

Celebrating our volunteers!

This issue is all about honouring volunteering in every form! With Volunteers' Week at the start of June and its fitting theme, 'Connecting Communities', it felt like the perfect moment to peek behind the curtain and see what some of our Time to Talk Befriending community get up to. You truly are a brilliant and diverse bunch!

Volunteers give so much, not only within our immediate community but far beyond. In these pages, we will take a closer look at how some of our amazing community members dedicate their time and skills, forging stronger connections among older people.



We always cherish the opportunity to celebrate our wonderful volunteers for their unwavering support and hard work in helping us overcome loneliness. Recently, we had even more reason to be thankful: **we proudly received The King's Award for Voluntary Service, with two fortunate volunteers even heading to the Palace to meet the King!** Inside you can read more about their experience.

We also held a truly wonderful night to celebrate our volunteers receiving the prestigious King's Award at the Sunshine Cafe, Hove.

The evening was filled with warmth, inspiring words from East Sussex dignitaries, Dr Tim Fooks representing West Sussex and our Founder and CEO Emily joined to share her sincere appreciation for everyone in our community.

... more inside →



Pomp & ceremony. Eclairs & ice cream.

The King's Award for Voluntary Service celebratory palace garden party

Having been honoured with The King's Award for Voluntary Service, the 7th of May saw long standing volunteers Berni and Van embark on a celebratory visit to Buckingham Palace for a garden party.

Beneath a bright, dry afternoon sky, they approached the imposing gates at 3pm, joining some 8,000 fellow volunteers from across the nation. The event was impeccably organised, unfolding with seamless grace.

Passing the stoic guards in their iconic black busbies and scarlet tunics, Berni and Van entered the vast, immaculate gardens. Before long, the long food tent welcomed the Time to Talk Befriending representatives, offering a delectable array of treats. Among the delights were an exquisite éclair filled with mousse and a rich chocolate triple fudge, each adorned with the King's badge.



As the clock struck 4pm, the band struck up the national anthem, heralding the arrival of the Royal party. A 200-yard passage formed as the King proceeded slowly along. Eventually, he stood before them, allowing for some cherished photographs. He appeared in excellent spirits, his jovial demeanour and ready laughter with the crowd a contrast to his televised image.

While Berni ventured off in search of ice cream, Van had mysteriously disappeared. Faced with this unexpected turn, the only sensible course of action was clear: to savour both ice creams. And so concluded a truly perfect day.

by Berni Bannier



Thoughts from a Palace Garden Party

by Berni Bannier

Crowds of people celebrating
A little wave from the King
He's here to honour volunteers
At Time to Talk Befriending

Yet far from all the clamour
In their lonely room
Sit the folk we're serving
To bring light into their gloom

Thank you to my volunteer
Who in those precious times
Comes to sit beside me
Bringing laughter love and sunshine

The King's Award for service
Given to our faithful volunteers
Who take the time from busy lives
To visit, call and bring some cheer

The days can be so lonely
Just looking at four walls
No one seems to bother
There are never many calls

Yet there is one ray of hope
In this loneliness unending
To share my joys and sorrows
My friend from Time to Talk Befriending.



The King's Award for Voluntary Service presentation and celebration



On a lovely sunny June evening Emily, the team, and our volunteers all gathered at Sunshine Cafe to welcome dignitaries, officially receive **The King's Award for Voluntary Service**, and to celebrate this huge achievement together.



The cafe was filled with a warm friendly atmosphere and decorated beautifully with handmade bunting, pretty posies of flowers and Union Jack flags on each table ...

... please read on →



We ate delicious food, shared stories of our volunteering, raised our glasses and heard inspiring and moving speeches from our founder Emily, Vice Lord-Lieutenant DL Graham Peters and Deputy Lord-Lieutenant Michael Bedingfield, and friend of the charity Dr Tim Fooks. All expressed their huge admiration for the work Time to Talk Befriending do in the community and more importantly the essential role of volunteers who play a vital role in overcoming loneliness experienced by older people.

Whilst listening to their words we could see the stunning engraved glass award that took pride of place at the dignitaries table next to its impressive embossed box in royal purple. Once the speeches were over the Vice Lord-Lieutenant DL Graham Peters presented this award to our wonderful volunteer reviewers Berni Bannier, Van Salisbury, Jill Healey, Joanna Harper and Fiona Macdonald Box.

We rounded off proceedings with celebratory toasts and a rousing rendition of the national anthem.

It was an evening to remember.





Deputy Lord-Lieutenant
Michael Bedingfield



Vice Lord-Lieutenant
DL Graham Peters



Dr Tim Fooks



Vice Lord-Lieutenant DL Graham
Peters presenting to Berni Bannier



Vice Lord-Lieutenant DL Graham Peters, Van Salisbury, Berni Bannier, Joanna Harper, Deputy Lord-Lieutenant Michael Bedingfield, High Sherrif of East Sussex Annie Brown, Fiona Macdonald Box and Jill Healey,



Deputy Lord-Lieutenant Michael Bedingfield and High Sherrif of East Sussex Annie Brown arrive; James Butler East Sussex Lieutenancy Officer is welcomed by Julie; Emily with Dr Tim Fooks and with the Vice Lord-Lieutenant DL Graham Peters.



Emily and the team celebrating with their guests — volunteers and friends of the charity.



Debi's Story: Spreading Kindness, One Stitch at a Time

Recently, we had the pleasure of catching up with Debi at the Lancing Community Hub, one of our 300 remarkable Time to Talk Befriending volunteers. Debi doesn't just volunteer with us; she weaves "random acts of kindness" into the very fabric of her daily life, a heartwarming initiative that began quite by chance.

