



JUNE 2017

Compaid
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Welcome to this latest issue of Compaid Voice.

In the last issue, I explained how we are now measuring the direct impact our services have on those who need them. Compaid exists to make a positive difference to people's lives, and I'm delighted to report that in the last financial year, to March 2017, almost 1,700 people benefited from one or more of our charitable services. These individuals covered a wider area than ever before, from Dartford and Chatham in the north of Kent, all the way to Thanet and Bexhill on the south coast.

This growth in our services is in line with Compaid's previous five year strategy, which covered the period up to March 2017. Work is now underway to agree a new three year strategy and business plan, which will take us to 2020. Meetings have been held with Trustees and Managers to identify key goals which Compaid can aspire to over this period.

Planning for the future is never easy, and in an age of political instability, both in the UK and the wider world, it is the role of the Trustees and

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myself to keep a close eye on changes that might affect Compaid and those we seek to help. What I can be sure of is that demand for digital skills, and accessible transport has never been greater, and this is borne out by new contracts and clients we will be securing in the coming years.

To meet these future needs, and ensure that our services to current clients continue to develop and improve, we need everyone – staff, volunteers, clients and their families – to support us in any way you can. This might be referring a new volunteer for one of our services, recommending Compaid to be the benefiting charity of a company, or informing other vulnerable people locally as to how we can help them.

Above all, we need to ensure that Compaid stays firmly on the map as the local charity for local people. Together, we can help many more disabled and disadvantaged people to overcome barriers in their lives and realise their potential .

Stephen Elsdon—Chief Executive

The Older Generation embrace technology

Part of my Outreach work involves going out into the community to support elderly people to access and use IT creatively and usefully. Mount Ephraim House in Tunbridge Wells is just one of 9 residential homes for elderly people and/or people with disabilities in Kent and East Sussex where we have provided sessions over the last year. The House is one of those places where I immediately feel at home. It's a grand old building, with beautiful grounds and has a real 'lived-in', friendly feel.

Our Outreach sessions in residential homes can be either computer based, or involve our music technology, such as Soundbeam and Skoog, as well as the iPad. I find that residents who are living with symptoms of dementia are especially drawn to apps like the digital harp or piano on the iPad; a

simple way to focus and engage someone who may otherwise be difficult to reach.

Mount Ephraim House residents currently enjoy a variety of our Outreach 1:1 computer sessions, including quizzes, puzzles, crosswords and word games for interest and cognitive challenge. Lately the residents have become rather taken with digital art and colouring apps which have improved their mouse skills immensely and given them the opportunity to let their creative imaginations run free! The picture below is of Marie, a Mount Ephraim House resident, who is a very lively, enthusiastic and long term participant in our Outreach sessions. Here she's working with Sara Durie, one of our Compaid Outreach Trainers.



Very often now we find that people living in residential homes have their own computer, or plan to purchase one of their own. One resident at Mount Ephraim bought her own tablet and asked us to help her to get the most out of it, although she had good

existing skills. She was supported to install apps to provide fun and challenge, and she has become quite the expert at digital jigsaws, Mahjong and 7 Little Words (all from the Windows Store). The lady now uses these apps every day. This same resident has recently been supported to start a digital legacy; a kind of video life story, that she plans to work on with me, a little at a time. If anyone reading this would like to learn more about digital legacies, or our Outreach sessions, do feel free to contact me.

By Jane Tanner, Outreach Co-Ordinator
janetanner@compaid.org.uk



Compaidd clients in the Training Centre have been enthusiastically working on 2017's new project, "The world according to me", which involves creative writing and art work to illustrate their loves, hates and fantasies!

April's assignment was "Headlines", where the outline of each client's profile was filled with pictures of things, people and places which were important to them.

Graham



Sharon



Susanna



Ros



ROOM 101

May's task was very therapeutic as we were able to get rid of things which we love to hate, by putting them in "Room 101". Not surprisingly, spiders, snakes and creepy crawlies featured in many people's lists, as did vegetables such as sprouts and spinach. Donald Trump made an appearance in several lists too!



June's project - "My ultimate dinner party".

