



# RGN Newsletter



Summer 2023

## Welcome

With such glorious weather over the last couple of months, clients and volunteers have enjoyed the chance to get out and about. Our recent visits to the Isabella Plantation and Kew Gardens have been a joy.

Don't forget, Richmond Good Neighbours is a member of the Community Access Scheme at Kew Gardens. Ask Anne for more details. Huge thanks to volunteers who escort clients and the National Lottery Community Fund for financing the trips.



## Fundraising

We're pleased to announce that RGN has been chosen by Richmond Golf Club to be one of their chosen charities alongside Prostate Cancer. Anne spoke at The Captain's Club day and Corporate Day about the work we do in the local area. We are so grateful to the club for their support.

We are also delighted to have been chosen by Our Lady Queen of Peace Roman Catholic Church to be their chosen charity for all their fundraising this year. Anne Ardis and Anne Speak introduced the charity to the congregation early in June at three masses. This is a particularly special recognition of the impact we have in the community as two of the nuns from the convent next door were clients.

And finally... Exercise is good for you!

BARCH is an exercise club in Richmond. They recently had a fundraising day and raised a generous £140 for RGN. Thank you all those who donated.



BARCH Richmond  
NO EGO TRAINING

Registered Charity Number 1187997



## Richmond May Fair

After a few years away due to Covid, it was great to have the May Fair back on Richmond Green.

Since March, a dedicated team worked hard to plan the RGN stall.

Going with the 'Gin-tastic' theme, the team asked for donations of anything 'gin' related, from a classic G&T to a pack of ginger biscuits.

Thanks to everyone who donated! Our 'gin-tastic' theme was embraced by our wider community and some local businesses too with generous donations of bottles and vouchers. On the day the stall looked fabulous.

Despite the slightly chilly weather, the Richmond Community came out in big numbers. We had a visit from local MP, Sarah Olney, too!



Huge thanks to the May Fair planning team and those who ran the stall and to all those who came to try their luck at the tombola. We hope you won a great prize!

**The stall raised over £2000 to support our work.**





## Cambrian Teas

Our monthly teas at the Cambrian Centre on the second Wednesday of each month continue to be popular. All are welcome!

Highlights of this year so far include wonderful talented performances from the Connaught Choir and Terry Smith and his ukelele band.

More teas are planned:  
Upcoming dates 12/7, 9/8, 13/9, 11/10, 8/11, 13/12



### Over to you

We'd love to hear from you what you like to attend, whether it's musical performances, talks, board games afternoon or just tea and chat. Let us know!

## Record Keeping

We are updating our records for all registered clients to make sure we are holding the correct information. Enclosed with this newsletter is a blank client form. Please complete it and return it to us. A stamped addressed envelope is enclosed for you to use.



## Volunteers' Party

In June, the RGN volunteers gathered on a beautiful summer's evening for a great chance to catch up and relax over a glass of wine. A huge thank you to all our volunteers for the time you give so willingly.



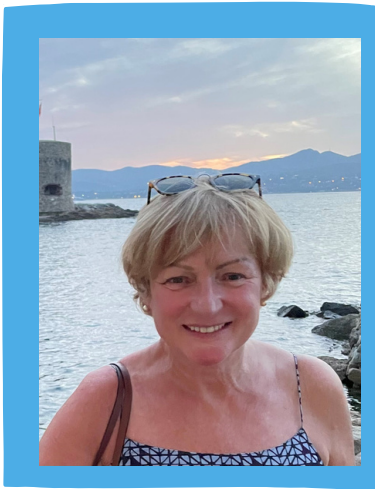
## The Real Junk Food Project

Now at the Cambrian Centre  
Wednesdays, 11.30am-1.30pm.

The pay as you can community café is open to all, and a brilliant way to use up surplus food.



## Meet our trustee, Janet Bradford



Janet has lived in Richmond for the last 9 years and loves walking with her dog Pretzel in both the park and along the river. She is a keen gardener and entered the Open Gardens last year which she thoroughly enjoyed. Janet has 4 children and 3 grandchildren who live in the UK and America, her favourite holiday destination is the south of France. Volunteering with RGN feels like you are truly giving back to your local community. One of the things she loves the most is listening to the stories that our elderly clients tell her about their past lives and adventures.

### Follow RGN



### Contact

Office: 020 3538 4060

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Website: [richmondgoodneighbours.org.uk](http://richmondgoodneighbours.org.uk)

### DONATE:

Bank transfer: 30-96-26 74747260

Cheques: made payable to 'Richmond Good Neighbours'