

Community & Connection

At Time to Talk Befriending our vision is to create a connected and compassionate community where no older person feels isolated or forgotten, and everyone has the opportunity to be heard, valued, and supported in their later years. In this issue, you can read more about what inspires this vision in the feature on page 3, where our Founder & CEO Emily shares her story, the beginnings of the charity, and her hopes for the future of our work.

Also in this Spring issue:

A special celebration of Emily's day at the Town Hall, receiving The Honorary Freedom of the City of Brighton & Hove, the highest civic honour the council can award. A meaningful moment after many years serving the Brighton community.

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A catch up with the two Tonys and their story of connection.

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A spotlight on Coffee Companions Worthing and the friendships flourishing there. PAGE 8

A moving poem by scheme member John Hedgecock.

PAGE 11

There is so much to enjoy in these pages. We hope this **SPRING ISSUE** leaves you encouraged and inspired. **READ ON !!**



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Finding purpose, connection and hope

*A conversation with Emily, Founder
& CEO of Time to Talk Befriending*

BY ANGELIQUE SABINE



Hilda and
Emily, 2015

At the heart of Time to Talk Befriending is a simple belief that everyone deserves to feel valued, be connected and have purpose in life. For Emily, this has never been just a mission statement; it is something she lives every day, both in her work and in her personal life. When asked what purpose means to her, Emily spoke warmly about faith, community and the power of small acts of kindness.

"Putting love into action is what motivates me. In difficult times I hold onto the hope my Christian faith provides, believing that even the hardest situations can turn around for good. I want to be a blessing where I can, to my family and friends, and to use my skills and time to make a lasting difference in the lives of others."

Over the years, Emily has seen how purpose can sometimes slip away, particularly later in life or when circumstances change. But through the charity, she also sees it return. "It always means so much when people in our community talk about finding purpose again.

Whether through connecting with a befriender, joining a group, contributing creatively, or volunteering, hearing these stories fills me with gratitude and motivates me to keep going."

Faith has played an important role in shaping Emily's path. As a child, she remembers asking big questions about life and meaning, and having a positive connection with faith growing up. Like many people, she drifted away from it for a time as life became busier and more complicated. It was during a personal chapter, caring for her grandparents at the end of their lives, that something shifted.



“In desperate situations when they needed help, the only place I could turn was prayer,” she recalls. “Through that, I experienced moments that eventually led me back to my faith.”

Not long after graduating as a social worker, Emily made a decision that would ultimately lead to the creation of the charity.

“It was a step of faith saying no to a well-paid social work position and instead starting the charity with just €5,000. But I knew in every ounce of my being that it was the right thing to do.”

This past year has brought one of Emily’s most personal challenges following a diagnosis of breast cancer. Throughout treatment and recovery, she has continued to lead with honesty, courage and deep care for the community around her. Many within the Time to Talk Befriending community have been inspired by her resilience and openness during this time.

This year also brought a very special moment of recognition. On the 12-year anniversary of the charity, Emily received an email sharing that she had been awarded The Honorary Freedom of the City of Brighton & Hove, the city’s highest civic honour.

She later discovered that scheme member Helen had nominated her, supported by others who wanted to recognise her dedication.

“It is such an honour, and one I hold dear. I hope it helps shine a light on the amazing value of older people and the importance of social connection.”

While there is much to celebrate, Emily is clear that the need for befriending continues to grow. Many people in the community are facing more complex circumstances, and the wider health and social care landscape is changing. At the centre of the charity’s approach is listening.

“One of our biggest priorities is making sure we continue to listen well to our community and adapt where needed.”

Supporting volunteers remains just as important. “High-quality befriending depends on volunteers feeling confident, supported and not carrying emotional challenges alone. And underpinning it all is funding and investment that allows us to continue delivering safe, consistent, high-quality support.”

When Emily reflected on the past year, she said what stood out the most was the team.



"The staff and trustees have worked so well together and really thrived during a challenging season when I became unwell."

She also spoke with pride about the recognition the organisation has received including the King's Award for Voluntary Service and the heartfelt feedback we receive from scheme members and volunteers. Some messages have stayed with her. "People tell us, 'You really listen and care.' Others describe us as a 'community of kindness'. One person even said, 'Until I met you, I didn't really care if I lived or died but now, I want to live past 100!'"

Moments like these, she says, are a reminder of why our work matters so much.

"When things are challenging, I often go back and read those messages again. They're incredibly heartwarming and motivating."

The future of the charity is now taking shape through a new three-year strategic plan launching in spring 2026. Developed with trustees, staff, volunteers, scheme members and partners, it will set out a shared commitment to bringing joy and connection in later life through safe, consistent, relationship-based befriending and chaplaincy.

Emily is particularly excited about opportunities for creativity, storytelling and deeper connection, as well as supporting leadership and development within the team. She also hopes to continue representing the voices of older people in wider conversations about ageing, loneliness and end-of-life care.

When asked what she hopes the organisation will be known for in five years' time, Emily's answer is simple: a charity that truly values older people, delivers high-quality befriending and chaplaincy, appreciates everyone who gives their time or finance to support our work, and continues to listen, learn and grow.

Because at its core, Time to Talk Befriending is about people, kindness and connection and that, Emily believes, is where purpose truly lives.



Emily and Muriel, 2017

A secret nomination & a very special honour

When scheme member Helen Mason saw a call in *The Argus* for nominations for a special award from Brighton & Hove City Council, she decided to write in and share why she believed our Founder & CEO, Emily, should be nominated.