This month's mission is to visualise a fabulous dinner party—clients have been asked to think of 6 guests they would love to invite (celebrities, historical people, fictional characters), what sort of food they would be given, and what they would like to talk about! Here are two examples:

Edward



 Roger Taylor (1949 -) Drummer for Queen	 Zoe Lister-Jones (1984 -) Actress, best known for playing Amy Williams in Neighbours
 Wyatt Earp (1848 - 1929) American Frontier Lawman, regarded as the deadliest gunman of the wild west	 Joe Brown (1941 -) A Rock n Roll singer who has Spanning five decades.
 Spartacus (c 111-71 BC) A gladiator who rebelled against the Romans.	 Spiderman (1962 -) A superhero with superpowers.

Steven H

A day in the life of a Compaid volunteer, by Liz Scott-Ham

In March 2012, I was made redundant from the Forensic Science Service (FSS) after 27 years. Whilst at the FSS I had carried out a number of different jobs, ranging from doing the actual science, to setting up and running the Customer Services Team at the London Laboratory and finally training staff on the computerised work place management system we used. On being made redundant I helped set up Forensic Toxicology consultancy business which enabled me to work from home. However, I found that I had some spare time on my hands and decided I would like to do something useful with it.



Whilst standing in the queue at the ticket office at Tonbridge station one day I noticed an article about Compaid and a request for volunteers to help in their computer training centre at Paddock Wood. After contacting them, I was asked along for a chat and it soon became clear that this wasn't going to be like any computer training I had ever delivered!

Art seemed to feature heavily in the skills developed by the clients, along with playing games and completing puzzles. I was going to be well outside of my comfort zone having really only used computers for technical tasks. However, the centre seemed a friendly place to be, with lots of conversation as well as hard work on the computers.

So on a Monday morning in April, feeling slightly apprehensive, I turned up for my first session at Compaid. Well, I needn't have worried; I was made to feel very welcome and soon realised that even though I was useless at art, had no creative streak at all and had never played computer games, I was still able to help the clients. Sometimes it's just having a good chat whilst a birthday card is being created or helping search the internet for some useful information. Some clients like to work through basic maths or writing activities whilst others are keen to improve their competence in Word or Excel. I enjoy working with the clients at Compaid and seeing them gain

various skills from the activities they do on the computers. Away from Compaid I enjoy walking, travelling and exploring new countries, cultures and wildlife. Several years ago I fulfilled an ambition to see all the species of penguin in the world in their natural environment!

Introducing our new Fundraising Assistant, Nicky Buckwell

At the start of May I joined Compaid as Fundraising Assistant to Diane Bradley and I am really enjoying getting to know everyone – although I know it will take me some time before I can remember all your names!

My first encounters with Compaid (apart from seeing the vans on the roads!) were when I helped out at a fun run, the Christmas Fayre and the Anniversary Ball at High Rocks last September. Each of the events provided a different perspective on the charity, the work it does and the variety of support that is so vital for its work in the community.

I have previously worked in a variety of sectors including finance, education, health and the civil service. I have had some experience of fundraising whilst working as an assistant to the Development Director of a local private school– hopefully some of this will come in handy for my work with Diane!

Outside of work I enjoy playing sport including netball, squash and athletics. I also like travelling, going to the theatre and photography. My family tell me that I am good at making cakes – but I suspect that that is just to make sure that there are always some in the tin when they are at home!

I have really enjoyed my first month at Compaid and look forward to getting to know everyone better and helping to raise awareness of the great work that Compaid does for communities and individuals within Kent.





Creative Writing Project

While many regular visitors to Compaid may be well aware of the high-quality artworks created by our clients, and the music that many of our clients have the opportunity to make with our outreach team, a major focus last year in the centre was creative writing, calligraphy and illuminated lettering. Throughout 2016 our clients, volunteers and staff wrote poetry and short stories in a variety of different forms. And thanks to the work of our indefatigable client Steffon Marshall over the course of the year, **an e-book** is now available for download containing the stories and poems (address at the bottom of the next page). Here are a few examples.

In January we asked people to write Clerihews. A Clerihew is a four-line poem where the first line is, or contains, the name of the person the poem is about.