Debi's journey with us started after she saw a post on the local Lancing Facebook page about our need for volunteers. Passionate about giving back to her community, she was matched with an older person locally. Her dedication to the charity is clear, but it's her personal quest for spreading joy that truly shines.

The inspiration for Debi's "Random Acts of Kindness" struck many years ago during a lunch break. She discovered a knitted angel attached to a railing, accompanied by a beautiful message of kindness.

That angel, which she still treasures, sparked a desire to continue the feeling of joy it brought her.

Now, Debi dedicates her time to knitting and crocheting her own small gifts, which she then leaves for others to find.

As she explains, "You never know what kind of day someone may be having, so sharing a gift, leaving something for someone to find might make the difference to their day."

Debi's creations are as diverse as they are delightful: **Worry worms with uplifting messages** **Crochet dolls and accompanying messages** **Trauma bears** **Crochet hearts for hospices** **Twiddle mits for individuals with dementia** **Disability Dolls**



It's a simple yet profound philosophy she instils in her family, including her grandchildren, teaching them the invaluable lesson of kindness.

Debi is part of a global movement; thousands of people participate in similar acts of kindness worldwide, with a vibrant Facebook Group called [Random acts of Knitting and Crochet kindness](#) dedicated to sharing these stories. Debi has her own [Facebook](#) and [Instagram \(@debidoodahs\)](#) where recipients sometimes leave heartwarming messages after finding one of her gifts.

Currently, Debi is passionately working on a collection of crochet dolls designed specifically for children with disabilities, aiming to provide them with a doll that reflects their unique health challenges. **Beyond her crafting, Debi champions the simple act of saying hello and starting conversations, believing it's a wonderful way to infuse kindness into our local communities.**

Debi's story is a beautiful reminder of how one person's dedication, whether through volunteering or random acts of kindness, can create ripples of joy and connection.

From making 'hospital corners' to tending ponies on the downs: a volunteer's journey

Fiona has a unique role at Time to Talk Befriending. She is our Outreach Worker, but she also gives her time voluntarily as a reviewer. Fiona shares how her decades of volunteering have taken her from meticulously made beds to supporting young people, caring for the elderly, preserving the countryside, and offering a listening ear in hospitals. Discover how each diverse experience has shaped her perspective and why she continues to find immense value in giving her time.

I have volunteered for years starting as a teenager with the British Red Cross where I learned to make beds the proper way with hospital corners. Not particularly inspiring but it got me started, I thought I wanted to be a nurse.

Years later after living abroad I moved back and wanted to be a vet nurse but as my sister was allergic to animal fur and I had no practical experience of having any animals, I thought I would volunteer at a kennels to gain some experience. They offered me a job shortly after and I stayed for many years.

More years later I volunteered with a council group, a sort of Citizens Advice Centre for 13-25-year-olds which taught me a lot of useful skills and the problems young people face. I added volunteering as a Counsellor with the same Centre, and I continued to learn a lot!

I moved on with the counselling to work with older people who were unable to leave their homes, sometimes in poor health, this was my first dip into working with an older generation.

The next two I worked with were in conservation, out in the countryside...



This was group volunteering and the majority were retired people, they were very experienced coming from a variety of professional backgrounds and keen to teach me all things to do with land management. More learning.

Recently I volunteered at the hospital listening to people who have ended up rather dramatically on the ward I was assigned to. Often after a sudden illness or accident. Everyone had a story which they found themselves sharing and seemed surprised they did. I guess it's a funny world in the hospital and they have the time to reflect and with me an opportunity to talk.

Next was a change of scene with a café in Hove where I still go, we chop up food from local shops and supermarkets that would go to landfill and serve it out to anyone who would like some and they "pay as you feel". This showed me another aspect of life and the community feel is strong.

Currently I check on some New Forest ponies weekly who are grazing at Cissbury Ring, a relaxing task, it's lovely to see them enjoying the different weather and grazing.

And I call our Time to Talk Befriending Scheme members and volunteers to complete reviews, checking the befriendships are working well for them both and with the Time to Talk Befriending team providing any additional support needed.

I find dipping a toe into another "workplace" feels quite different when you are unpaid, lighter, I guess with a different type of responsibility. It is easier to be objective and see a broader picture of what is going on. There is often a wider spectrum of skills and backgrounds with other volunteers which is always interesting to learn and hear about. I look forward to trying out other voluntary positions in the future.

By Fiona MacDonald Box

Collaboration is key

News of our friends and supporters

SHARING IN A SPECIAL CELEBRATION

We recently had the pleasure of celebrating a big milestone with one of our funders and supporters, the Enjoolata Foundation, who turned five years old at the end of May! Their core belief, that little things can lead to big changes, truly resonates with us. Enjoolata focuses on supporting local community projects across East Sussex that build resilience, inclusivity and sustainability.

We're so honoured to be a part of the Enjoolata community, they not only provide vital funds for our charity, but we are also fortunate that Sally, one of their dedicated staff members, volunteers as a befriender!



Creating connections
to change lives



A CELEBRATION OF CONNECTION

We often team up with other fantastic charities. Last year, we had the pleasure of co-hosting a special Befriending Week event on Brighton Palace Pier with Together Co. **In June Together Co had a photographic exhibition on Brighton seafront** which you may have seen as part of their celebrations of 25 years in Brighton & Hove. Bringing volunteers and communities together is important work and you could see the impact of these heart-warming relationships in the images shown which included a photograph from our combined event.



