



Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

togetherness THE NEWSLETTER

Sept '25

Hi from Anja

Myself, my husband and my kids have recently got back from a trip, to Germany to see family and to recharge. It's been very much overdue as I've not seen my parents since 2023, and we had so much to catch up on, including all about the heart and soul I've put into this business that I've been building over the past 16 months!



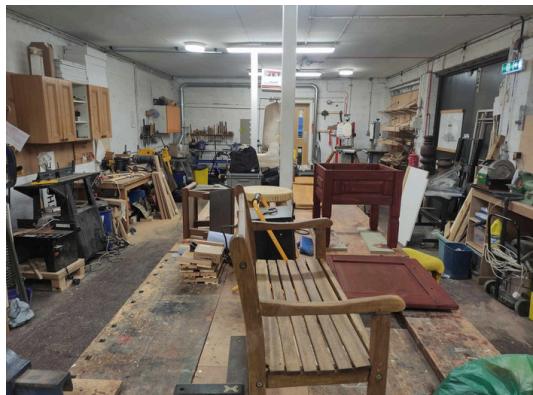
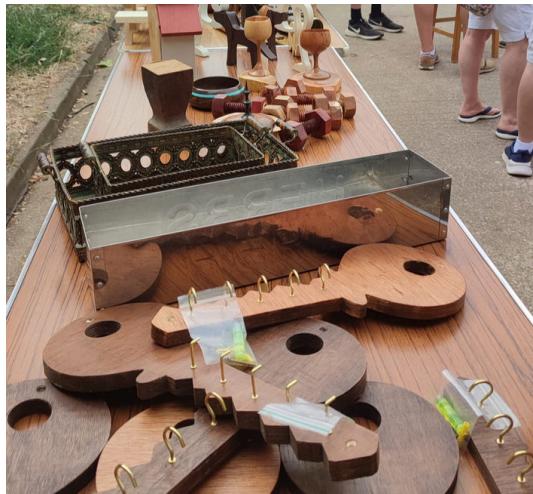
So, now I'm back from holidays, and with the kids returning to school, I've got that 'new term feeling' and I'm really excited about the coming months, including the Spelthorne Business Awards in October for which we have been shortlisted in two categories! You can read more about this below.

If you too are looking to make some changes as we move into the next season, read on for information about some of the things you can join with locally.

Finding purpose in a shed

Ever thought of becoming a 'shedder'? We recently caught up with **Mike, the Chairman of Spelthorne Sheds** (as featured in a recent BBC article), who told us about the workshop at **Fordbridge Park, Ashford**, which is a non-profit club run by volunteers.

We learned that it's a great place for men (and women) to learn, practice or improve their making skills, but it's not only about the



skills, it's also **about building friendships, purpose and community**.

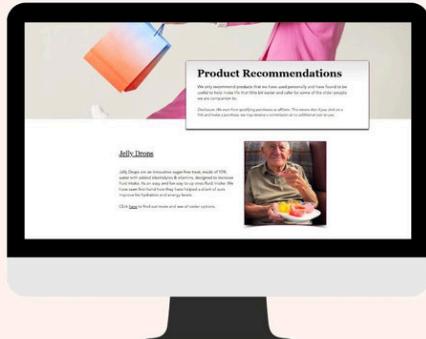
They're open to new members, so if you're interested to find out more then take a look at their [website](#).

Website enhancements

Recommendations

We continue to develop our service to offer the best value for our clients. We aim to not only provide companionship and support, but we also **want to be a place clients can turn for trusted recommendations, ideas and referrals**. Anja is an active networker and has built and continues to build a lot of local connections, some of whom have offerings that are of interest and useful to our clients. If you haven't visited our website for a while, then do take another look especially at the [Help Hub](#) as we are continuing to add to the resources in this section.

NEW CONTENT ADDED TO WEBSITE



NEW Dementia Hub Now Live!

We're very proud to **launch our Dementia Hub on our website** - a dedicated space **designed to support anyone impacted by dementia**,

especially those caring for a loved one. From practical tips and trusted resources to heartfelt advice, the hub is **a central point of connection, guidance, and reassurance** including links to other external support services, societies and charities. Whether you're just beginning your journey or deep into the day-to-day, you're not alone. Please visit the hub today and explore the support on offer.



Dementia Hub

Awards finalists!

We are so excited to announce that Companionship Services Ltd. has made it to the finals in two categories for this year's **Spelthorne Business Awards**.

We're up for an award in **Best Social Impact** and **Best New Start Up** categories.

There is some stiff competition in our categories as we're amongst a number of other really fantastic companies and we've got to wait until October to find out if we're winners! Whatever the outcome though, it's a real honour to have been recognised for the second year running.