*Queen Elizabeth the First
Almost died of thirst.
Her food was all salty
And her taps were all faulty. [Josie Singer]*



*George Clooney
Makes me swoony.
If only he was mine,
We could sail down the Rhine, drinking wine! [Evelyn Waghorne]*



In March, clients were asked to write **Haikus** (a Japanese poem of 17 syllables.) Here is **Stuart Goodwin's**:

*My dog is so sweet;
He eats up all of his treats.
He barks at my feet!*

(The calligraphy letter at the start of this piece was designed by Liz Chessell.)

In February we asked for “**Acrostics**”, where the first letter of each line spells a word or name. This one is by **Carl Wood**.

*C*helsea is basically my life

*A*ccountant is what I was going to achieve

*R*emember I had a serious life threatening accident

*L*augh is what I can easily make people do!!

In May and June the task was to write a story or poem containing the words **ship, set, mouse, fruit, spade** and **Victoria**.

There was a ship called Victoria, it set sail to collect some fruit. When it got into open sea the sea was rough. As a ship mate went down below he saw a mouse running around on the floor. So he grabbed a spade and chased the mouse around the ship hull. When he cornered it the mouse jumped up and bit him on the nose. He dropped the spade and shouted out OUCH. He said “I will get you if it’s the last thing I do.” [John Wateridge]

I was invited to a tea party at Buckingham Palace, the tea set was pretty, it had roses on it. I had little sandwiches and ice cream with fruit and a Victoria sponge. Suddenly, I saw a fluffy white mouse run under the chair, perhaps it had escaped from a ship? Had it hidden in the Queen’s luggage from her holiday? Or perhaps Prince George had brought it in from the garden when he was playing in the sandpit with his bucket and spade?

[Ros Bennett]

The book can be found on our website at:

<http://www.compaid.org.uk/news/training-centre-clients-produce-book-of-creative-work/>



Fundraising News

By Diane Bradley, Fundraising Manager

Wrotham Heath Golf Club raises over £4,600 for Compaid

Wrotham Heath Golf Club raised more than £4,600 for Compaid after 12 months as charity of the year for the Ladies' Section. Lady Captain Wendy Turner selected Compaid after visiting the charity's Training Centre in Paddock Wood, where more than 80 disabled adults each week learn vital computer skills. Wendy's husband John has been a Trustee of the charity since 2010.

The charity worked closely with Wendy on a number of events at the Club, including a Rio themed competition (some of our Rio themed designs are shown) and a Bridge event. With donations and other fundraising from Club members throughout the year, the total came to **£4,606**.



Receiving the money from Wendy and John Turner, Stephen Elsdon, Chief Executive at Compaid said: "It is wonderful that the Wrotham Heath Golf Club has supported our work in this way. The energy and enthusiasm from Wendy and her team mates has resulted in a total far surpassing our expectations."

The funds raised will be used to provide new learning opportunities at Compaid's Training Centre, as well as keeping its fleet of accessible minibuses on the road.



Co-op East Peckham branches supporting Compaid.

We're pleased to announce that we have been chosen for this round of the Co-op Local Community Fund. The funding for our cause will come from Co-op Members. Co-op will donate 1% of everything their members spend on their branded products and services at the Branbridges Road & East Peckham stores to us their chosen charity. Members can support us until 7 October 2017.



To date our current total including money from sales carrier bags is **£766.49** of

If you use these stores then please take time to go online at <https://membership.coop.co.uk/causes/4361/>



Thank you very much for your support.



I am delighted to announce that the race organisers have chosen Compaid as one of their headline charities. The race takes place on Sunday 1st October and we would like to enter a Compaid team this year. If you would like to apply for one of our free places,

(limited number available) please contact Diane Bradley at dianebradley@compaid.org.uk or call 01892 834539 opt 4 for more details.





Matt's marathon raises over £1366 for Compaid

Tunbridge Wells Harrier athlete Matt Clements informed me some time ago that if he qualified this year for another 'good for age' place in the London marathon, that he would run in aid of Compaid.

On Sunday 23rd April, Matt lined up with 40,382 people ready to conquer the gruelling 26.2-mile run having achieved another 'good for age' entry.

