



CCP is a charity working with individuals, charities and agencies to improve the opportunities available to Christchurch residents.

Christchurch Community Forum Newsletter: Nov 2017.

The October Community Forum was again held in our new 'home' at St Joseph's Parish Centre in Purewell – also the venue for the CCP Community Christmas Day Lunch, details below and you can register for this on www.christchurchcommunitypartnership.org.uk

The focus of this Forum was **Social Isolation** - now one of the biggest issues facing us as a society in the 21st century and of particular concern in Christchurch which has the highest percentage of over 65s in the UK.

The bad news.....

- That 1 in 4 of these older residents feel they have no-one to approach for help and support
- That social isolation is more damaging than not exercising; twice as harmful as obesity; and as bad for health as smoking 15 cigarettes a day
- That lonely individuals are more likely to visit their GP and have a higher use of medication.

The good news.....

- There is considerable research being done into this issue
- There are many projects (including our own DaB, Christchurch Angels, NC and Helpful Neighbours) which already exist to alleviate isolation and loneliness
- There are many organisations offering help and advice including signposting to services and activities which address loneliness and isolation.
- **That if we can spare even an hour a week we can ALL play a part in this!**

We had a range of speakers all addressing this enormously topical issue

Des Perse from **Help and Care** spoke on the many opportunities offered through their Early Help & POPP and Healthwatch services. These range from advocacy and home and garden maintenance to Health Coaching
www.helpandcare.org.uk

Lynn Kenchington, **POPP Community Development Worker for Isolation and Loneliness** advised of some of the excellent projects being developed with communities across Dorset.

John Fairburn from **U3A** gave details of the incredible number and variety of classes and groups led by members from **Line Dancing to Bridge and Painting For Pleasure** www.christchurchu3a.org.uk

We also heard from **Charles Weston** from **Sovereign Housing** about funding available for community led projects addressing this issue. Please contact him if you have a joint project in mind.

A presentation was made to Jan Childs, the previous leader of **Christchurch Angels** and she was thanked for all her work with the Angels over the years. The new Christchurch Angels leader, Glenys Brown, was introduced. She outlined the ways that the now volunteer led service has been revamped, going back to the original short term model, they have taken on many new Angels, supporting a wide range of vulnerable clients and continuing to work with local medical centres.

Other CCP project leaders outlined the work being done by their projects – details on the CCP website

CHRISTMAS DAY

Do you know someone who will be on their own? They are invited to join us for LUNCH. This year the usual Christmas lunch is being held at St Joseph's Church, Purewell. Please complete the application form below and return it straight away

We will be putting on Christmas Day Lunch for up to 80 people, who would not be able to celebrate Christmas Day in a family setting, whether they are elderly, homeless, single parents etc. If you have helped before, we would love to hear from you.

Our costs will be about £400. Can you help in any way with donations of cash, silver crackers or gifts, please? Please contact ccp.chair@gmail.com



These **Little Angels** are 3-4 inches tall, each with its own personality, hand knitted by volunteers and clients. They make perfect little 'caring' gifts for Christmas, or any time, and can come with a birthday, thank you, get well or prayer message. They are available for a donation of £1 or more each.

Please order through our website or by phoning 01202 989632

You are invited to a free drop in **liver scan and awareness event** at the Urban Gym, 71a High Street, Christchurch on 25th November from 9:30am - 1pm

The event will be staffed by our own RBH Liver Team who will be on hand to offer help and advice on how to look after your liver.

If you would like a free scan please do not eat for 2-3 hours before the scan so no breakfast until after!

Please help us promote this event if you can

The purchase of a mobile liver scanner has been made possible by a very generous donation from Christchurch Rotary Club.

For more information contact Sara Armstrong tel. 01202 705351

SHOW YOU CARE BY HELPING YOUNG PEOPLE GET JOBS!

The **Dorset Schools Employability Programme** is run by **Young Enterprise**, the UK's leading employability and enterprise education charity. Please see www.young-enterprise.org.uk for more details.

With help from a small army of volunteers this programme aims to help inspire many young people from the 3 schools in Christchurch. Often young people say they don't feel school fully prepares them for work or equips them with the employability skills they will need.

This Young Enterprise programme has been successful in addressing this issue for the past 8 years and with new resources this year would like to become more involved with the local community and employers. Evidence shows that 97% of teachers felt that the masterclass helped students understand their personal strengths and weaknesses, helped them prepare for an interview with personalised volunteer feedback and explained recruitment techniques in today's labour market.

The new programme in each school will either be delivered in 4 half days or up to 2 full days. Volunteers don't need to be able to commit to all the sessions, although that would be fantastic! Nor do they *need to spend time doing prior preparation or attending training* as a Young Enterprise leader will lead and provide all the guidance needed. Volunteers will support a group of students during the session and will have the opportunity to share their career journey, experiences and what they are currently doing.

The Grange School has 70 students and will need a minimum of 10 volunteers per session on the following dates:

Mon 29th Jan 10.00-13.20
Thurs 8th Feb 09.00-12.20
Thurs 22nd Feb 10.00-13.20
Mon 26th Feb 09.00-12.20

Anyone interested in supporting any of these dates should e-mail Hannah.cook@y-e.org.uk

Our next **Community Forum** is on **30th January at St Joseph's from 5.30-7.00** and will be focusing on Volunteering: the Lifeblood of any Community.

Christchurch – like many other communities across the UK would not be able to offer the quality of life that it does without hundreds of people who volunteer their time and energy to so many wonderful organisations and causes. We will be telling some of their stories and giving you an opportunity to **GO MAD** (Make a Difference) in 2018. Why not join us on 30th January and find out how you can do that?



Christchurch Community Partnership
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Telephone: 01202 989632 ccp.vforum@gmail.com
www.christchurchcommunitypartnership.org.uk
www.facebook.com/ChristchurchCommunityPartnership
[@ChristchurchCCP](https://twitter.com/ChristchurchCCP)

CHRISTMAS DAY LUNCH 2017

from 12.30 – 4.30 at St Joseph's Church, Purewell, BH23 1EH

To reserve your place please complete your details below and send to: **Christmas Day Lunch, Christchurch Community Partnership, 43 Barrack Road, Christchurch, BH23 1PA** by Friday 15th December, 2017 at the latest.

NAME: _____

ADDRESS: _____

TELEPHONE NO. _____

EMAIL: _____

IS TRANSPORT REQUIRED? YES/NO

ANY SPECIAL DIET REQUIREMENTS: