMinn Charity Director
elvis.mcminn@newmarketdaycentre.co.uk

Trustees Corner

As Trustees, we are pleased to report, that with the aid of generous donations, particularly from the Friends, the bathroom refurbishment has now been completed. The bath has been replaced and together with modern fittings there is now more space to enable staff to provide comfortable bathing to those clients that require it.

Visitors will also have noted three new members of staff. Hannah as receptionist and volunteer co-ordinator, Kirsti as a new Carer and in the background but no less important is Gillian as Administrator. Hannah will hopefully recruit new volunteers, Kirsti will make sure that clients are well cared for, while Gillian ensures that our invoicing is up to date and clients receive accurate bills. We wish them all well in their roles and I am sure that the Day Centre and its clients will benefit from their presence..

I always need to mention fundraising and remind people of our Supporters Scheme. This is open to all, past members, current clients, volunteers, visitors etc. together with local businesses, organisations and companies. Leaflets explaining the scheme are available from reception. Thank you for your interest and support of the Centre. Please get in touch with me if there is anything you wish to discuss..

Dr Malcolm Finney, Chairman, Trustee Board
malcolm.finney@newmarketdaycentre.co.uk



**A HUGE THANK YOU TO OUR VOLUNTEER
JOANNE BLAZEY FOR RAISING A WHOPPING**

£1,411.67

**Through the kindness of Joanne and people like her,
this enables us to continue our much needed services
for the elderly in our community**

My name is Joanne Blaze and I volunteer for the Day centre on a Tuesday morning serving refreshments and the lunches.

My husband Andrew and I have visited the Isle of Wight many times and have walked much of the coastal path. We both love the island so when I saw an advert on Facebook to walk the island in one go I thought this sounds good, it would be a good way to see the areas we have not visited before and it would be a chance to challenge myself as well as being the perfect way to raise some money for the Day Centre. I just had to convince Andrew.

A month of persuading later we were sign up and the training began. Our first walk was along the river Lark from our home in West Row to Barton Mills and back via Mildenhall. Over the weeks the distances increased including walks around both Grafham and Rutland Water.

We were ready for the walk on the 29th April having travelled over on the ferry the night before and staying in a Travel Lodge. The start was at Chale on the south side of the island. Our allocated start time was 8.20am along with 200 others. After a safety briefing and a quick warm up we were off heading west towards The Needles.

In all 1700 people took on the challenge either walking or running. You could choose to walk half the island or camp at the half way point and finish the next morning, or the full island. Being a bit mad we of course opted to do it all in one go walking through the night. The company that run the challenge had divided the island into eight stops, four being refreshment stops and four with a hot meal. Everything was well organised with St Johns Ambulance and sports massages also available.



The day started cold but the sun soon came out and we had a lovely walk from The Needles up the west side of the island, discovering some lovely beaches. We reached the half way stage at about 8pm. I was having trouble with my ankle, unable to bend it properly so we waited to have it checked and massaged to try and loosen the calf muscle. Determined to carry on we left in the dark walking through Cowes on towards Ryde. At this rest stop we stayed a while to repair Andrews's feet, they were covered in blisters, and many people were dropping out by now with foot and muscle problems. Tired and achy we continued. It was an adventure walking through the night following glow sticks that they had put out to mark the way.

Dawn broke at about 4am as we turned toward the east side of the island. Breakfast was on top of Culver Down. The sun rise was stunning and the view beautiful, though by now we were very tired and every step something hurt. Morning took us from Sandown, through Shanklin and on to Ventnor and the last stop before the final 12km. This proved to be very hard, most of it was along a tarmac road that steadily went up hill and seemed to last forever. We just put our heads down and counted every step as we walking, this gave us the motivation to finish.

The joy and the relief at finally arriving back at Chale at 11.42am was incredible, we had made it! I could hardly walk on my left leg and Andrew had blistered so badly on his little toe that the top had come away along with the nail. A trip to A&E was required for that later in the day. Out of 800 people who started the full island challenge 200 dropped out and we finished in 365 place. Andrew raised £1850.00 for the East Anglia Air Ambulance and **I raised £1,411.67 for the Day Centre.** Thank you to every one who sponsored me. We had a great adventure and would we do it again – YES!

