

Message from the Chair

We had a busy year in 2017 and are on course to meet all our targets. We continue to improve lives and promote social interaction with our befriending services. Attendance at our events has grown and we are developing partnerships with

local organisations and residential homes.

We are excited about the opportunities to grow our services in 2018. We will soon have a new website and we are looking to achieve the NCVO Mentoring

and Befriending Approved Provider Standard. We are also working to ensure that we comply with the forthcoming General Data Protection Regulations.

Many thanks to the staff team of Mark, Julie and

Charlotte, and our volunteers, trustees and supporters for their hard work and dedication. Let's look forward to another great year for CHEER!

Janis Fletcher, Chair

New Focus on Social Isolation

Recent research has shown that around 9 million people feel lonely and 200,000 people have not had a conversation with a friend or relative in more than two months.

This research underpins a recent government initiative to tackle loneliness launched in January. Newly appointed Minister for Loneliness, Tracey Crouch MP, has been tasked with

continuing to build on Jo Cox's campaign to tackle loneliness across all age groups and social classes.

The causes of loneliness in old age encompass bereavement, families moving away, money issues etc. These can accelerate deterioration of health, loss of mobility, a greater risk of cognitive decline, social isolation and depression.

CHEER welcomes the renewed focus on an issue which it has been helping to tackle in Elmbridge for over 60 years through befriending and laying on events such as tea parties and pie and pint lunches.

An hourly visit a week of one of our volunteers can make a huge difference to an isolated older person and we often hear comments such as "you made my day" or "you are the only person I have talked to for several

days".

Our volunteers are essential in helping us alleviate loneliness in the elderly in Elmbridge. We are always on the lookout for more volunteers, especially male befrienders as we have a number of older gentlemen who would prefer to be visited by a man.

If you would like to help or know someone who would be interested please speak to Mark on 01372 879321

The People Behind CHEER - Julie



Julie joined CHEER in May 2017 as Administrator and has been busy organizing CHEER's befriending service, which she is enjoying greatly. This has been a new venture for her as she came to CHEER after

working for three years for Carer Support Elmbridge.

Julie has lived in Elmbridge for 30 years and is also a volunteer for Meals on Wheels in Hersham, where she lives with her husband Peter and Daisy their dog.

If you have not met her before, please introduce yourself to Julie at our next event or call If you have any questions regarding befriending.



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Sight for Surrey

Sight for Surrey is a charity offering a lifetime of support for people who are blind or partially sighted, deaf, deafblind or hard of hearing. They are there for you and your family, delivering specialist, hands-on, practical services tailored to your needs. The charity has provided

support to the blind and partially sighted community since 1922. They have a team of skilled professionals who work with people in Surrey who have a vision impairment. If you would like CHEER to make a referral to Sight for Surrey on your behalf then please let us know.

"You made my day!"

A CHEER Friend

Concern and Help for East Elmbridge Retired

Spring 2018

Rolling Back The Clock

We often get asked why we are called CHEER and where did the Charity originate.

We began life as long ago as the early 1950s as the Esher and District Older People's Welfare Council, under the leadership of Noelle Shilson. Noelle remained active with CHEER throughout her long life, latterly as President (and a volunteer at the

Claygate Centre) until shortly before she died at the age of 99 in 2012.

Over the years our activities have changed and evolved according to need and demand, with the new name CHEER being adopted in the early 1990s. The records show that at one time or another we have been involved in everything

from funding removal of wasps' nests to organising holiday excursions, fish and chip suppers, and cabaret nights. One thing that has never changed is our commitment to helping older people live full and comfortable lives for as long as possible in their own home. One tradition from our earliest days that still continues is the funding of the Christmas Day 'Meals on Wheels' lunch.

The latest major change in the way we operate came in 2010 when we first began to employ staff directly instead of on loan from Elmbridge Borough Council. This meant that we had to make our governance more robust by incorporating as a charitable company, with a modernised constitution (in our Articles of Association) reflecting best modern practice.

Friendships – Elsa and Bethanie

Elsa has lived in the area for 40 years and used to work in Further Education

Her daughters live in USA and Hong Kong. Elsa and her husband enjoyed visiting the USA to see the family. One of her grandchildren

has now moved back to study and work in the UK.

Bethanie is studying and working. She is enjoying the challenge of her first volunteering role and would encourage other young people to explore this

option.

Although Elsa and Bethanie's relationship is fairly new, it has turned out to be a positive experience for both of them. Bethanie's visits really give Elsa something to look forward to.



Bethanie and Elsa



CHEER Diary

Tuesday 27 th March	13:40 – 15:30	Tea Party, Churchfield House, Lushington Drive, Cobham
Thursday 5 th April	14:00 – 16:00	Tea Party, Thames Ditton, Venue TBA
Wednesday 18 th April	12:00 – 14:00	Pie and Pint, Marquis of Granby, Esher
Wednesday 9 th May	14:00 – 16:00	Tea Party, Esher, Venue TBA
Sunday 13 th May	All day	CHEER Stall at Dittons Fair, Giggs Hill Green
Sunday 20 th May	All day	CHEER Stall at Esher May Fair, Esher Green
Wednesday 6 th June	14:00 – 16:00	Summer Party, Venue TBA
Wednesday 13 th June	18:00 – 19:00	CHEER Annual General Meeting, Venue TBA
Wednesday 20 th June	12:00 – 14:00	Pie and pint, Marquis of Granby, Esher