SPREADING THE WORD

KRESTON REEVES ACCOUNTANTS
SUPPORT TIME TO TALK BEFRIENDING



We were thrilled when Brighton-based Kreston Reeves Accountants chose Time to Talk Befriending as their Charity of the Year.

The team at Kreston Reeves were inspired by our befriending work and wanted to support a cause that makes a real difference to the lives of local older people. But they aren't just supporting us financially, they recently offered some practical help.

Staff from the firm spent the day delivering leaflets to houses in the Lancing area, helping us spread the word about our service and reach potential volunteers. Yasmin from Kreston Reeves told us:

"Despite the scorching heat on the hottest day of the year, our volunteering efforts were both rewarding and engaging. As we were distributing the leaflets, the enthusiasm of the local community was unmistakable, with many people stopping to chat and showing genuine interest and support. We hope that these conversations and connections will lead to an increase in volunteers for Time to Talk Befriending, helping to match older people in Lancing with a befriender in the fight against loneliness."

We're so grateful to Kreston Reeves for their time and enthusiasm.

Do you know of a local business that may like to support us as their Charity of the Year? If so, please call Alison on 07483 137749 or email alison@tttb.org.uk

THE POWER OF CONNECTIONS

by Alison Laurie Grants & Trusts Fundraiser



Fundraising is often seen as the art of asking for money, but at its heart, it's really about relationships.

And as you know, relationships are so important to the success of Time to Talk Befriending, whether you're one of our wonderful volunteers, or a scheme member supported by our befriending services, you are the heart of what we do.

But did you know you can help us by thinking about your relationships and who you know?

Simply sharing our work with friends, neighbours, or local businesses can open doors that lead to new supporters, donations, or volunteers. For example :

- › **Do you know someone who owns a small business or shop?**
- › **Does your workplace or community group support a charity each year?**
- › **Are you connected to a local club or faith group?**
- › **Do you know a person of influence within the local community?**

Or maybe you have family or friends who work in places that support good causes — employers sometimes sponsor local charities. A simple conversation could make all the difference.

If you're on social media, sharing our posts or stories is another easy way to spread the word. Every new person who hears about us could turn into a future volunteer or donor.

By thinking about your personal networks you might help us reach people we never could on our own. As always, there's absolutely no pressure to do more, we're already so grateful to have you as part of our community.

However, if you would like a few leaflets to share, or if you know of any connections we might follow up on, please feel free to give me a call on 07483 137749 or email alison@tttb.org.uk.

I would love to hear from you!

FANTASTIC FUNDRAISERS >>>>>

Fundraising doesn't always have to be hard work! It can actually be a lot of fun! And in some cases, can keep you fit! Here are some of our community who are going that extra mile, literally, to raise money and awareness for us over the next couple of months.



Team member **ANGELIQUE**, our Social Media Coordinator, is preparing for a 2.5 km open water swim as part of SWIM Brighton 2025 on Saturday 27th September, to raise awareness and money for Time to Talk Befriending. Angelique is a regular swimmer at Sea Lanes but this swim will be her first competitive attempt.

And check out **GEMMA SHRUBB**, part of our community who is raising money and awareness for Time to Talk Befriending whilst racing in the Brighton & Hove Triathlon at the end of August.



Join us in cheering Angelique and Gemma on by following us on our social media and if you are able, please spare some pennies to spur them on, use the QR codes above or you can donate on the website:



www.tttb.org.uk/donate

There are many ways you could raise funds, including the more popular and less energetic cake baking, to support our work in the heart of the community. If you feel inspired, there are some suggestions and further information on our website:



www.tttb.org.uk/fundraise

SCHEME MEMBERS CORNER

Please read this section for important advice for you as our valued scheme members, and ways that we can help.

Exciting News!

We are an official delivery partner for the brand-new Ageing Well Public Health Commission in Brighton & Hove!

This important programme offers a wide range of activities, information, and advice designed to support local people aged 50 and over to live well, stay connected, and feel empowered in later life.

Freephone: 0800 175 3234

Email: info@ageingwellbh.org

ageingwellbh.org

Scheme members living in Brighton & Hove will receive the Ageing Well bookmark with the newsletter. Take a look and explore what is on offer!





Don't miss out on a free £50 supermarket gift card!

We still have capacity to provide £50 supermarket gift cards to our scheme members, so, if you haven't received one already, please call the office and leave your name, address and supermarket of your choice and we will send you a voucher in the post.

The gift vouchers are on a first come first served basis so please do pick up the phone. Call us on 01273 737710.



A service for older people living in Brighton & Hove.



Are you struggling with with energy efficiency and the cost of energy ?

Are you 65+ ?

Do you have a health condition made worse by the cold ?

The Ageing Well Team can refer you to Warm Home Prescription, run by Energy Systems Catapult, who may be able to support with **money towards your heating bill and expert energy advice, to help you stay warmer.**

Contact Ageing Well to find out more

- Freephone: 0808 175 3234
- Email: info@ageingwellbh.org
- Visit: ageingwellbh.org or:

scan
QR code



Ageing Well is a partnership led by Impact Initiatives.
Impact Initiatives is a registered charity, no. 276669. Company limited by guarantee no. 1402692.
Registered office: 69 Ship Street, Brighton, BN1 1AE



A warm welcome awaits at our faith fellowship group



There is something truly special about gathering in a space filled with friendship, faith, and comfy chairs! Our interdenominational church services, held in the lounge of a Hove seniors housing scheme, are designed to be just that, a place where everyone feels at home.