With Age comes skills

It's called MultiTasking

I CAN

LAUGH, COUGH,

SNEEZE, AND PEE ALL

AT THE SAME TIME.



Incontinence – Removing the Stigma

Around 1:4 people has experienced bowel or bladder weakness. It affects men and women, both young and old, yet many people keep it a secret for years. There is a huge stigma around incontinence, despite it being so common, in fact, more than 2.5 million people over 60 in the UK suffer from some degree of urinary incontinence and many are too embarrassed to seek help, even though it can be a distressing and limiting condition. This advice and information may help towards the preservation of dignity, independence and physical and emotional well-being because you shouldn't have to suffer in silence. Help is out there if you feel you have a problem and need help to cope. So, don't be

embarrassed, it's more common than you think. If you have any questions, we are happy to advise, so please just ask!

Urinary Incontinence

A normal bladder can hold up to a pint (between 400-600ml) of urine and empties completely four to seven times a day. The most common types of urinary incontinence are:

Stress incontinence – This can happen when you laugh, cough, sneeze or lift heavy objects.

Urge incontinence – Many people find as they get older, their bladder becomes more unpredictable and gives less warning when needing to pee and you find yourself rushing to the toilet.

Overflow incontinence – This occurs when the bladder doesn't empty completely and feels full all the time, so urine builds up and leaks out. You may also have difficulty passing urine when you want to.

Functional incontinence – This can be caused through practical reasons such as walking difficulties and being unable to reach the toilet in time. People with conditions such as arthritis, Parkinson's or multiple sclerosis may suffer from incontinence due to mobility issues.

Bowel Incontinence

Probably the most embarrassing to talk about, bowel incontinence is an inability to control bowel movements, resulting in involuntary soiling. It can vary from person to person. Some people may feel a sudden need to go to the toilet but are unable to reach it in time and other people experience no sensation before soiling themselves. This is known as passive soiling or there may be soiling when passing wind. It is believed that 1:10 people will be affected by it at some point in their life.

Why does it happen? – Bowel incontinence is a symptom of an underlying problem or medical condition and can be caused by many things including diarrhoea, constipation or weakening of the muscle that controls the opening of the anus. It can also be caused by long-term conditions such as diabetes, MS and dementia. It is important to remember that:

Bowel incontinence isn't something to be ashamed of – it's simply a medical problem that's no different from diabetes or asthma.

It can be treated – there's a wide range of successful treatments.

Bowel incontinence isn't a normal part of ageing.

It won't usually go away on its own – most people need treatment for this condition.

Seeking help

Incontinence can be upsetting and hard to cope with but treatment is effective and a cure is often possible, so it is important to ensure that you seek medical advice from your GP. Your GP may refer you to a Continence Adviser or Specialist who will assess and explain your treatment options. Incontinence Physiotherapists who work alongside them, may give you pelvic floor exercises or provide bladder training. You can call your hospital for details of your nearest NHS Continence Clinic.

If you would like a copy of the pelvic floor exercises, a member of staff will be happy to provide one.

Self-help

For your own personal comfort and peace of mind, there are numerous incontinence products available to purchase including absorbent pads, pull-up disposable pants, devices and exercises which may help increase your confidence whilst attending social activities, something you may have been reluctant to do in the past through worry or embarrassment. **FEEL CONFIDENT – BE CONFIDENT!**



Top Tips to Keep Safe in the Sun!

High Temperatures and strong sun can pose some serious health threats if proper precautionary measures aren't taken. Even more so for our older generation, so follow these tips to ensure a fun and safe summer.....

1. Drink Plenty of Water

Older people are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. **Remember to drink water often, and be sure to pack some for those long summer drives.**

2. Sunscreen and Hats

Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy. Hats are also a great idea, especially for those with light coloured hair and those with only distant memories of a full head of hair!

3. Put Shades On

Vision loss can be common among the elderly and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

4. Stay Cool

Even small increases in temperature can shorten the life expectancy of seniors who are coping with chronic medical conditions. Older people are much more vulnerable to the harmful effects of heat, as their bodies do not adjust as well to sudden changes in temperature. Some chronic medical conditions and prescription medications can impair the body's ability to react efficiently to rising temperatures.