With a little help from the team and some secret conversations behind the scenes so Emily would not find out, the nomination was submitted. What began as a thoughtful letter soon turned into something much bigger when Emily was awarded The Honorary Freedom of the City of Brighton & Hove at a special Council meeting on 18th December 2025. This is the highest civic honour the council can give, recognising, in the words of Councillor Bella Sankey, Leader of Brighton & Hove City Council, that “Emily’s tireless work to combat loneliness has brought dignity to thousands of otherwise isolated residents.”

Alongside Emily, the honour was also awarded to Mesfin Abraham Ghebre-Ghiorghis. Mesfin, known to many as Abraham, served the city for 37 years as a senior council officer and legal adviser. He was recognised for his longstanding commitment to race equality, local democracy, and public service in Brighton & Hove. Having arrived in the UK as a refugee in the early 1980s and going on to play a central role in the city’s civic life, his work has helped shape fairer systems and stronger communities across the city.

Bella Sankey went on to describe the pair as representing “the very best of Brighton & Hove... it is a privilege to recognise both of their extraordinary contributions with the Freedom of the City.”



Clockwise from top left: Emily, trustees, team members, family and Helen Mason at Hove Town Hall, after the presentation; Emily with Mesfin Abraham Ghebre-Ghiorghis, Bella Sankey and the Mayor; Emily and the Mayor during the presentation.



Helen and Jess and the Worthing Mayor Cathy Glynn-Davies



Mayor Cathy Glynn-Davies with delicious cakes



A warm welcome at the town hall

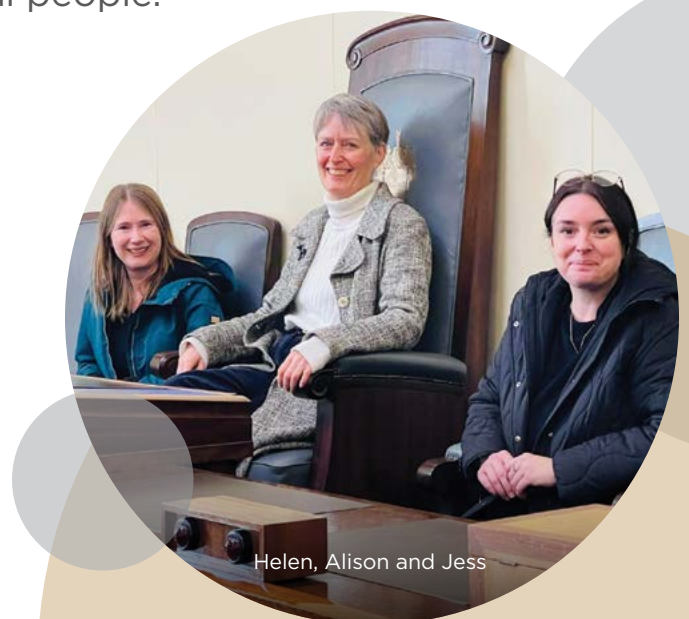
Alison Laurie
Fundraising Lead: grants & supporter engagement

I had a lovely morning in November with volunteers Helen and Jess when we were treated to a guided tour of Worthing Town Hall accompanied by the Mayor, Cathy Glynn-Davies.

Cathy told us lots about the workings of the council, the history of the town hall, and stories from Worthing's past. Conversation topics included Jane Austen, the Battle of South Street between Blackshirts and anti-fascist protesters in 1934, and current issues affecting local people.

It was a fascinating tour, culminating with coffee and cake in the Mayor's Parlour. We felt very spoilt!

Cathy thanked Time to Talk Befriending volunteers and staff for the support we give to older people living in our local community. A good time had by all.



Helen, Alison and Jess

COMMUNITY SPOTLIGHT:

Coffee Companions Worthing

by Fiona Macdonald Box,
Befriending Coordinator Outreach & Groups



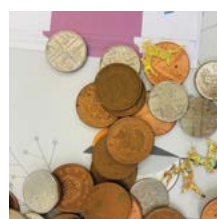
If you've ever stepped into one of our group gatherings, you'll know they are about much more than tea, coffee and sandwiches. They are places where friendships grow, kindness shows up in unexpected ways, and everyone plays a small part in keeping the community spirit alive. Our Coffee Companions Worthing is one example of this and it's also where John attends, the poet we have featured in this newsletter.

Sue is an example of this community spirit in action. She spends hours crocheting beautiful scarves, and wrist warmers, which she brings along in carrier bags brimming with colour.

Fellow companions can choose something they like and leave a donation for our charity. Other members help by bringing wool so Sue can keep creating – a real team effort.

At Christmas, the team were even gifted a pair of Sue's wrist warmers from Emily our Founder & CEO, which we were delighted to receive.

Behind every gathering, whether in Worthing, Hove, Portslade or Woodingdean there is also a lot happening behind the scenes. Each month begins with calls to invite scheme members and check who would like to attend. Transport is carefully arranged, to make sure everyone who wishes to come can get there safely. Sandwiches are ordered in advance, and on the day, there is shopping to collect and final preparations to make.





Our volunteers, who we are so grateful for, play a vital role too, helping set up the room and welcoming everyone as they arrive. Without them, these gatherings simply wouldn't be possible.

Then once people are seated with a hot drink and something to nibble on, the room quickly fills with conversation, laughter and that familiar sense of companionship. Before we know it, the time has flown and transport is arriving to take everyone home again.

Of course, bringing together up to 200 people each month across our events comes with costs from transport to refreshments. This is made possible thanks to the incredible work of Alison, our Fundraising Lead,

and the generous support of grants such as the National Lottery, local organisations like the Worthing Lions, as well as scheme members and volunteers, families and members of the public who kindly raise funds for us.

