



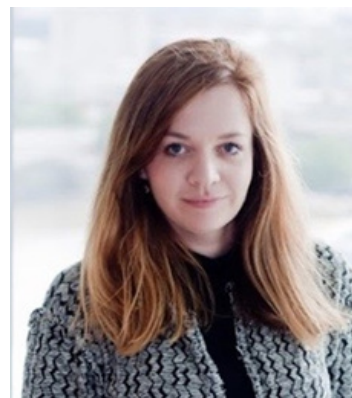
# RGN Newsletter

November 2023



## Welcome from our new Chair of Trustees

As the days get shorter, it's hard to believe yet another year is drawing to a close! By way of introduction, I'm Louise and have recently taken over the role of Chair of our group of trustees from Hannah – thank you Hannah for all your hard work for RGN! I've been a volunteer with the charity for almost 4 years and am looking forward to getting to know some of you more as I settle into the role. I'd also like to take this opportunity to say a huge thank you to everyone involved in the running of our charity – from our brilliant volunteers, to our trustees, donors, and of course Anne and Fay who are instrumental to the work we do.



We're once again also looking forward to a full programme of activities over the Christmas period with several activities planned, including the return of our Christmas lunch! Details of other outings, including a festive trip to Squires, are outlined later in this newsletter.

We will also shortly be launching our annual fundraising campaign – every single donation we receive makes a direct contribution to our ability to continue supporting our clients in our local community.



## The Real Junk Food Project

**Did you know?** Since opening in 2018, the RJFP has saved over 164 tonnes of food from landfill and fed more than 41,000 bellies!

The RJFP philosophy is feeding bellies not bins, using food that has been diverted from landfill and turning it into great meals and re-distributing any surplus food in the local community. The 'pay as you feel' café is an open, welcoming space for all.

**Come along! ETNA Centre Mon, Weds and Fri and Cambrian Centre, Weds 11.30-1.30.**

Find out more: [www.trjfp.wickenham.com](http://www.trjfp.wickenham.com)

Registered Charity Number 1187997





# Silver Sunday at The Avenue Club



Each October across the UK, Silver Sunday is celebrated, bringing people of all generations together through fun and free activities for older people.



On Sunday 8 October, RGN held a Silver Sunday Tea at The Avenue Club. 30 guests and volunteers enjoyed delicious cakes and sandwiches, and danced to some wonderful music from Terry Smith and his band.

Thanks to the Avenue Club for hosting this event.

Thanks to volunteers for transporting clients, baking and making cakes and sandwiches and to Terry and his fabulous ukelele band for great entertainment.



**SILVER SUNDAY**  
CELEBRATING OLDER PEOPLE







**Office Hours**  
RGN is open 5 days a week  
**9am-1pm Monday - Thursday**  
**9am-12pm Fridays**

## Christmas Shopping Trips

We have booked a mini bus to go to **Squires Garden Centre on 17th November**, and **Kew Retail Park 24th November**. Pick-ups from 11.30am. Return around 2.30pm. A great chance to buy some gifts and have fun on the way!

Places are limited so please call to book a place 02035384060



## Christmas Lunch

Yes it's nearly that time again!  
All are invited to join us for a delicious Christmas lunch at the newly refurbished Lass O'Richmond Hill on 4th December.

Please call to book a place  
02035384060

£10 per ticket (for RGN clients only)



## Dates for your Diary

### Cambrian Centre Teas

- 8/11 Terry Smith and Ukeleles - Cambrian Tea
- 13/12 Connaught Opera does Christmas - Cambrian Centre

### Mini Bus Shopping Trips

- 17/11 Squires Garden Centre - Christmas Shopping Trip
- 24/11 Kew Retail Park Shopping Trip

**Christmas lunch** 4/12 Lass o' Richmond Hill



Registered Charity Number 1187997





**Richmond**  
Good Neighbours



[space2grieve.org.uk](http://space2grieve.org.uk)

**Space2grieve** offers a warm welcome and a safe place to share experiences with other bereaved people – join us for a cuppa at the **ETNA Centre every 3rd Tuesday** of the month, 10-11.30am.

If you've been bereaved, no matter when, no matter how, space2grieve can support you. They offer free, personal, confidential, one-to-one bereavement support to anyone living in Richmond Borough. Highly-trained bereavement support specialists are available to listen, understand, and support you as you find your way forward.

## Meet the Trustees: Jennie

I'm Jennie, a stay at home mom, American with a busy home life! I have a fabulous partner, two lovely little ones and one four-legged friend named Dill Pickle (she is quite a scamp and recently had her 8th Birthday!). I love this time of year - chasing leaves, taking long walks in the park and playing board games with the family! This time of year, when Thanksgiving rolls around, I often take a deep breath and think about what I am thankful for - my family's health, our luck to live in such a beautiful place, etc.

Part of the reason why I volunteer is because I am so grateful for all I have, and I am very happy to share a bit of that with those around me.

A BIG THANK YOU to those who volunteer with RGN - we literally would not be doing this without your support.

As a last note, if you know of anyone who would like to share a bit of their good fortune and volunteer with or donate to RGN, we would love to have them in any way in which they are able to help.

Happy holidays and best wishes for a healthy New Year!



## Follow RGN



## Contact

**Office: 020 3538 4060**

**Mobile: 07940758698**

**Email:**

**[organiser@richmondgoodneighbours.org.uk](mailto:organiser@richmondgoodneighbours.org.uk)**

[Click here to donate to RGN](#)

Registered Charity Number 1187997