Led by our Founder and Chaplain Emily, alongside our in-house Chaplain Julie, chaplaincy volunteer Christine, and team member Fiona, each service is shaped with care, compassion, and a heart to include everyone, whatever their background or beliefs.

Hazel, who has attended twice, shared: "You never know what to expect when you go somewhere new, but they arrange transport for you and are there to greet you when you arrive. It is very welcoming and a lovely service."

If you're looking for connection, encouragement, or simply a peaceful space to reflect, we would love to welcome you. Come as you are, there is a seat waiting for you.

Contact Julie on 01273 737710 or email info@tttb.org.uk to find out more.



Read All About It!

Did you know that every library offers a free home delivery service for members unable to visit in person? And did you know this vital service is predominantly run by dedicated volunteers?

Annie Cannan, the Equalities and Home Delivery Officer for Brighton & Hove Libraries, beautifully describes it as "a bit like being Father Christmas." For isolated or housebound members of our community, this service is an absolute lifeline.

Annie, who ran the mobile library service for 30 years (and even held an HGV license to prove it!), now manages a team of 40 volunteers. For the past decade, these incredible individuals have been visiting readers, delivering books in all formats, and even offering personalised recommendations.

Annie's proudest moment came during the pandemic when, alongside her line manager Julie, she ensured a safe and continuous service, navigating a complex book quarantine process. This is yet another wonderful example of volunteers providing essential support to our community, we truly couldn't do it without you!

Learn more about the home delivery services for Brighton & Hove and West Sussex libraries on the following pages →





Brighton & Hove Libraries Home Delivery Service

Are you a reader, but finding it difficult to get out and borrow or buy books? If you aren't able to read books on a computer, tablet or i-pad, or you prefer reading a physical book, you may be interested in the Library Home Delivery Service.

Library staff recruit volunteers to borrow books and deliver them to people who can't easily get out, or carry books, because of ill health, mobility issues or caring responsibilities. The service is free of charge and our volunteers can bring standard print or large print books and audiobooks on CD to your home. Our volunteers are keen to meet and help other readers and are trained and police checked. Some of our volunteers have been helping local residents to get their books for 10 years, they are an integral part of the service and we couldn't deliver it without them.

If you prefer to read on a computer, tablet or i-pad and you are a library member, you can download the Borrowbox app to your device and use it free of charge. Borrowbox enables library members to access a wide range of e-books and e-audio books from the comfort of their own home. If you aren't a library member, but you would like to use Borrowbox, we can help you to join the library over the phone.

If you are interested in either of these services, please ring 01273 296992 and leave a message with your contact details if there is no reply. A member of staff will get back to you as soon as possible.

libraries@brighton-hove.gov.uk



West Sussex Libraries Home Library Direct Service

Do you or someone you know enjoy reading and books but are unable to visit a library? Do you know about West Sussex Libraries' Home Library Direct service? This is for West Sussex residents, including those living in Adur and Worthing, who cannot go to their library because of age, disability, mobility difficulties, caring responsibilities or any other reason.

With Home Library Direct, a trained DBS-checked volunteer will deliver books, audiobooks and other library resources to your home and return them to the library. You can choose which books you would like and also reserve them online if you wish to. Your library card will give you access to our eLibrary too with a wide range of titles to choose from.

This service has been running since the 1960s and we couldn't do it without our wonderful volunteers to whom we are hugely grateful! If you would like to volunteer for this service to help people carry on accessing books and reading, please see our volunteering page: arena.westsussex.gov.uk/library-volunteers

If you would like to receive this free service, please complete our online form: westsussex.gov.uk/libraries/using-library-services/home-library-direct-service/

or contact your local library for an application form:

Worthing: 01903 70480, Lancing: 01903 839056

Shoreham: 01273 467966 Southwick: 01273 467979

Telephone numbers for all West Sussex Libraries can be found here: arena.westsussex.gov.uk/our-libraries



INFORMATION AND SUPPORT AT OUR GROUPS



At Time to Talk Befriending, one of our aims is to make sure our scheme members have access to useful information that supports your health, wellbeing, and independence. At our group sessions, you'll find a dedicated information table with a range of resources, including:

- > **Local health and wellbeing services**
- > **Advice on financial support and benefits**
- > **Information about scam and fraud awareness**
- > **Community opportunities and other helpful services you might find useful**

We hope this helps to keep you informed and connected with the support available in your community.

Please also contact the team if you would like information sent out to you in the post.

We are often asked how people can support the charity, and while there's absolutely no pressure, there are a few simple ways to get involved if you'd like to ➔

**Share a quote or story
about your experience with
us, to help raise awareness**

**Make a donation
(either one-off or regular)**

**Consider leaving a gift in your
will to support our future work**

These options, including a donation box and giving envelopes, will also be available on the information table for anyone who is interested.

But our focus is very much on providing helpful resources and support to you.

Please do feel free to chat with a member of the team if you have any questions or if there's specific information you'd find helpful for us to include in future.

We are here to help.



A Little More Conversation

At our recent King's Award celebration, volunteers received a special gift in their goody bag: 'A Little More Conversation' question cards created and donated by the creative and generous Gamely Games based in Brighton. This delightful, illustrated game is packed with hundreds of questions designed to spark joy, laughter, and unexpected stories. They're perfect for kick-starting a chat and getting ready for some of the most enjoyable conversations you've ever had!



If you are a scheme member or volunteer and would like a pack of these brilliant cards, just call the office and leave a message 01273 737710 or email us at info@tttb.org.uk and we will send some your way.