We have been asked by some of our guests where or how they could make a donation towards our costs and so for those who wish to and are able to, there is now always a donation box on our leaflet table, any amount helps, and we appreciate it.

We wanted to share a little glimpse of what goes on unseen, because these gatherings truly are a team effort built on kindness, planning and the shared belief that friendship and warmth matter.



Poetry, loss and new beginnings

'Care, Share and Love' is a poem John has chosen to share with our community from his book 'A London Boy' which is a personal collection written by scheme member John Hedgecock.

The book was born from grief following the loss of his beloved wife, Martha, to whom he was married for 60 years. Within its pages are more than 90 poems reflecting on a lifetime of experiences of love, loss, memory and resilience. Many are gentle tributes to Martha, who always loved poetry. John himself only began writing after her passing, turning to words as a way to process his grief. What started as something private has grown into something that resonates with many others. Readers have shared how closely his poems reflect their own feelings, offering comfort and the reassurance that they are not alone.

John is now gathering stories and new poems for a second book. This next collection will also explore his fascinating career as a Quality Assurance Manager for major oil companies, including adventures on oil rigs around the world, alongside memories of growing up on London's famous Portobello Road.

John joined the Time to Talk Befriending community last Christmas after being referred by his GP while adjusting to life on his own. He now attends Coffee Companions in Durrington and says, "It has given me something to look forward to every month."

When we spoke recently, John shared a small but powerful moment that stayed with him. In a bakery in Worthing, he discovered the shop no longer accepted cash and "being a London boy", that was all he had with him. A kind-hearted woman in the queue quietly paid for his cakes. A simple gesture, perhaps, but a lovely reminder that kindness still lives in everyday moments.

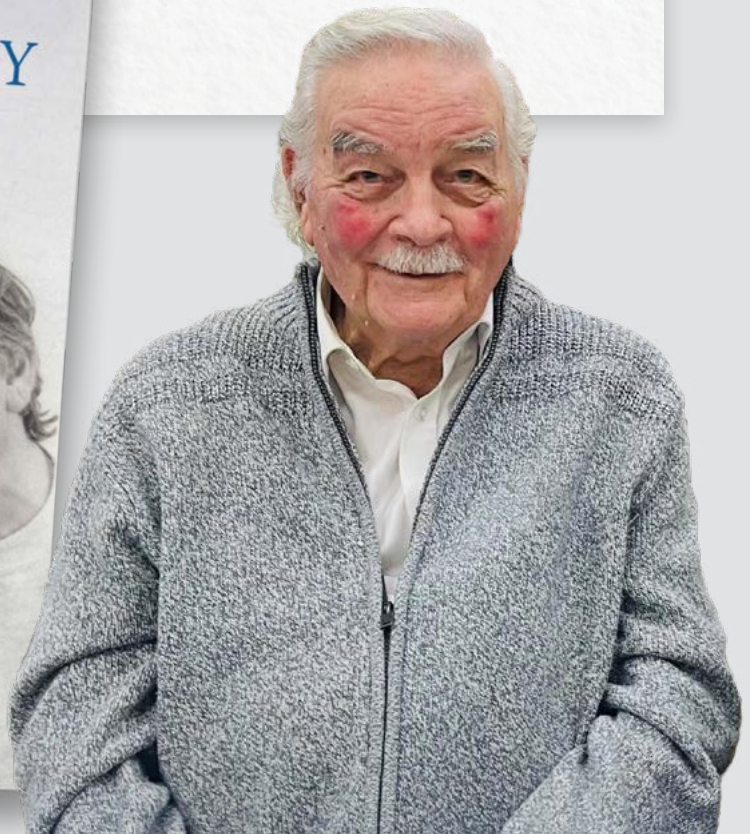
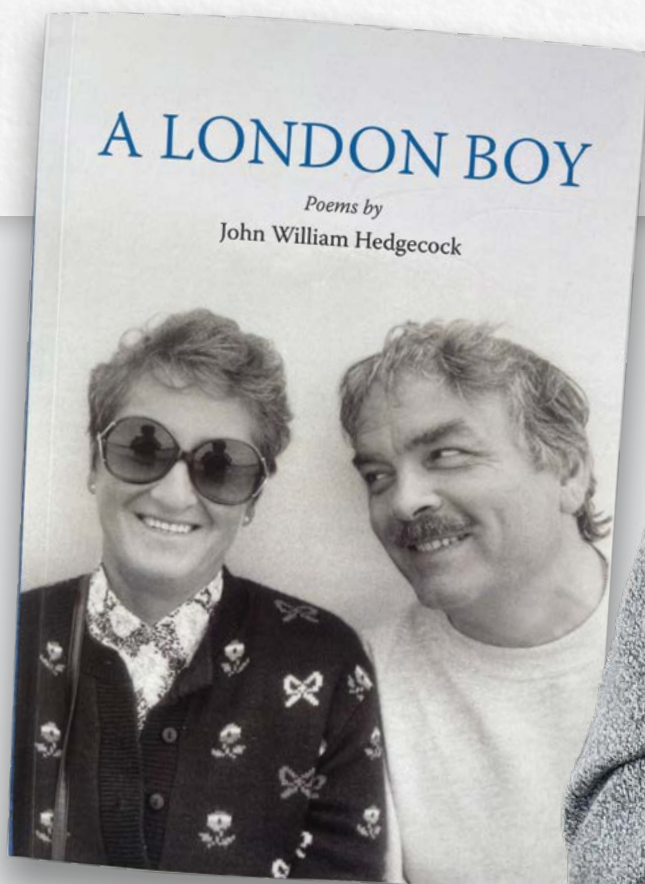
John's story is one of love, resilience, creativity and connection and we are grateful he is part of our community.