5. Beware of Hyperthermia

During the summer, be particularly cautious about abnormally high body temperatures, a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you are experiencing these symptoms:

- A body temperature greater than 104 degrees
- A change in behaviour, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Fainting

Elderly individuals have a harder time knowing when they are dehydrated and their bodies have more difficulty regulating their temperatures. As a result, they are more prone to heat stroke. If you start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

6. Keep in Touch

High temperatures can be life threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

7. Prepare an Emergency List of Phone Numbers

Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.



Drink more water!



OUR BATHROOM REFURBISHMENT

At long last we have finished the refurbishment of our bathroom. Firstly I would like to apologise to all our clients for the long delay, as you all know not everything goes to plan.

We have a new bath which is easy to get into and our shower area is very much improved. The bath has sensory lights and music can be played while you relax .

Thank you to a private donation who already donated money to us some time back and also to The Rosary Hotel in Exning .

THANK YOU NICK WILSON FOR THE EXCELLENT JOB

We provide the bubbles, and the towels are also provided.

ALL WE ASK IS

£5.00 PER BATH

**BRING ALONG
YOUR**



RUBBER DUCK



Don't take to long to book your place. GOING FAST



If you have a relative or friend that is finding it difficult to bathe at home then we can help.

You need to have mobility

Veronica or one of our care team will do an initial assessment to make sure we can accommodate your needs

Call 01638 664262

Or Contact Veronica on

veronica.fixe@newmarketdaycentre.co.uk

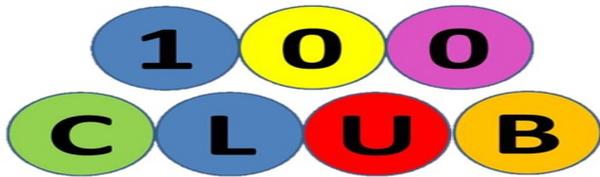
COMPETITION TIME

PUT YOUR THINKING HATS ON EVERYBODY AND ENTER OUR COMPETITION TO WIN A BOTTLE OF WINE FOR THAT SUMMER BBQ..

Winner to be drawn on Monday 1st August - Good luck!



3	2	9					
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			3				1
			5			9	6
8				2	4		7
	7					2	
	3						9
		4			1		



April 2017

£25.00 ~ Alicia Hardy

£15.00 ~ 16 Keith Murfet

£5.00 ~ 89 Maisie Barnes

May 2017

£25.00 ~ 105 Wendy Godfrey

£15.00 ~ 73 Mary Brooke

£5.00 ~ 68 David Hayle

June 2017

£25.00 ~ 03 Mavis Hickling

£15.00 ~ 74 Peter Booth

£5.00 ~ 35 Joan Bosdet

BONUS BALL WINNERS

April

5th ~ Ron Smith & Mrs Cowling (30)

12th ~ NO DRAW

19th ~ NO DRAW

26th ~ Peter Byford & Cathy Houslander (41)

May

3rd ~ June Howe & Ivor Barrett (40)

10th ~ Sue Clarke & Sylvia Smith (25)

17th ~ Carol Watts & Peter Byford (41)

24th ~ Mavis Hickling & Mr & Mrs Dawson (37)

31st ~ Wendy Godfrey & Christine Donovan (36)

June

7th ~ Dill Bond & Fred Marlin (50)

14th ~ Les Broughton & Ron Smith (45)

21st ~ Steve Stevens & Dill Bond (48)

28th ~ Dill Bond & Germaine (44)

Haven't we been Lucky

ONLY WHEN YOU RUN CHARITY DO YOU REALISE
HOW KIND AND GENEROUS PEOPLE ARE



WE RECEIVED £100 FROM THE NEWMARKET LIONS

THANK YOU



LAST YEAR WE WERE LUCKY ENOUGH TO BE
CHOSEN TO RECEIVE 10% OF THE TAKINGS
FROM THE NEWMARKET OPEN WEEKEND

WE RECEIVED ALTOGETHER **£5,290.00**

WE HAVE ALSO BEEN CHOSEN AGAIN THIS YEAR

THANK YOU TO ALL CONCERNED



Knit & Natter



Meeting here at the Day Centr

Monday mornings between 10am—11.30am

We are currently working on a project knitting hats, scarves, gloves and blankets that we plan to donate to the homeless in time for winter



Why not come and join us for a cuppa and a chat and you could even stay for dinner!