Spectating around the 13 mile mark, I was delighted to see him still looking strong and even managing a brief smile (or was it a grimace?!)

Matt crossed the finish line in 3hours 11 mins and 38 secs - another well run marathon under his belt. On behalf of everyone at Compaid I would like to extend our sincere thanks and congratulations to Matt for what was another great time and for raising such a fantastic total through his sponsorship. Additional thanks must go to Tonbridge Brewery, who on hearing that Matt was running for such a worthy local cause, generously donated two barrels of his favourite beer. Matt said "The vision of coming home to a pint of fantastic Tonbridge beer kept me going!"



Lions Club Sponsored Walk – Sunday 14th May

Again this year we took part in the Tonbridge Lions Club sponsored walk starting and ending at Shipbourne Village Hall. Walkers had a choice of the 5 mile route which took them via Dunk's Green, Fairlawne Estate, Ightham Mote, Wilmott Cottage, Budd's Green, and Shipbourne Church, or the 10 mile route which followed the same course but extended to Carter's Hill and Underriver.



Special thanks to our fantastic group of walkers, and all the Tonbridge Lions members who assisted us by marshalling and providing drinks around the route which took us through the beautiful Kent countryside.



Thanks to everyone's efforts and all those who sponsored us, we raised **£363**.

'Ronnie's race night'

It is always nice to hear from family members of dearly departed clients, especially when they say they are planning to organise an event in memory of their father and would like to raise funds for Compaid.

'Ronnie's race night' took place on Saturday 20th May in memory of Ronnie Mitchell, a Compaid client and dear friend of many who attend our training centre.



Ronnie's daughter, Emily Streeter was the main organisers of this great evening of entertainment with the help of other members of the Mitchell extended family. I was lucky enough to attend the event which was a thoroughly entertaining night, all thanks to Emily's hard work having spent many months obtaining wonderful prizes for her raffle, naming all the race horses with fitting and humorous names and with help from her sister Charlotte Nash and mum Sue, organised a fantastic buffet.

I am delighted to inform you that they raised an incredible **£1055.25**, so thank you to everyone who attended and supported the event, especially Charlotte, Sue and all their family members who



chipped in to make it such a fantastic evening. Huge thanks to Nicky Buckwell, our new fundraising assistant who made the amazing cake.





Paddock Wood Carnival – Saturday 8th July

Once again we will be attending the Carnival, taking part in both the procession and having a stall. The theme this year is Nursery Rhymes so the training centre clients are already preparing some artwork to decorate our bus for the parade, and preparations are being made for themed games to have on our stall.

We need 4 volunteers to walk alongside our bus with collecting buckets in the parade and at least 8 volunteers to cover shifts on our stall as we will have several activities going on all day.

If you can help by volunteering your time please contact Nicky Buckwell, our Fundraising Assistant on nickybuckwell@compaid.org.uk or call 01892 834539 opt 4 as soon as possible

This year we will be joining forces with Emma Graham, from local florist 'Seed & Sow', who will be selling her plants & flowers from our stall and has agreed that some of her proceeds will be donated to Compaid. Please put the date in your diary for this great local event and support Compaid in the procession and at our stall.

Diane Bradley – Fundraising Manager



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1-7 June each year is National Volunteers Week which gives volunteer involving organisations the opportunity to celebrate and thank people who offer their free time and services to others.

Celebrations were held all week in our Training Centre and alongside the delicious cakes generously provided by members of staff, each of our 40+ volunteers received a card, made by our training centre clients. There was also a beautiful potted Calla Lily or Geranium kindly donated by Emma of "Seed and Sow", Paddock Wood, for our lady volunteers whilst the men received a chocolate gift, courtesy of Tesco Express Paddock Wood.



Volunteer John Avenell enjoying a piece of cake



Volunteer Jane Knight receiving her beautiful plant

We are very lucky to have a fantastic group of volunteers and I know that everyone at Compaid will want to join me in saying a huge **THANK YOU** to them all.

Don't forget that I am always happy to talk to anyone who is interested in volunteering so if you have any friends or family who would like to be involved, please ask them to get in touch.

Judith Williams

H R Administrator & Volunteer Recruiter



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