Care, Share and Love

John Hedgecock

You can go through life, and share yourself out,
Between those people, that you Care about,
And always remember, in return for that Care,
They also know what Love is, and are able to share.

Age isn't a barrier, it's only time,
It doesn't change who we are, or what's in our mind,
When you Care about people,
Whether young or old,
Love overcomes everything,
And is more precious than gold.



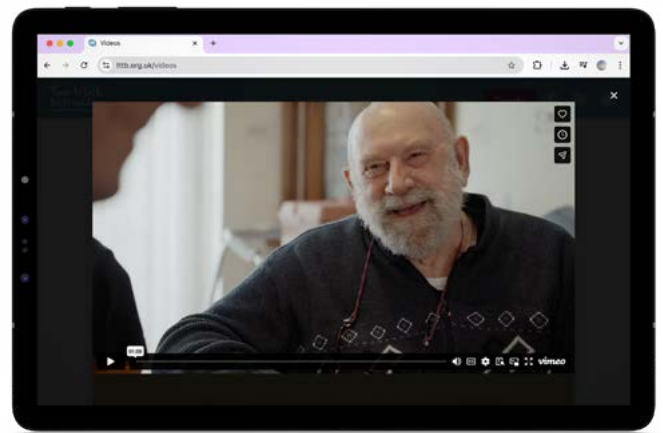
Our two Tonys



In our Winter 2025 issue, we took you behind the scenes of the befriending matching process at Time to Talk Befriending, the careful consideration that goes into creating connections with real potential. Like ‘the Two Tonys’ who have been featured previously in our newsletter.

Their be-friendship reached a wider audience when they became finalists at the Smiley Charity Film Awards in 2024. The film, created by the talented Caleb from Stories of Note, offered a warm and authentic glimpse into their companionship. You can still watch it on our website www.tttb.org.uk/videos.

What began with a leaflet through the door and Tony’s willingness to “give it a try” has grown into a lasting be-friendship built on shared humour, games, and genuine mutual support. As Tony, our volunteer, reflected: “It gives me purpose in life. It’s been great. It’s been brilliant.”



The Two Tonys are a powerful reminder that befriending is never one-sided. When the match is right, connection flows both ways enriching, sustaining and bringing purpose to everyone involved.

A LITTLE ABOUT MY LIFE AND ABOUT TIME TO TALK BEFRIENDING

By Scheme Member
Tony Nash

I was born in October 1934. I remember very little about the war, only the bombing and collecting shrapnel on the way to school, although I remember changing schools many times. I have never been academic or intelligent, as you will see from my story.

When I left school I got a job as a Junior Porter at Margate Station. After 9 months I decided it wasn’t for me, so I went for a job as a coal miner at Chislet coal mine in Kent, where I stayed for 5 years, which I’m very proud of.

After leaving, I worked on a farm which I really liked, the only problem was the wages. I have had many jobs and also joined the Army, where I had a bad accident and got burnt, quite badly, so received a medical discharge after 4 years 6 months of being in the Army.

I then had many more jobs, ending my working life on the Railway in Brighton, in the Signal and Telegraph Department. After retiring I did two courses at Brighton College.

My wife, who was the best wife and my best friend, became ill and she died nine years ago. I then had a quadruple heart bypass in 2018. In 2020 I spent quite a long time in and out of hospital with sepsis and other infections.

That's when Time to Talk Befriending got in contact with me. A lady phoned me and asked if I'd heard of them, which I hadn't. She explained about them; it was lockdown at the time. She asked if I would like somebody to phone me to have a chat. I told the lady that I talk a lot and some people don't like that; she said we have just the fellow for you, Tony, a retired black cab driver in London. He phoned me and we chatted for about an hour. We both have quite a lot of the same interests such as sport, television and politics.

We have become very good friends, and he visits me once a week and we play cards, normally crib.

I have a very good family, but they live quite far away, my son in Essex, who comes to visit every month, or as often as he can. My daughter lives in Plymouth and she tries to come every two or three months for a long weekend, Friday to Monday.

Having poor mobility sometimes I feel quite isolated. One day Tony phoned and asked if I was ok and if he could call round. At the time I felt quite low, so I said "sure". In no time he had me crying with laughter with one of his stories.

One day, a lovely woman called Emily Kenward came and we did a video with me and Tony for an award ceremony. I would like to give my personal thanks to Time to Talk Befriending and all the volunteers for all they do, they make such a difference to lonely and isolated people like myself.

I must say, I feel very lucky with my life as I have lovely carers that come every morning to help me get washed and dressed.

I'm also very lucky to have been introduced to Time to Talk Befriending and all the people that help me.

Thank you all.

SCHEME MEMBERS' CORNER

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

POWER OF ATTORNEY: *by Sonia Mangan* (Friend of the Charity) **a small step that can make a big difference**

Most of us don't love thinking about "what if" conversations. But putting Power of Attorney in place is one of the simplest, most practical ways to look after yourself and the people who care about you.

Through my work with the wonderful Dementia Trust, a grant giving charity registered in Scotland, I have supported a Power of Attorney, Planning Ahead campaign. I've seen how quickly things can change when someone is living with dementia (or another illness that affects memory, judgement, or communication). Families are often doing everything they can, but without the right legal authority they can be blocked from helping with everyday essentials: speaking to services, arranging care, managing bills, or making decisions that keep someone safe and comfortable.