Newmarket Day Centre CIO, Fred Archer Way, Newmarket. Tel: 01638 664262

Could your business benefit
from an
advertising boost?



*-Advertise-
-With-
-Us-*

Our newsletter reaches far and wide, to our clients, their families, members of the public and other businesses.

We offer competitive rates for quarter, half or full page adverts, so why not give our Charity Director Elvis McMinn a call and see how we can help get you noticed and help your business grow?

Tel: 01638 664262



Hearing Aid Clinic



At

Newmarket Day Centre

**Just pop in on the dates below – No appointment needed
for cleaning, new tubing and battery change**

Tuesday 25th July

Tuesday 22nd August

Tuesday 26th September

N.B. This service is funded by Suffolk Hearing Advisory Service and unfortunately is only available to Suffolk Clients. Elvis McMinn has approached the Audiology Department at Addenbrookes Hospital but they are not willing to support Cambridgeshire Clients to attend our clinics at the Day Centre. If you are a Cambs client, please contact them direct.

In Loving Memory

Those we love don't go away,

*They walk beside us
every day.*

*Unseen, unheard,
but always near.*

*Still loved, still missed,
and very dear.*

~~~~~

BETTY MOONEY  
ALICIA HARDY  
MARGARET JOHNSON  
STELLA MASON  
PAULINE ALDRED





NEWMARKET DAY CENTRE C.I.O.,  
FRED ARCHER WAY, NEWMARKET. CB8 8NT



## JULIE McDONALD, Family Law

**FREE** 30 minute

~  
Appointment or Drop-in

~  
Wills, Power of Attorney, Inheritance

~  
Help, Advice, Queries & Questions

Call 01638 664262 to Book



**FIRST TUESDAY OF EVERY MONTH**

**Dates: July 4th , Aug 1st , Sept 5th**

### **Why leave a Legacy to The Newmarket Day Centre C.I.O. ?**

*Your legacy will help us make a real  
difference to the lives of others.*

If your estate (*your money, possessions and property*) is liable to Inheritance Tax then you could reduce the amount of Inheritance Tax by choosing to give to Charity.

If you leave a gift to a Charity in your will, its value will be deducted from your estate before Inheritance Tax is worked out, possibly bringing the value of your estate below the threshold.

Gifts made before your death may also qualify for exemption.

The Newmarket Day Centre CIO has to raise **over 95%** of it's finances.

Gifts, however large or small, kindly left in your will are vital to all aspects of our work, enabling retired & older people the opportunity of a better 'Quality of Life'





# What's On!



We have lots going on here at the Day Centre. Why not browse through our list and if you find something that takes your fancy or piques your interest, why not come along and join us. We offer a friendly atmosphere, great company, information, lots of fun and much more. Why not pop along and sample our great food too?

## July

**Saturday 8th July between 1pm—3pm:** Hot dogs and a variety of stalls for you to browse. Lots of outside games, ice-cream. You are welcome to join us at Gracewell Care Home at Jeddah Way, Kennett, Newmarket CB8 8JY. See you there!

**Tuesday 11th July at 1.45pm:** The Paddocks Primary School will be singing for you all in the Day Centre. Why not come along and listen to their angelic voices.

**Thursday 20th July between 1.30pm-2.30pm:** Join us to listen to the dulcet tones and sounds of singer Jancis Harvey.

**Tuesday 25th July at 1.30pm:** Albert Shipton will be giving a talk on the history of the area.

**Thursday 27th July at 1.30pm:** If you would like to know how dogs can help with people suffering hearing problems, join us for a talk by 'Hearing Dogs for the Deaf'.

## August

**Saturday 5th August 1pm—3pm:** Gracewell Care Home will be holding their Summer Fete and have asked us to invite you all. Lots of fun and activities, tombola etc. We will be going so why not come along and spend your Saturday afternoon with us. See you there!

**Tuesday 8th August 1.30—2.30pm:** Are you finding pain difficult to cope with? Come and listen to our very own Jill giving a talk on 'How to use Mindfulness for Pain Management'.

**Friday 11th August 1.30—2.30pm:** Come and enjoy us with John Kay on the Keyboard for some familiar sounds and songs.

**For details of all our other great activities, have a word with Hannah at Reception and she will let you know what goodies are coming next!**

***Don't forget to put these dates in your diary!***



Wednesday 5th July 2017