VOLUNTEERS CORNER

TRAINING

Bereavement and Loss

Peter Wells **Zoom 7-8.30pm**
Tuesday 9th September 2025

Enjoying everyday
connections with
people living with
dementia

Fran Hamilton
Zoom 7-8.30pm
Thursday 18th
September 2025

Learning from Living with Dementia

Fran Hamilton **Worthing 9.30am-4.45pm Tuesday 14th October 2025**

A WARM THANK YOU TO OUR VOLUNTEERS

In April, we were delighted to host a volunteer drop-in, and it was a real pleasure to see so many friendly faces.

Over tea and cake, we shared stories, laughter, and meaningful conversations that reminded us just how special our volunteer community is. The drop-in gave volunteers a chance to connect with one another and with staff, building relationships and strengthening the sense of community we value so much. It was lovely to hear about the different ways our volunteers contribute and to celebrate the passion and care you bring to your roles.

To all our wonderful volunteers: thank you. Your time, energy, and kindness make a world of difference.



In your words —→

FROM TWO YOUNGER VOLUNTEERS

QR 22

"When we started volunteering at the beginning of the year, we had no idea how much of an impact the experience would have on us, or how valuable and rewarding the scheme truly is. Throughout the application process the Time to Talk Befriending team were so informative and supportive, giving us the perfect match, well suited to us based on our interests, hobbies, location, and personalities. Meeting our scheme member every fortnight has been incredibly influential on our communication and empathy, we've formed a genuine friendship, and volunteering has become something we look forward to. We love listening to her life experiences, stories, and advice, giving us a whole new perspective on the older generation and how to form connections regardless of age. We urge anyone considering becoming a befriender, to get involved and make a real difference to someone's life." — Betty and Erin

"Meeting my friend, it's my weekly escape from everything else and my constant 'chores' with kids, jobs, the house.

My friend is always happy to see me and never hides her anticipation. Time goes so fast when we chat! I'm not sure who is getting more out of this scheme, her or me? I know my visit is always anticipated with excitement and this feeling is priceless."

Volunteer

As it was for me

The Diaries of Chrissie and Ken Ingle (edited by Julia) We continue with the writings of Ken.



Ken and Chrissie

The Ingle Family

After the last instalment, if you're thinking that my childhood memories favoured the Wildsmith's, rather than the Ingles, you're right! The Wildsmith's were far more outgoing than the Ingle family I knew during my childhood. But I'll see what memories I can recall about my Dad's family...

Granddad Isaac Charles Ingle was not a generous man. He gave a bucket of coal as a wedding present to his first born and his new daughter in law, followed by a clock when my sister Beatrice was twenty-one. Isaac was a watch maker and repairer!

All the time I knew them they lived at Bolton Street, Sheffield, where their windows must have faced the forbidding grey/black walls of the Notre Dame Convent. I'm unable to say there were no other houses opposite theirs — and that their front room window looked out on to the stark convent walls — but I can't, as I was never given the opportunity to enter their front room and see the view!

Of course, we'd seen enough of that long wall before turning into our Grandparent's entry. Through here lead directly into the brick covered back yard. Sometimes, we were allowed to play here, but this meant making as little noise as possible — and hardly moving at all — could this be called play?

Once, I saw Grandma walk out of the off-shot kitchen to the WC in the yard. The WC was tacked on to the end of the kitchen. She walked slowly over the yard, lifting the skirt of her well worn black dress, allowing a glimpse of her long, white-cotton underskirt and the top of her black boots. Grandma's boots were drawn in tight and laced to fit closely round her legs, well above the ankles.





Left photograph: Grandma Bertha Ingle nee Booth b. 1870, with her mother Great Grandmother Booth.

Right photograph:
Great Grandma Booth — left top.
Grandma Ingle — middle top.
Mabel Ingle — left bottom

As she returned to the house Grandma used the back of her hands to brush flakes of lime whitewash from the sides of her dress. I knew from using our own WC that the slaked, or hydrated lime clung to any cloth-fibre that touched it.

The lime was universally used to whitewash the walls of cellars and outside WCs — in order to discourage the hordes of black-clocks and other insects that infested damp places!

Grandma's kitchen wasn't a very friendly place either! I couldn't reach the cold tap above the large, brown, earthenware sink. And loads of bits and pieces by the sink left no room to turn around in either.

At home, Mum didn't have a separate kitchen, but she did have a whitewood table that she could work on near to the friendly fire.

Gloom filled the living room at Grandma's, but it was always warm near the black-leaded, cast iron fireplace. This was similar to ours, but like the room itself, much bigger. Tassels hung from a valance round the mantle shelf. A worn, green, velvety cloth covered the living-room table and there was a sofa behind it, against the back wall. High-backed dining chairs were either tucked under the table or close to the fire. And I can remember Grandma, on her rocking chair opposite the window, sat higher than everyone else!

Dad was born in 1891 and the next baby, Sidney, came seven years later.





Mabel Ingle



Harold Ingle



Harold and
Mabel Ingle.

Ernest Ingle b.1895, Sidney Ingle b.1898, Mabel Ingle b.1914,
Baby Harold Ingle b.1912 Mabel Ingle — left bottom

Sidney became a printer and married just after I was five. I can picture him quite clearly, but he doesn't enter my early childhood memories at all. Beatrice and Joyce both remember him as someone who always tried to be generous towards them.

Ernest came next, he was pleasant, and slow speaking with a kindly outlook.

It was Ernest that showed us how to fold and manipulate paper sheets to make those more advanced aeroplanes! I used to fly these in the pew at chapel! He used to play noughts and crosses too, hangman and 'squares' with us on small scraps of paper — always on that green covered table. I don't think he ever had a job because he was too ill. Ernest spent a lot of his time walking in Derbyshire.