Scams-watch

by **Bill Cunningham**, Scam Champion
Trading Standards

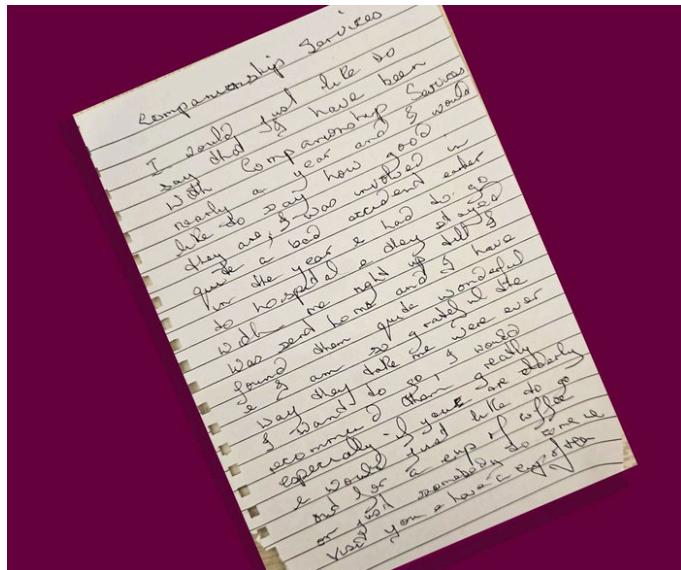
Scammers use tools to hijack phone numbers to **trick us into believing that**



they are from a well known organisation, or simply a UK number, or our local area code. This is called **number spoofing**. When we get a call to our mobile, the caller may well be masking the original number. If so, they could be located just about anywhere in the world and we'd never know it. Most of the spam calls we get are likely using spoofed numbers to operate scams. Or they pick, for example, a mobile number that is very close to our own one. In the hope that our curiosity will encourage us to call to engage with them.

Any contact from a person claiming to be from our network provider is best treated with caution. And if they ask us to confirm or validate or verify who we are, by giving personal details, then caution changes to rejection of the caller. **As ever, any call from out of the blue, from a stranger, to ask us to take instant action, is a scam signpost.**

Client testimonial



We always love
getting feedback from
our clients!

It was so lovely to
receive a hand-written
thank you note from
one of our long-
standing clients.

**Thank you Wendy
for your kind words!**

Try something new in autumn

September signals the start of Autumn, and the change in season can make some of us feel we need a step change - it can be the perfect time to try something new. If you want to give something different a go, a great local place to look is [Riverhouse Barn, Walton-on Thames](#).



There's always something going on here, from **talks and exhibitions, music and comedy to a whole range of classes**. This September, classes include drama for adults, woodcarving and crocheting. You can take a look at all they have on offer on their [website](#)

Chasing autumnal colours



Photos taken at The Valley Gardens 2024

As summer fades, the coming weeks bring a burst of colour; crimson leaves, golden light, and crisp air. If you're able, it's the perfect time to step outside and soak in the beauty of change.

Spending time in nature during this seasonal shift can:

- Boost your mood and creativity
- Encourage mindfulness and reflection
- Remind you that change can be beautiful

Take a walk, visit a park, or simply notice the colours around you.

Autumn's palette is a gift!

These local places can be especially beautiful as tree leaves change colour in the coming weeks:

[Painshill Park Cobham, KT11 1AG](#)

[The Valley Gardens](#) Windsor Great Park, Virginia Water, GU25 4QF

[Kew Gardens](#), Kew, TW9 2DF

Show us your disco moves!



We're so excited to be hosting an **Over 60's Disco Afternoon**, in partnership with Nostrano Lounge, Staines, this month. It's a dementia inclusive event for the over 60s, with carers, loved ones and friendly faces all welcome.

It's taking place on Wednesday 10th December, 4-6pm at Nostrano Lounge in Staines.

There will be music, dancing, nibbles and tea and coffee all for you to enjoy, while alcoholic drinks can be purchased from the bar. So why not let your hair down, enjoy the music from the 60s and 70s, great company and vibrant community atmosphere. If you're interested to **join this FREE community event**, then you can book tickets in advance via Event Brite using the link below. It would be great to see lots of you there!

[Book Now](#)

Getting creative at home

Autumnal Wreath Making

1. Collect a selection of autumnal leaves in a range of shapes and colours. Otherwise you can use artificial autumn leaves that can be purchased online or in a hobby store.
2. Use a purchased grapevine wreath, or make a circular wreath base/form using a piece of cardboard (cereal packet will do).
3. Arrange the leaves on the wreath form and glue them in place. A hot glue gun will work best.
4. Tie a bow if you're adding and glue in a looped piece of string so that you can hang your wreath on a door or wall hook.
5. It's that easy!



Get in Touch: If there's something different you'd like to see from us in future newsletters, then we'd love to hear from you. Your feedback is invaluable to help us shape a service suits the needs of the community. We're all ears!

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