## RAT PACK DAY

Buffet Meal

Followed with Entertainment From

**MICHAEL ANTONY**

£12.00 per person

**COME ALONG AND ENJOY**



### 'ELVIS IS IN THE BUILDING'

ELVIS PRESLEY 40TH ANNIVERSARY DAY

Join us for some great entertainment  
from Don Fox

£12.00 per person

Thursday 14th September



Don't miss this!



### 'We'll Meet Again'

**Music by Kitty Collins**

Join us for a good old sing-song and  
don't forget your ration book!

Wednesday 27th September



£12.00  
Per person



# Meet our Clients



## PETER BYFORD

**Please meet one of our regulars, Peter Byford.**

Peter is synonymous with Newmarket Day Centre. Peter was born in Cambridge but has lived in Wood Ditton for 84 yrs. In his youth he managed a 230 acre farm for G F Edge for 37yrs and later was an Estate Manager for the Animal Health Trust looking after 169 ponies. I expect some of our regulars will know Peter very well but for those who don't, here's a brief synopsis of this colourful character.



Peter has been coming to the Day Centre for 8yrs now and has formed a great friendship with 3 other regulars, Dill Bond, Steve Stevens and Ivor Barratt. They are like the 4 Amigos and Peter said that although he enjoys watching sport on TV, the most important benefit of coming along to the Day Centre is the company, whilst not forgetting an occasional shot of whisky of course!

He said the food is great too and he enjoys the Themed and Event Days that the Centre provide on a regular basis. Peter has a quick-fire wit and gets involved with the group activities such as bowling and quiz games. One of those quiz games involved Peter having to put an item of clothes on if he got the question wrong. Peter ended up dressed as a woman! Despite his infectious humour, it is not apparent that Peter suffers with kidney problems and must have dialysis 3 times a week.

Typical of his good spirit, he told of an event, that though very serious, he recalled with humour. He told me he had been in the centre after having dialysis and got into his car to drive home. He had only driven a very short way and noticed his arm began to feel very heavy and had started to bleed. He pulled to the side of the road and a passer-by saw him in distress, came to his aid and called for help. The injection site (which is used repeatedly) had ruptured and very quickly, Peter lost over a litre of blood and had to be blue-lighted to Hospital. In a typical light-hearted manner, he then told me that he was more concerned by the fact he had to spend £50 to have his car valeted!

**If you would like to get to know Peter and other members like him, please pop down and let us get to know *you*. Growing older doesn't mean you can't have lots of fun. Come along and see what we have to offer.**



## Our Hawaiian BBQ Event



On Wednesday 21st June the sun was shining and it was a glorious 30 degrees. What a great day for us to enjoy our BBQ. Chairs were placed in the shade and we all enjoyed a BBQ feast provided by the brilliant kitchen staff, despite them working in the sweltering heat. Sun hats off to them! We listened to great music whilst tucking into plenty of sausages, chicken and hamburgers plus lots of salad, followed by profiteroles or jelly and ice cream and washed down with a nice glass of sangria! I think the photos show that a great time was had by all...