Then there was Mabel.

When I was young she worked in a jeweller's shop. I hardly ever saw her, but knew what she looked like. The only time I remember seeing her during my early childhood was when, one Sunday, my brother Norman and I were walking down Cambridge Street from the Chapel. A young lady and an older man turned in front of us to go into a pub. As she turned the young lady glanced our way and pulled the man inside.

Norman said: "Hey! That's Mabel!"

Apparently, she needed to check on who she had seen because her long, thick, jet-black hair and part of her face appeared briefly — peeping round the door jamb! Then I said: "Is that Auntie Mabel?" Almost repeating what Norman had said.

She was most probably not keen on the thought that we might tell our teetotal Dad where we had seen her, but neither I nor Norman would have welched or snitched on her!

Harold was Isaac's youngest, at least fifteen years younger than my Dad.

Harold also played paper games with us occasionally, but when he was in, he'd spend most of his time tinkering with something upstairs or in the kitchen, or he'd sit on the sofa with the quiet and gently-spoken Edith, his wife to be. They didn't marry until 1937, so they must have spent a large slice of their lives sitting side by side on that sofa!

Grandma Ingle dressed both herself and the living room in the drab manner of her kind. The girls though remember Grandma talking to them both quite a lot, and they really liked her.

Granddad stayed up all night looking at the stars with his telescope and wouldn't normally appear until after noon, possibly teatime. He might have said hello, but his first act was to sample the brew of herbs that was always in a pot on the hob. The awful smell from that pot drenched the room.

It had far more power than the breathtaking pong of boiled cabbage which resided in the many kitchens and living rooms that never, ever, benefited from a through draught; I'm sure that some of that smell went home with us! Granddad stood when he ate — to help his digestion, he said.

Whatever frivolity or light-heartedness had been injected into that gloom by the presence of us children, took fright and flight on his appearance!

Mind you, he wasn't deliberately unpleasant; he'd been a watchmaker for most of his life, until he took up dealing in engineer's tools

Granddad Isaac was simply happier with his clocks, watches, telescope and other mechanism than he was with people.





Child's Play By Joanna Harper

"I don't have grandchildren" Julia said and everyone at the knit and natter group turned to look at her. She quickly added, "My daughter is really enjoying her life in New York and I'm perfectly happy about it. It doesn't stop me knitting baby clothes for the special unit. Just give me a pattern and I'll make a start."

Julia couldn't believe that everyone she met since retiring was a grandparent. Soft toys and colourful boxes of Lego lay around their front rooms and framed photos of grey-haired folk holding a small person on their laps beamed out at her from every shelf.

She missed her daughter, Jade, and loved pampering her when she returned for Christmas or a birthday but otherwise, she was a free agent. She could choose to go somewhere nice on a day trip or out to lunch or simply enjoy a coffee.

But her friends, new and old, were often busy.

"Sorry, that's my childcare day," Fran said frequently, and Annie seemed to be 'on duty' at the drop of a hat and cancelled her at the last moment. It was inconvenient and Julia started to feel left out.



Then, after being shown the latest photos of Annie's little granddaughter, Julia found herself daydreaming. What would it be like to, once again, be sitting on the floor playing farms with an attentive little boy or helping a small girl build a tall tower out of colourful Lego bricks? These images didn't go away.

"I think you're broody in a granny sort of way," Fran said when they met for coffee in the park.

Julia laughed. "I just need some new hobbies," she said, tucking into her carrot cake. "And I have become a bit of a slob. Maybe I should do some exercise."

Her phone pinged and she glanced at the new message.

"Hello Auntie Julia. Just wondering if you're free tomorrow to look after Leo? Our child minder has just broken her arm, and we have to attend a conference."

"Well, listen to this," Julia said, reading the text out loud. "It's like they were listening in to our chat, but the situation's ridiculous. No time to make my house child proof, and I haven't seen little Leo since he was born. He might not take to me. It's a 'no' from me."

She was about to reply when Fran touched her arm. "Why not give it a try? You can do a quick tidy away tonight and I can lend you some toys.

After all, if you say no, they won't ask you again — and what's the worst that can happen?"

So, Julia went back home. She put breakable items away on high shelves and made sure knives and other dangerous objects were out of sight. She even found the box of old teddies. After supper, Fran dropped off some spare toys and Julia made up a train track and carefully arranged the tiny engines. Perfect! She felt both excited and nervous as she got into bed.

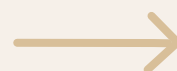
The doorbell rang early the next morning and there on the step was her nephew holding a very large toddler.

"Here we are, Auntie Julia," said Josh, stepping inside and giving her a peck on the cheek. "Thanks so much for doing this, you're a life saver. All the instructions are in the bag with food and kit. Leo doesn't say much but he's very easy and he'll be fine with you."

Within minutes Josh had gone, leaving Leo sitting on the floor looking at her.

"Come on little chap," Julia said, smiling. "Let's play with the trains."

Leo grasped her hand and stood up. He walked with her into the living room, and she pointed to the track laid out in the corner.



With a gurgle, he bent down, picked up a piece and threw it into the air. “Choo choo,” he said as he kicked the little engines around the floor. “Oh, careful Leo,” Julia said as she tried to move them away before they got broken. “Perhaps you prefer trucks? We’ve got some diggers over here.” Julia picked up a yellow lorry and rolled it along the carpet. “Look, this one has Bob the builder driving it.”