What really stays with me is how few of us have this sorted in advance. In Scotland, Glasgow City Health and Social Care Partnership highlighted that only 9% of adults had registered a Power of Attorney.

In England, a widely quoted report (via Solicitors for the Elderly) put the figure at around 12% of adults having a lasting Power of Attorney in place.

And many people leave it late: Age UK noted that in 2019/20 the average age of someone setting up a Power of Attorney was 74.5, with most people aged over 65.

Why does it matter? Because without Power of Attorney, even loving family members or close friends can find they can't step in quickly when they need to. Things can get stuck at exactly the moment everyone is already worried and tired. With it in place, your wishes are clearer, and the right person can help without delays and confusion.

If you're reading this for yourself, you could start with one simple question: who would I trust, and what would I want them to know? A calm chat now can be a real gift later.

In simple terms, Power of Attorney lets you choose who you trust to help if you ever need support and usually covers:

Money and practical matters (banking, bills, benefits, housing)

Health and care choices (care arrangements and treatment decisions)

WHERE TO GET PRACTICAL HELP

Office of the Public Guardian (England and Wales): 0300 456 0300, PO Box 16185, Birmingham B2 2WH

Office of the Public Guardian (Scotland): 01324 678300, Hadrian House, Callendar Business Park, Callendar Road, Falkirk FK1 1XR

Citizens Advice Adviceline (England): 0800 144 8848

Age UK Advice Line: 0800 678 1602 (8am-7pm, every day)

We are here to help 

At Time to Talk Befriending, our team is here to support you not only through befriending, but also by helping you access information about other services and support that may be available locally.

If your needs ever change, or if you would like to talk something through, please know you are not alone. We are here to help, and we are always happy to listen. You can contact our team by leaving your name and a short message and we will get back to you, telephone: 01273 737710.

If you would also like wider advice, information and support, we can recommend the following organisations:

GuildCare 

Guild Care (Worthing)
01903 327327
www.guildcare.org



Ageing Well
(Brighton & Hove)
01273 291900
www.ageingwellbh.org



Brighton & Hove
Community Transport
Helping people lead independent lives
www.bhct.co.uk

At our scheme member focus group, we were told people would like access to information about trips.

So, we are pleased to provide the following information from Community Transport in case the trips advertised are of interest. Please call them to find out more: 01273 677559.

Wednesday 29th April

The Woolpack, Burgess Hill. Sit down 1pm

The Woolpack is one of Burgess Hill's best-kept secrets. Formerly a West End farmhouse, this warm and welcoming pub features a cosy restaurant area serving fresh, homemade dishes. We invite you to join us for a meal, perhaps accompanied by a fine ale or a glass of crisp white wine. **Food starting from £9.99 Fare £14**

Thursday 14th May Findon Vale Garden Centre.

Findon Vale Garden Centre is situated in the South Downs National Park, close to Worthing. Findon vale has undergone a significant refurbishment and upgraded with wonderful facilities for all. The garden centre offers retail concessions and a garden kitchen coffee shop. **Fare £14**

Wednesday 27th May

Saltdean Stonehouse carvery. Sit down 12.15pm

Saltdean Stonehouse carvery is a casual family friendly restaurant, serving freshly cooked carvery or if the carvery isn't for you why not try a stone baked pizza. **Food starting from £9.99 Fare £14**

Thursday 11th June Upcountry Garden Centre & Bakehouse. (Lewes Rd, Scaynes Hill, Haywards Heath)

Garden Centre and Country Store. Quality, wide range of plants, garden furniture, garden equipment, compost, large and small animal supplies and a fantastic cafe! **Fare £14**

VOLUNTEERS' CORNER

WORKSHOPS →

Bereavement and Loss

Peter Wells Zoom 7-8.30pm

Wednesday 9th September 2026

Enjoying Everyday Connections with People Living with Memory Loss

Want to get the most out of your befriending experience? Do you have questions about memory loss and learn from other volunteers and experiences? *If the answer is yes, join consultant and friend of the charity Fran Hamilton at an online session during Dementia Action Week.*

Wednesday 20th May, 7-8.30pm.

Volunteer Meet Ups

Look out for emails later in the year.

Volunteer Celebration Evening

Another date to save now is our Annual Summer Celebration on Tuesday 23rd June 2026, 5.30pm for a 6pm start to 8pm at Sunshine Café, Hove (and if you want to leave a little early for the football, we will not mind!).

Expect delicious food, celebration, a glimpse into the future of Time to Talk Befriending, and encouragement through each other's stories. Look out for your email invite after Easter.



Time to Talk Befriending FOCUS GROUPS

Huge & sincere thanks

A sincere thank you to every scheme member and volunteer who took part in our focus groups, whether in person, over the phone, or those who took the time to complete a review. It means so much that you gave your time, shared your experiences so openly, and helped shape the future of Time to Talk Befriending.

By listening well, and listening carefully to what you shared, we hope to keep improving what we do so that it truly reflects what matters most to our community. So that our scheme members feel valued, supported, and connected. And we are already exploring ways to make volunteer support "even better if" over the coming year.

Your voices help us build a service that is even more personal, meaningful, and rooted in real lives and real stories.

As our Chair Neil, reflected, we want to continue to walk well together. Thank you for helping us listen, learn, and keep improving with care.



A busy life By Joanna Harper

“You lucky thing,” Jayne said. “I’ve always wanted a househusband. Everything’s looking spotless these days.”

“Yes, but he’s taking it rather too seriously,” Emma replied. “I think he needs a hobby.” The drone of the coffee machine drowned the rest of her words. Jerry hurried down the stairs carrying a pile of clothes ready for ironing, and Jayne eyed him approvingly. “Bob’s finished work too but he’s taken up golf and goes to the gym, so our house remains a mess. What’s your secret Jerry?”

