

Welcome to the Active and In Touch Newsletter for Volunteers and Members.



Active and In Touch Frome | Service Manager |
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Working hours: Monday, Tuesday 8.30am – 5.30pm,
If outside these hours please e-mail:
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Kindness week Round-Up

The illustration below is a copy of the cover of one of Frank Turner's CDs "Be More Kind". The linked hands are reminiscent of the logo for Active and In Touch, showing the hand of friendship being extended, and welcomed.

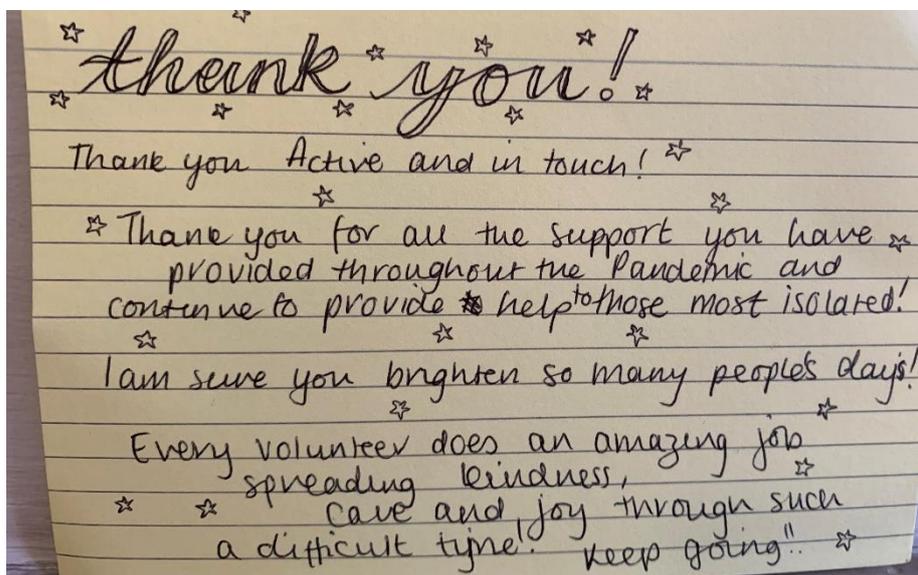


The refrain in the title song is "Be more kind, my friends, Try to be more kind". Kindness Week in Frome saw many instances of kindness being undertaken by numerous individuals, families, schools, businesses and other organisations. Active and In Touch was no exception, and during the course of the week, planned and became involved in various kind acts.

One was the work undertaken by the Tuesday Group meeting



members who, inspired to support Winter Wonderland, helped with the Mural for the windows of the Town Hall. Active and In Touch also distributed 100 post cards written by Medical Centre staff to A&IT members, thus supporting Kindness Week and reminding members they are valued and remembered within the community in which they live. In the Town Hall, there is currently a display of "Thank You" messages from people in Frome to individuals, family members, friends and



organisations for their support and kindness, not only during Kindness Week, but also in the past. It was wonderful to see this hand-written card alongside and amongst other messages. It clearly shows that all A&IT volunteers are recognised for the support they give, have given and will continue to give. There is no signature on the card, but none is needed as it expresses a sentiment which could have come from so many people in and around Frome.

A further date for your Diary - **World Kindness Day** is to be held on Sunday 13th November 2022.

Active and In Touch is Frome Medical Practice's Charity of the Year

Many of you will already have seen or heard this great news already, but just in case you haven't, Frome Medical Practice has identified Active and In Touch as its **Charity of the Year**. Kevin Sivell, Frome Medical Practice's Charity Champion said "We are delighted to be working with Active and In Touch as our Charity of the Year. The purpose of the charity aligns closely with the work we do as a practice on building connections and we know what a positive impact one-to-one befriending can have on someone's health and wellbeing. We hope that over the course of the next few months we can both fundraise for Active and In Touch and also help raise awareness of the charity, the volunteering opportunities that they have and the support they are able to offer to local people".



Dougie Brown responded "We are thrilled that Active and In Touch has been named as the Frome Medical Practice Charity for 2022. Over 70% of our members are referred to us by the Health Connections Team and our unifying purpose is to improve the health and wellbeing of individuals, so working together is a perfect fit and will help enable us to continue to tackle isolation and loneliness".

This new partnership has already been seen in action with the co-operation between A&IT and FMP in writing and delivering post cards to members during Kindness Week. Above, Dougie with Andrew Hull, Training and Development Co-ordinator, and other FMP staff. Thanks to Karen Creffield, Practice Manager for liaising with Active and In Touch.

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And finally a great act of generosity and kindness ...

The Coventry Building Society has been a long-term friend and supporter of Active and In Touch. It is wonderful that their commitment to the Charity continues. Earlier in the year, as a result of their 2021 Christmas Raffle, the team at the Coventry presented a cheque to the value of two thousand and twenty one pounds to Di Roberts who received it on behalf of A&IT. This generous donation comprised approximately £1,700 raised by the Raffle, with the remaining amount being given by the Coventry Building Society in order to make it up to £2021, thus also recognising the year. Sincere thanks to all at The Coventry for their generosity and kindness. This much appreciated funding will help to continue combatting isolation and loneliness in Frome.



If you have any information to share with Active and In Touch volunteers please contact Patricia Baker on: patriciabaker4@outlook.com

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