# Meet the New Members of the Team



**Elvis welcoming us into the team!**



## Hannah Coker



Hannah is our new Receptionist / Co-ordinator. She is the lovely friendly face that greets you as you arrive in the building. Hannah's role is to co-ordinate all the services that help to keep the Centre running efficiently. Apart from greeting our clients on arrival, Hannah is our Volunteer coordinator and organises the runs and distribution of our Hot Plates service. Hannah is 27yrs old, is married to Richard. They have a 4yr old daughter Sophia and a 4yr old dog called Archie. Hannah has settled now in Mildenhall and has worked at most of the hospitals in the area. Apart from being a busy Mum, Hannah and her husband enjoy taking Sophia to historic places of interest and going to the coast with their dog Archie. Hannah also helps to look after her Grandparents. Hannah's hobbies include, calligraphy, cake making & cake modelling.



## Jill Yarrow



Jill is our new Administrator / Publicity Coordinator. Jill works behind the scenes and is responsible for the Invoicing and ensuring that our Clients accounts are kept up-to-date. She is also responsible for promoting the Day Centre and the publishing of the quarterly magazine. Jill has a partner Andy and lives in Burwell. Jill has three children, five grandchildren and six step-grandchildren. They have two dogs, a little Lhasa Apso and a Rottweiler, so treks in the countryside are frequent. Jill is a very busy lady and when not working at the Day Centre, Jill runs her own holistic therapy business. Jill's hobbies are creative writing, meditation and swimming. If you have any interesting stories, have written some poetry or have any suggestions or information that you would like to be considered for the magazine, pop in and see Jill in her office for a friendly chat. She will be more than happy to hear them!

## Kirsti Dare



Kirsti is our new Client Support Worker and Events Co-ordinator. Most of you will know Kirsti quite well by now. She started in April and is a very familiar and friendly face in the Day Centre. Kirsti is married to Mike and has three children, Imogen, Isabelle and Morgan and they share their home with their two dogs Ollie and Skyla. They have lived in Newmarket for 16years, so not quite a local yet! Kirsti doesn't get much free time as she is always busy transporting her children to their various hobbies and pursuits throughout the week and her husband Mike manages their sons local football team, the Newmarket Under 9's. Kirsti's role is the very responsible job of caring for all our clients who come into the Day Centre and attending to their needs, from serving meals, to assisting with bathing and helping to co-ordinate all the fun and games. Kirsti is also responsible for arranging the fantastic events we have going on in the Day Centre, such as the infamous Themed Event days to listening to the beautiful voices of the local schoolchildren.

# Volunteers' Page

Thank you for all you do!

Here's a little bit about me, your  
new Volunteer Coordinator.

I am Hannah, I live in Mildenhall with my Husband, 4 year old Daughter Sophia and our dog Archie (who is like our second child). We have lived in the area for 4 years, although I grew up just outside Thetford, Norfolk.



I spend most of my free time coordinating play dates and outings with our daughter. We all love the outdoors and try to be outside as much as possible.

I have really enjoyed my time with Newmarket Day Centre so far and it has been a pleasure getting to know you all.

I am hoping to establish a strong support network for our volunteers, by re-introducing the 'Volunteer's Committee', updating our records and introducing a 'Review Program' whereby we can get to know each others strengths and use them to support the needs of the local community.

If I haven't had the pleasure of meeting you, please come and Introduce yourself!



Please join me in



**Welcoming**

to our team of  
volunteers....



**Julie Eames**

Julie has kindly offered her time  
on Mondays and Thursdays

**'About Me'**

**New volunteer feature  
coming in our next issue**

Gaining new skills,  
knowledge and experience  
to enhance your CV.

Combat  
Loneliness - For both  
yourself and others.

Fill your day with the smiles of  
those in need and feel the joy of  
helping others.

Meet new people  
and make new  
friends.

**10 Reasons to  
Volunteer  
