



Dec '24

# *Companionship Services*

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

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*togetherness*  
THE NEWSLETTER

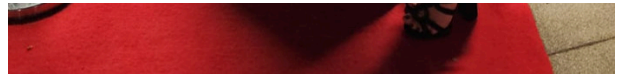
*Celebrating Six Months of Us*



On 1st November **Companionship Services** was exactly **6 months old!** We celebrated this important milestone whilst attending a fantastic evening out at the Hazelwood Centre in Sunbury for the Spelthorne Business Awards. What an anniversary gift for us to be **shortlisted for an award, Best Business – Ashford.**

We were in great company within our category as we joined two other fantastic local businesses as finalists including Totally Tangerine Cookery who was chosen as the very worthy winner. Being part of these fabulous awards with so many fantastic local businesses in attendance was a lovely reminder to us of how far we've come in just half a year.

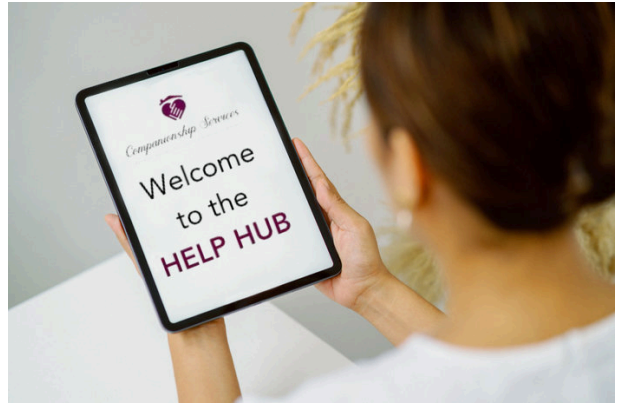




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## Our Help Hub

Don't forget we have our **Help Hub pages on our website** where we offer lots of useful advice and information which enables older people to get the most from life. We're always striving to enhance what we provide and we're currently working on improvements to our website and the Help Hub to offer even more resources to assist you and your loved ones. You can expect to



see lots of new additions to this part of our website over the next couple of months. Exciting times - we'll keep you updated about this.

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## Spotlight on... Community Centres

We're fortunate to have a number of really great Community Centres in the local area. Each Centre has something different to offer local residents. This includes:

**Indoor activities**, from arts and crafts, to sports and dancing.

**Support groups** catering for different needs.

**Wellbeing sessions** such as massage and yoga.

**Services** such as hairdressing and chiropody.

**Day trips** and excursions.

**Runnymede:**

Addlestone - KT15 2AN -

Eileen Tozer

Egham - TW20 9HR -

Manor Farm Lane

New Haw - KT15 3ET -

Woodham and New Haw Centre

**Hounslow Borough:**

Feltham - TW14 8AP -

Hounslow Age UK

**Spelthorne:**

Shepperton - TW17 9DH -

The Greeno Centre

Ashford - TW15 2QA-

The Fordbridge Centre

Staines - TW18 4EA -

Staines Community Centre

**Richmond Borough:**

Richmond - TW10 6SN -

Cambrian Community Centre

Barnes - SW13 9QA -

Castelnau Community Centre

Teddington - TW11 0HG -

Elleray Hall

**For more info including contact details for the Community Centres please visit our [Help Hub](#).**

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# Staying Safe

We all recognise the importance of fire safety in the home. For older people there may be a few extra things to take note of to keep safe.

**Did you know Surrey Fire and Rescue Service offer a **FREE Safe & Well Visit**, where they will meet you in your home and talk through safety precautions specific to your home set up?**

They're also able to provide free safety equipment if necessary which can include, smoke alarms, carbon monoxide detectors, flame retardant bedding and throws. For those who are hard of hearing, they are able to provide special smoke alarms with vibrating pads and strobe lights that will get attention without the need to hear the alarm.



To book a free Safe & Well Visit for yourself, or refer a loved one or someone you're worried about you can contact them via the details below.

Visit

[www.surreycc.gov.uk/safeandwell](http://www.surreycc.gov.uk/safeandwell)

Call free on **0800 0850767**

Send a text to **07971 691898**

*with your name, contact number  
and postcode*

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## WIN WIN WIN *December Prize Draw*

Our lovely winner from last month was delighted with her prize. If you want to be in with a chance to pick up our December prize of this beautiful Blumuze creative owl wooden jigsaw puzzle worth £25, then please enter below.



(344 wooden pieces in a wood gift box)

Enter Draw



## Facebook Fun

For December we're doubling the opportunities to win a prize with us - well it is nearly Christmas!

Not only do we have our regular monthly prize draw, but we're also giving away a wonderful Christmas Hamper on Facebook. Details can be found on our [Facebook page](#). Give us a follow so you don't miss a thing.

# Getting Creative at Home

We found some great **Christmas crafts** that you can try for the festive season. Our favourite are the **Folded Christmas Tree Napkins**. These are going to look great on the Christmas table!



## 🎄 **Folded Christmas Tree Napkin**

[Christmas Tree Napkin Folding Tutorial # HOW TO | Handimania DIY](#)

## 🌿 **Small Paper Wreath**

[Easy and Attractive Christmas Paper Craft - DIY Christmas Decoration Ideas](#)

## ❄️ **Origami Snowflake**

[Origami Snowflake - Origami Christmas Decorations - Origami Easy](#)

## 👼 **Paper Angel Tree Decoration**

[Easy Christmas Decor Idea](#)  
[#christmas](#) [#crafts](#) [#christmasdecor](#)  
[#christmas2023](#)

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*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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0800 0025 035

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