“It’s all about sticking to a schedule,” Jerry said, pointing to a chart on the fridge door. “It’s not rocket science and I get my exercise doing the chores. I’m perfectly happy being at home.”

Jerry peered out of the bedroom window but there was no sign of the refuse lorry approaching. The trick was to wheel the bin out just as the men arrived, then rescue it quickly before dogwalkers threw in their little blue bags. By this time on a Tuesday, he was usually able to get on with his jobs but he was now five minutes behind schedule. Annoying.



“Jerry! Can you give me a lift to the station? My meeting is starting early and....”

Emma’s voice drifted away as she ran downstairs. It was not a great time to leave the house, but he grabbed the car keys and drove as fast as possible. On his return he passed the refuse lorry outside number nine. That meant he had minutes to wheel the bin to the pavement, but the landline was ringing. It was his mother.

“Sorry, Mum, I’m a bit busy,” he said breathlessly. “I’ll ring you tonight.”

Moments later, the empty bin was back in its bay and Jerry gave a sigh of relief. His first challenge of the day achieved but he was now twenty minutes behind.

Back in the house he started the ironing when his brother rang, probably wanting to mull over the football results.

“I’m a bit busy Rob,” Jerry said, “but I can give you a few minutes.”

Thank goodness for handsfree, he thought as he finished the ironing and tidied up the spice rack while Rob blabbed on about his team’s lousy performance.

“Yes, it’s true,” Jerry said, glancing up at the kitchen clock. “But I gotta dash, sorry mate. Let’s chat after the match tomorrow.”

The music quiz was starting in five minutes, so he turned on the radio and made a coffee. The two competitors on the show were useless, but his own scores weren’t bad at all. As he listened, he wiped down the surfaces and reorganised the fridge before he checked the schedule. With a smile, he high fived himself in the mirror. At last he was ahead of time and he was getting the house the way he wanted it.

Today’s jobs included car washing and valeting and the new Hoover was perfect for this; lots of different nozzles with a battery that made it so much easier than using Emma’s old Henry. Technology was moving on and he had bought the best for strongest suck v battery time. It certainly paid to do proper research, he thought as he vacuumed a couple of stray leaves from the boot. He was just finishing when the phone rang.

“Sophie’s got a problem with the builders,” Emma said. “They’ve got no water or electrics so I said that she and the kids could stay with us for a while until it’s all sorted. They’re coming over later with their stuff. Don’t bother cooking your Indian special, just give them something the kids will eat.”



It'll be fun. Ah, the meeting is about to restart, must go, but I'd love a lift from the station as it looks like rain."

Jerry sighed. He didn't mind the kids, but they were noisy and Sophie allowed them to be 'free spirits'. Anyway, he had to get to the shop before the roads became busy, so he grabbed the car keys. But he had left the boot open, and a large tabby was happily sitting on Emma's fleecy blanket. Muddy paw marks and white hairs remained as he shooed the cat away, so he shoved the throw into the washing machine before racing to the supermarket.

Emma's train was delayed due to flooding on the line and the windscreen wipers struggled with the deluge of rain as they drove slowly home in queues of traffic. Jerry opened the front door, to discover suitcases, scooters and toys lining the hallway. A new Zimmer frame, still with its label, stood against the wall and dirty footprints led into the kitchen.

"I forgot to tell you that I left Sophie a key," Emma whispered. "They've brought so much stuff," Jerry muttered. "But what's that for?" He pointed to the frame.

"Your mother couldn't get through to you, so she phoned me. Good news. Her hip op has been brought forward so she wants to stay with us for convalescing. She might need a wheelchair as well, so I've preordered one to arrive next week. We're all sorted."

By the time they'd cleared away the dishes and Sophie had taken the kids to bed, Emma headed for the stairs with her book. "I'm exhausted. I'll leave you to catch up on the sport," she said and disappeared.

Jerry nodded, yawned and switched on the TV. He must have dozed off because the next thing he heard was the little clock in the hall chiming twelve. He dragged himself into the kitchen, nearly tripping over the leg of the Zimmer, and grabbed the chart, now covered in scribbles and smiley faces. He didn't know how the next few months would go but he wouldn't be needing a schedule. He tore it up and placed it on top of the overflowing recycling bin. As he tiptoed up the stairs, a child's voice cried, "Uncle Jerry, will you read me a story?" An hour later as he lay in bed, he made a decision. Tomorrow he would ask Bob about the fees for the golf club.

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

OUR BETTER-OFF ACQUAINTANCES

Now, during my early years there were times we couldn't have collected a bean between us for Christmas! Nowt! But some people that Mum and Dad knew up Fulwood helped out. One fairly young couple had us to tea on Christmas Day more than once, and I remember the space in their rooms.

After we'd all started at school, Mum found herself some part time domestic work. It might have been for two half days each week. On Fridays, she went to the Wragg's, who lived in one of those stone houses, up some steps on Clifford Road, just off Psalter Lane.

The Wraggs were friendly Bethel-Chapel people, just much better off than us. We were all Methodists though. Mr Wragg was somebody at the Town Hall. Once, I went to their house where Mum had been cleaning the kitchen and the outside steps. Mum had to scrub the steps and stone the outside corners to make them look smart and cared for, ready for the weekend!

She earned two or three shillings a week altogether, which must have helped the family budget enormously.

The Tugby's were Bethel too, and I think the ones we knew best actually lived on Ringstead Crescent, Crosspool. They were going to affect our lives for the better later on.

