



Jan '25

# Companionship Services

PROVIDING PERSONAL ASSISTANCE - EXPANDING YOUR WORLD

*togetherness*  
THE NEWSLETTER

*Starting 2025 Positively*



**We hope you had a lovely Christmas.** As we enter a new year, we look ahead with excitement as the plans for our befriending business continue to unfold and **we're looking forward to helping more people with our service.** We've got lots coming up in the coming weeks and months, including plenty of dates scheduled where we're out and about in the local area, spreading the word about our company and what we can offer.

Over on our **new YouTube channel** you can see some the films we made back in November and one or two of our clients may even make an appearance!

**Thankyou for being part of this.**

Read to the end of the newsletter to read some ideas we've pulled together to keep you occupied this January.

*Anja*



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## *Terrific Testimonials*

We feel so humbled by the amazing things our clients have said about us in their recent testimonials.

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## *Client Testimonial*

I would definitely recommend Companionship Services. We've been having a really good service from Anja and her team. And I have no complaints -my husband enjoys the visits and it gives me some time for myself, which is really important right now.

**Wife of Client**

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For us, it is a huge privilege to be able to open up people's worlds with the service we offer. We're so delighted with the obvious positive impact it has on our client's life quality. Thank you for your kind words.

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## *YouTube Debut*



We're delighted to now have **our own YouTube channel**. Here you will find that the films we recently commissioned and that some of our lovely clients feature in. If you'd like to take a look please use the link below. If you'd like to subscribe to our channel it will help us to spread the word about our service so that more people can benefit.

[Visit YouTube](#)

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## *Get Scam Savvy*

According to the Global Anti-Scam Alliance's (GASA) latest report, **£11.4 billion was lost to scams to people in the UK in the last year**, which is up £4 billion on the previous year. The anonymity offered by the phone system and the low cost of calls makes the **telephone the preferred medium for scammers**. If you're unprepared it can be easy to become victim. Here's how you can look out for yourself.



## How to identify a scam call

- If the caller rushes you or pressures you into a decision and tries to dissuade you from speaking to friends or family.
- If the caller asks you to make a payment using UKCASH or PaySafe, or to transfer money to a new account or withdraw money and hand over to a courier for safe keeping.
- If the caller asks for your banking pin number or online banking password.
- Don't trust the caller ID display on your phone, as fraudsters are able to call you with what looks like a genuine number.



## How to deal with a scam call

Simply **HANG UP**

(Fraud should be reported to Action Fraud; online [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or telephone 0300123 2040)

We have a stock of handy information stickers that remind you how to spot a scam and what to do if you are a victim, courtesy of Surrey Police. If you'd like us to send you one, please get in touch.

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# Getting Creative at Home

After the excitement of the festive season has passed and once the Christmas decorations are packed away for another year, January can feel a bit of a dull month to some. The weather is normally cold and we may spend even more time indoors than normal. So we thought we'd gather up a few ideas to inspire you with some things to do, that will help to keep you feeling up-beat this month.

1. Get your **new diary or calendar** for the new year filled in with important dates, birthdays, anniversaries and your scheduled appointments.



2. Look through your **favourite recipes** and choose an old favourite or something new to bake and treat yourself to. Maybe there is someone that you would like to invite over to share your meal.



3. **Organise your photos** into albums or look through your albums and enjoy reminiscing.



4. **Sort out a cupboard.** Choose a cupboard to reorganise, getting rid of anything that is no longer needed and reordering, so you can find things more easily.



5. **Write a letter to a friend** or family member, or give them a call for a chat.



6. **Feed the birds.** Position a feeder somewhere you can comfortably see it from inside your home. You will be rewarded with visits from feathered friends. It can be quite interesting to see how many types of birds visit your outside space.



7. Choose **an indoor activity** to keep you occupied. Here are a few ideas—some for you to enjoy alone and others might need a friend or companion to join you;

- Try some paper puzzles such as a crossword or sudoku
- Play a board game or card game
- Listen to music, or a podcast, or radio
- Watch a TV series or movie
- Read a book or listen to an audiobook
- Try out hobbies or crafting such as crocheting, woodworking, embroidery, painting, etc...



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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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