Leo made a brmm brmm noise and drove the truck along the floor, before pushing it under the sofa. “Oh dear,” said Julia. It was wedged fast. She would have to get it out later. “What about this police van?” she suggested in a bright voice.

Leo grabbed it and tried to pull the wheels off. He threw all the teddies under the dining table and emptied the box of Lego there before plonking himself next to the mess. Crouching down to his level, Julia tried to engage the little boy with the other toys before picking up her mobile.

“He’s rough,” she whispered to Fran. “He can’t really focus on anything, and the place looks like a bomb site already.”

“Typical boy,” Fran said in a calm voice. “He probably needs to let off steam. Why don’t we meet at the park? I’ve got the twins with me today.”

With a grunt, Julia picked Leo up and zipped him into his yellow outfit. He was surprisingly heavy and strong, and she felt a twinge in her back as she carried him to the buggy. The newfangled straps were a mystery and Leo wriggled and cried, but at last she manoeuvred the buggy through the front door and headed for the park. The children’s play area was by the café and Fran waved her over. She was feeding biscuits to two identical little girls.

“Double trouble!” Fran said. “But they’re pretty good and this area is brilliant for little ones. What does Leo like doing?”

Julia barely had time to reply that she didn’t know when the boy toddled off towards the sandpit. He was surprisingly fast, and Julia found herself out of breath as she followed him from the sandpit to the swing and back again where he sat down on the sand.

“I’ve got us coffees,” Fran said as Julia puffed past. “You look like you could do with one. I’m sure he’ll be ok for a moment.”

Julia sank down on to the bench next to Fran and took a sip of her cappuccino. Then she turned back to Leo, but he had moved on and she caught sight of his canary yellow outfit scrambling up the steps of a huge climbing frame.



“Leo!” Julia called. “Wait for me!” By the time she arrived there, he had got himself to the top and was crawling across the rope bridge, totally ignoring her.

“You go up, Julia,” Fran shouted, “and I’ll come and stand underneath to catch him if...”

Julia slowly clambered up. She hated heights and her dodgy knee hurt but she pushed herself on. Leo had already made his way to the slide at the end and launched himself over the top. By the time she got down, he was sitting on Fran’s lap at the bottom, nibbling a biscuit.

“I can’t believe he did that without falling,” Julia said, pushing loose strands of hair away from her eyes. “I’m scared to let him go off again. Do you remember we used to use reins?”

Fran laughed. “What was Jade like? I thought you’d be used to all this.”

“She was a placid little thing,” Julia said and sighed. “She just enjoyed sitting on the swing.”

“You look done in,” Fran said. “How about we go back to my place? I can make us a nice coffee with my new Nespresso machine.”

Julia accepted the offer gratefully and minutes later she was sitting in Fran’s kitchen sipping a delicious drink. She looked at Fran with newfound respect.

“You manage two toddlers every week despite your bad back! You’re amazing. When are you taking a break?”

Fran chatted on about her holiday plans when Julia realised it had gone very quiet in the sitting room next door. She popped her head round the corner. The twins were playing with their soft toys, but Leo had disappeared.

“He might have gone upstairs,” Fran suggested so they looked in every room, under the beds and in cupboards. No luck.

“Not only did he nearly break his neck but now he’s lost,” Julia wailed. “We locked the front door, didn’t we? What about the windows?”

‘No chance, window locks are on,’ Fran said as they ran back downstairs. ‘But what’s that noise?’

On the patio outside, a big ginger tomcat was arching his back and growling. Sitting next to him was Leo, babbling noisily and poking the cat with a big stick.

“Leo, don’t hit the pussy cat!” yelled Julia and unlocked the back door. She ran outside and picked him up. He started to cry, and the cat turned and ran.

“Pickles looks fierce but he’s quite safe with children, most of the time,” Fran said.



“But how did Leo get out there?” Julia asked, putting him down next to the twins. ‘I thought the house was safe.

“I might have forgotten to lock the cat flap,” Fran said. “Or more likely, Leo found out how to open it.”

Before Fran could offer another drink, Julia made her excuses and left. She found the Cbeebies channel on the TV and sat Leo in front as she fed him his lunch. She managed to get him into a fresh nappy, and he fell asleep on the cushions on the floor.

At last, she had a moment to herself. She glanced at a message that had come through from Annie.

“Hi Julia, I’ve signed you up for the ‘Adopt a Granny’ scheme that’s just started in our area. The forms are being emailed to you today. They need new ‘grannies’ and I thought you’d be brilliant.”

Well, I’m not rushing into that, Julia thought as she rubbed her aching back.

When Josh had collected Leo, she ran herself a hot bath and decided to have a ready meal for supper. She then poured herself a glass of wine and opened the chocolates that Josh had given her. “Julia, you deserve a treat,” she said to herself. A bit later, the phone rang, and she realised she had been dozing.

“Mum, it’s me, Jade. Are you alright? You sound funny.”

‘Yes, I’m fine darling. But it’s late here. I was just going to bed,’ Julia said, yawning.

‘I wanted you to know asap that I’m getting a transfer back to the UK!’

‘Oh, that’s wonderful, Jade,’ Julia said as she picked up another chocolate.

‘And the best news of all is that you’re going to be a granny!’



Titicaca

A poem by Scheme Member Linda Lawrence
reflecting on her travels through South America

There is a lake in that far land,
Titicaca is its name,
Between Bolivia and Peru,
The Uros to it came.

With clever hands they wove a mat,
From reeds a-growing there,
A floating island in the sun,
They lived without a care.

Huts to live in from the reeds
Were built so patiently,
And then the boats
from that same plant,
Which gave so much for free.