with us...**



Help the elderly of  
the community  
maintain  
independence.

Increase Self  
Esteem.

Help to maintain  
a very important  
resource for our  
elderly.

There is lots of anecdotal  
evidence that volunteering has  
a positive impact on health.

Give back to  
your local  
community

Feel Valued  
as a Team  
Member.

You can cut me out  
and pass me on!



## Have you thought about

Are you able to spare an hour a week to  
lend a helping hand?

Do you enjoy meeting people and making a  
difference in your community?

### Hot Plate Delivery

#### Drivers

Tuesday or Friday Lunch  
Time or Holiday Cover

12-1pm Car Needed

Delivering Hot plates to  
Local People.

Routes and Drops to be  
discussed.

### Kitchen Assistants

Required in our  
kitchen to assist our  
chefs with preparing  
food for service and  
cleaning down for the  
for the following day.

Any day of the week

Hours negotiable

### Mini Bus Drivers and Escorts

For Collection and Drop  
Off daily between times  
shown below

Morning Run Approx

8:45-10am

Afternoon Run Approx

2pm-4pm

For more information please contact Hannah on 01638 664262  
or pop in and see us at Newmarket Day Centre C.I.O,  
Fred Archer Way, Newmarket, CBS 8NT.







# INFORMATION BOARD



We provide information, advice and guidance to family carers of all ages across Suffolk to help them get the support they need to live fuller lives.

We ultimately seek to minimise the hardships, difficulties and other challenges family carers face, to raise awareness of family carers and ensure their voices are heard throughout Suffolk.

We have a range of services to support adult, young and young adult carers

- ◆ Every second Thursday
- ◆ 1.00 ~ 3.00pm
- ◆ Rookery Medical Centre
- 40 The Rookery
- Newmarket
- CB8 8NW
  
- 01638 664338

## YOUR IMPORTANT TELEPHONE NUMBERS



Gas Supplier -----

Electricity Supplier -----

Water Supplier -----

Plumber -----

Pharmacy -----

Doctors -----

Dial A Ride -----

Taxi -----

Family /Others -----

-----

-----

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ALL DAY BREAKFAST UNTIL 2.30PM  
ONLY £4.50

SAUSAGE, BACON  
2 FRIED EGGS  
TOMATO  
MUSHROOMS  
SAUTÉED POTATOES  
BAKED BEANS &  
A SLICE OF TOAST

HERE AT THE CENTRE  
WE ARE ABLE TO PROVIDE  
CELEBRATION CAKES  
YOU MAY HAVE A BIRTHDAY,  
WEDDING , ANNIVERSARY  
OR WHATEVER THE OCCASION,  
WE CAN HELP YOU OUT .

YOU CAN CALL AND SPEAK WITH THE  
KITCHEN STAFF WITH YOUR IDEAS OF  
WHAT YOU WOULD LIKE OR WHAT  
EVENT YOU ARE CELEBRATING.

CALL 01638 664262  
FOR FURTHER INFORMATION OR  
IF YOU WOULD LIKE TO ORDER





NEWMARKET DAY CENTRE CIO

FRED ARCHER WAY, NEWMARKET, SUFFOLK, CB8 8NT



CALL 01638 664262

WE OFFER A MONDAY TO FRIDAY DELIVERY SERVICE  
OF FRESHLY COOKED MEALS TO YOUR DOOR.

£5.50 DAILY FOR A 2 COURSE MEAL

YOU CAN USE THIS ON A REGULAR BASIS OR IF YOU  
ARE OUT OF HOSPITAL AND STRUGGLING, YOU CAN  
SIMPLY USE US UNTIL YOU IMPROVE.

WE CAN ALSO PROVIDE YOU WITH SANDWICHES  
FOR YOUR EVENING MEAL IF REQUIRED



PAY ON A MONTHLY OR WEEKLY BASIS  
WHATEVER SUITS YOU  
CALL AND SPEAK TO KIM DEVONSHIRE  
OUR KITCHEN MANAGER

HOT PLATE  
DELIVERY  
SERVICE



Food delivery

DELIVERED  
DIRECT TO  
YOUR DOOR



NEWMARKET DAY CENTRE CIO

**SUPPORTERS CLUB**

REG. CHARITY NO. 1160955



'NDC Supporters Club'

will replace the membership scheme, which no longer exists, NDC having changed to a Charitable Incorporated Organisation (CIO) This new scheme will provide much valued support by an annual contribution of £20.00pp and is open to anyone over 50. Supporters will receive a Supporters Number & Supporters Badge, a copy of our Quarterly Magazine & Annual Review,

***plus entry into a yearly draw for a cash prize..!!***

*You can use the form below ~ or see a member of staff.*

*Please return to:*

*Reception at Newmarket Day Centre,  
Fred Archer Way, Newmarket. CB8 8NT*



Name .....

Address .....

.....

Post Code ..... Phone Number .....

E Mail .....

DOB .....

£20 Supporter Fee Enclosed      Badge given?    Yes       No