The Lockwood's were Salvation Army. Mr Lockwood was a solicitor. I can't think how we first came to be mixed up with these people who had a big, solid house on the corner of Psalter and Cowlshaw Road! Our house was a one-up-one down built into the back of a hill!



The Lockwood's though had a special relationship with my sister Beatrice who was sometimes called for by a young man in a car.

One day, as I was walking through the archway, I saw the young man standing with his hand on the top of the open car door, waiting. I couldn't say now whether it was because I showed interest or because he had intended to do it anyway. But I was invited in alongside someone else, to have a little ride around.

It could have been just up the road or round the block. But it felt strange to ride beside the driver, with my own door, in a little cab with blown-up, rubber tyres. This was nothing like being above the hard, solid-steel wheels of a jangling tramcar or between the huge, steel-tyred wooden wheels of a bumpy cart!

If he'd only told me there were a million cars in Britain in 1929 I would have found that difficult enough to understand and believe! But if he'd said that in America they had ten times that number of just one kind of car — the Model T Ford — and by the 1930's it had sold more than sixteen million times, I'd have labelled him absurd!!



The big solid stone houses like those of our better-off acquaintances.



It is obvious to me now, that the young man was a Lockwood. He would take Beatrice to their big house where, possibly because of her previous illnesses when she was unable to do anything lively, she was encouraged to run around! Beatrice could run around everywhere — up the winding stairway, in all the rooms in the house and all over the enclosed garden! Paradise!



TIME TO REMEMBER: **loved ones who have died**



At Time to Talk Befriending, we believe grief should never be carried alone. Alongside our befriending work, we offer a gentle listening ear to both scheme members and volunteers who are experiencing bereavement, through our chaplaincy and pastoral support. We also provide bereavement workshops and practical resources to help volunteers feel more confident and supported with bereavement and grief.

On occasion, it has been a real privilege to lead funerals for scheme members, and to be alongside people with care during some of life's most difficult moments. We also share our learning more widely by training multi-disciplinary professionals through our 'Preparing to Say Goodbye' sessions, helping them feel more confident in end of life conversations and compassionate support around death and dying.

As an extension of this work, our partner and friend of the charity, Peter Wells, has invited us to collaborate on an annual event, Time to Remember, held during Dying Matters Week.

Please see the poster on the next page for more details.

If you cannot book online please contact the team on 01273 737710. Leave a message and we will get back to you.





Time To Remember loved ones who have died



As part of Dying Matters Awareness week

7th May 2026

From 5.30pm for a 6.00pm start

2nd Floor Café, City Coast Centre,
North Street, Portslade BN41 1DG

A time of music, candle lighting and readings open to people of all faiths and beliefs, remembering loved ones whenever they died.

Followed by tea, cake and connection with others.

Event created by

**Peter Wells, Bereavement & Loss Therapist
& Lou Beckerman, Arts Practitioner**



Hosted and supported by

**Emily Kenward, Founder, CEO & Chaplain
& the team at Time to Talk Befriending**



Booking is essential by Monday 27th April 2026
tttbefriending.typeform.com/to/I9TpPeCK

Limited parking is available.

www.tttb.org.uk 01273 737710 info@tttb.org.uk



Time to Talk Befriending in the heart of the community



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 October to now.

Every person listed below will always be remembered.

Rest in peace.

Angela Bennett

Pamela Connolly

Chris Connor

Andrew Cregeen

John Deane

Brian Dewdeney

Michael Drake

Audrey Good

Joanna Harlow

Raymond King

John Tingley

Janet Latham

Leonard Mansell

Mary Moore

Maria Parsons

Violet Parsons

Joan Payne

Sally Pearson

Robert 'Bob' Pollard

Jean Rich

Zeta Scardifield

John Smith

Ernest Tidy

Ken Trigwell

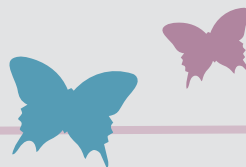
Carole Webb

Rita White

Their absence is like the sky, spread over everything.

C.S. Lewis; A Grief Observed

In memory of ...



Ellie about Pamela: We had a great friendship. Pam was always so positive despite her circumstances. She was very inspirational and I will cherish our time together.

Hazel about her chaplaincy match with Audrey: I began befriending Audrey during COVID through the Chaplaincy scheme. We chatted together about a range of things and I prayed with her. Although she could not get out she attended her Salvation Army church services on live stream and bible studies on zoom and she would talk about these. She had a range of interests including family history and, despite being well into her 80s, was still doing accounts for at least one local charity. I always asked Audrey were there particular things she wanted to pray about and she was always keen for prayer for family and friends, thinking of others before herself. Despite her physical disabilities which kept her house bound she was always cheerful. She was truly an inspiration to others.

Laura about Maria: I have far too many lovely memories of Maria to detail here. Things I'll remember most include the fabulous hugs she gave, the way her eyes sparkled when she smiled and the way we laughed at our often absurd world.

Tom about John Tingley: My befriending experience was truly special and far more than I ever expected. I went into it with an open mind and no real expectations, other than wanting to do something to help someone else. What I gained was a true friend, a great deal of wisdom, and a renewed motivation to live life more fully and with greater focus on the people who truly matter.

Daughter of scheme member, Mary: Mum always looked forward to coming to your services. It's what she missed most when she moved into a care home. Thank you for all your support which meant a lot at the end of her life.