They even ate its roots for food,
Made fodder for the swine,
Repaired with it the island's holes,
That appeared from time to time.

The men, they went a-fishing,
They toiled until the dawn,
The women were a-sewing,
In red and green and fawn.

Made hangings for their houses
To put upon the wall,
That told of Tumi, their great god,
And never did he fall.

I bought one with eagles on,
The Andes, Llamas too,
Their Tumi and the crying sun,
That wet the land anew.

For it I paid in pounds, just four,
Much pleasure does it bring,
I should, of course,
have paid much more,
A truly special thing.

I look at it upon my wall,
Remember it afloat,
That drifting island I recall,
I visited by boat.

Used by kind permission of author Linda Lawrence from her book of poems entitled Titicaca. ©Linda Lawrence 2000 All Rights Reserved

Saying Goodbye

It is never easy when we hear about the death of a scheme member or volunteer. It is for this reason that we wanted to take this chance to honour and remember those we have lost since March to now.

**Every person listed below will always be remembered.
Rest in peace.**



Charm Barrett

Alan Cheale

Maureen Garson

Christine Harmer

Eunice Harris

Jennifer Johnston

Pat Jones

Patricia Limbrey

Mary Parker

Daphne Penfold

Giovanni Raffa

Angela Slaney

Joyce Spratt

Sylvia Starr

Jean Tothmihaly

Leah Trigwell

Their absence is like the sky, spread over everything.

C.S. Lewis; A Grief Observed

In memory of ...

Jane about Joyce: It was a privilege to make Joyce happy, if only for an hour a week. Being nearly completely deaf and blind, and having no family alive, she had become depressed and isolated. Having a befriender, and looking forward to the monthly coffee afternoons at Durrington, brought her great joy, and the pretty photographic greetings cards I always sent after seeing her on a Monday, which she displayed on her mantelpiece, and the flowers I sometimes sent, let her know that she was thought of and appreciated.

Emma about Pat: Pat was born in Australia and spent her first 7 years in an orphanage before she was adopted into a family where there was little love. She came to England in her twenties and loved living in London. She never went back home again but never lost her accent. Life was tough for her but she was a positive person so always made the best of things. Just before I met her she'd done a DNA test and subsequently found out she had had a blood brother, who was sadly deceased, but his photo meant everything to her. I met Pat when she was 91 years old. Our friendship was filled with laughter and I loved hearing about her life and interests. We both loved old films and every so often I'd bring round a DVD player and we'd watch a film together. As her health deteriorated I'd hold her hand and she'd grip mine tightly saying that she felt less alone when she held my hand. I have a feeling that heaven will be ringing with Pat's laughter.

Jackie about Jennifer: I knew Jennifer for just over two years and during that time we became good friends. We shared a love of reading and exchanged many books. Jennifer took a keen interest in current affairs and our meetings often turned into a discussion about how we could make a better job of running the country than our politicians! She had travelled the world as an air stewardess and I loved listening to her tales about that time. I shall miss my weekly visits to Jennifer very much but feel privileged to have known such a kind, funny and very interesting lady. Thank you, Time to Talk for introducing us.

Kathy about Angela: Angie was a lovely lady. A bit feisty at times but under it all she was a kind person. She was a fan of old films and film stars so we talked about them and lots of other things. I will miss her.

HAVE YOUR SAY: HELP SHAPE OUR FUTURE

We would love to hear from you!

**AS WE PLAN FOR THE FUTURE
OF TIME TO TALK BEFRIENDING,
YOUR VOICE MATTERS.**



Whether you're a scheme member, volunteer, or partner, your insight can help shape services that truly reflect your needs and experiences.

We are inviting you to join one of our friendly focus groups which will be an informal space to share your thoughts, ideas, and hopes for what we could do better. Together, we can ensure our work continues to bring real connection, care, and community to those who need it most.

If you are interested in taking part, we would be delighted to hear from you. Please contact info@tttb.org.uk or call the office and leave a message on 01273 737710 and one of the team will get back to you.



A message from Emily

And that's a wrap!



On 3rd June, my specialist officially signed me off. I felt a deep wave of relief rise up from within, followed by tears of gratitude and joy. It has been a short but intense tunnel. But thankfully I have managed to hold onto the hope-filled light at the end, throughout. What a journey. What a testimony. I am so thankful. Although I will admit, it has been a bit emotional too, as I haven't really had time to process it all yet. Although through it all, I have felt carried and blessed in many ways.

At the same time, my heart goes out to those still going through treatment and their loved ones... it is so many people...

Even on my final day of treatment, the radiotherapy waiting room was full, and the chemotherapy wards remain stretched. Which is a sobering reminder of just how many people are on the cancer treatment journey.

My next step is an appointment on 11th July to discuss one last surgery. All being well, that will be the end of this chapter and prevent cancer in the future. My immune system is still low and there are a few lingering side effects (thankfully minimal), but they settled down in time for our family holiday to sunny Gran Canaria which was an amazing end to the past year.

Finally, thank you. Truly. For every message, prayer, check-in, gift, and act of kindness. I have felt every bit of it. This year has been marked by extraordinary support, and I am truly grateful.

Many blessings, Emily

Macmillan Cancer Support offer a support line that provides confidential support to anyone affected by cancer, including family and friends. **You can call them at 0808 808 00 00 from 8am to 8pm, seven days a week.**

Thank you so much
for reading this newsletter!

**We hope that these stories, news,
information and contributions have
been an enjoyable and helpful read.**

The team are hugely thankful for everyone who is part of the Time to Talk Befriending community and we look forward to connecting with you all again soon.

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Age and
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