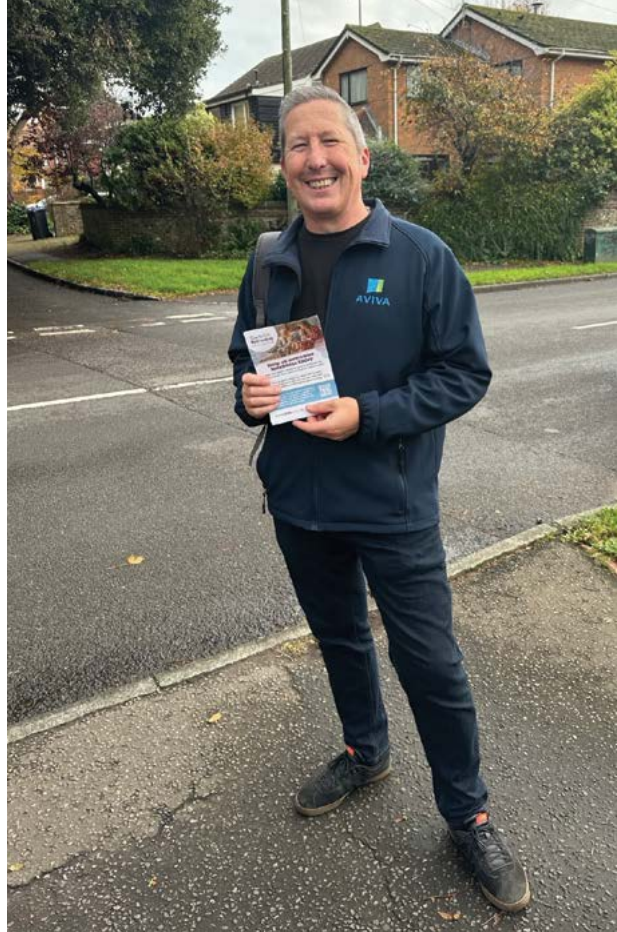
In memory of ...

Emily about her chaplaincy match with Sally: When I think of Sally I immediately smile. I think of her incredible strength, humour and cheeky glare when she didn't like something you said! Oh and the sparkling tiara she wore on her 80th birthday. It was a genuine privilege to share meaningful moments of prayer and laughter together. Sally will be dearly missed but she was in her words 'ready to go home'. At her funeral it was an honour to share her final words which felt important to impart here too. Sally said "Be kind always. You never know what someone is going through. So be kind always."

Nathan about Andrew: I greatly valued my time with Andrew. I learned so much about the history of Brighton and the surrounding areas, where Andrew had once been involved in politics and owned a popular hotel in Hove, hosting musical afternoons that were well loved. Andrew was always eager to share his love of music, and we spent many mornings listening to his expansive collection. Over the course of more than a year, we developed a wonderful friendship. I always looked forward to our weekly meetings, where Andrew would happily make me a cappuccino and we would enjoy a good catch up together.

Gabrielle about her befriending match with Audrey: Audrey gave so much during her life. Even the week before she died, she was attending a Zoom trustee meeting for a charity she served from her hospital bed. She was an inspiration, and fascinating to talk to, as she shared her memories of Hove past, her family history discoveries, and the work of the charities she supported. I was honoured to be her friend.





A cold day, a warm response

Thank you so much to staff from Aviva who braved the winter weather to deliver leaflets to houses in Worthing and Southwick.

Their efforts have helped us to spread the word about volunteering for Time to Talk Befriending. Within hours of both drops we received applications from new volunteers, which was a fantastic result.

This type of support makes a real difference, so if you know of any businesses who might like to get involved please call Alison on 07483 137749 or email alison@tttb.org.uk





Thank you for the generosity of our community

One of the things that we are truly grateful for is the generosity of our own community, both scheme members and volunteers, who so often find thoughtful and creative ways to support our work.

In recent weeks we have been genuinely encouraged by the kindness behind the gestures, from bags of five pence pieces carefully collected over time, to cheques and cash donations brought in or sent to the office. Every gift, no matter the size, is a reminder that people believe in what we do and want to ensure it can continue.

We would like to express our heartfelt thanks to everyone who gives towards our work. Including the family members who recently chose to donate to Time to Talk Befriending in memory of their loved ones, scheme member John and chaplaincy scheme member Sally, in place of funeral flowers.

Thank you all for helping us continue to create moments of connection that remind people they matter.

A message from Emily



An article that has brought real comfort recently, and it may do the same for someone reading our **Time to Talk Befriending News**, is called 'After the Treatment Finishes – Then What?' by clinical psychologist Dr Peter Harvey.

If you are living with or have been impacted by cancer, I encourage you to read it because I have found it incredibly helpful. It reminds us that healing takes time, that our emotions and energy may ebb and flow, and that it is normal for life to feel both familiar and different as we move forward.

Since coming through the other side of treatment and trying to step back onto the fast-paced train of life, my compassion for anyone living with a long-term health condition has grown so much. I have a renewed respect for how much courage it can take just to keep going, even when you have strong faith and support around you.

So, if you are reading this and it resonates with you, I simply want to say thank you. Whether you are a scheme member or a volunteer, thank you for continuing to engage and stay connected. Thank you for opening the door to your befriender, and for coming along to group events even on the days you do not feel like it.

We are so grateful you are part of our community, and we want you to know that your presence and connection to the charity really matters to us.

Many blessings, Emily

p.s. If you are not online and would like to read the article, please call the office, leave your name and a short message, and we will pop a copy in the post to you.

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 you've enjoyed reading this issue
and that these stories, news and contributions
have brought you some Spring joy.**

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

FOLLOW US ON SOCIAL MEDIA!



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Time to Talk
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Age and
Dementia
Friendly
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Charity Incorporated Organisation Number: 1186555