

This is our third issue of FiSH News designed to let know what's going on as FiSH restarts some small-scale activities. We hope it gives you a few ideas on how to make the most of this unusual time...

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Although the Barnes Green Centre remains closed for regular events, we've been busy trialling a few new activities. While some of you are keen to get out and socialise, others remain wary, which is understandable, so going forward we will be here to help if you continue to shield and need support. For those who feel ready to step outside, we are now able to offer some outings and events, but to ensure social distancing, especially on the bus, numbers are limited. We are also looking at how we might hold some events in local churches – watch this space.



It is with a heavy heart that I announce that **Crispin O'Brien** will be stepping down as Chair of the Board of Trustees later this year. Crispin has been our Chair for four years during which time FiSH has developed and grown significantly. Amongst the many achievements during this time, were

the appointment of a new director, a successful fundraising campaign for a third FiSH bus, the granting of the Queen's Award for Voluntary Service and the successful response to the Coronavirus pandemic.

Crispin said: *"It has been a huge honour to serve as Chair. FiSH is entering a new phase of its development and planning. The Board will soon begin work on the next three-year strategic plan; it is right that a new Chair will lead on this. I am very proud of the work we continue to do to support and cherish elderly and isolated people in Barnes, Mortlake and East Sheen. I will continue to volunteer and be a passionate supporter of FiSH."*

Peter Anderson, for the FiSH Board added, *"We would like to thank Crispin publicly for his commitment and tireless enthusiasm. Trustees, staff and the wider FiSH community have all benefitted from his leadership. Crispin has achieved an enormous amount over the past 4 years, and we wish him well when he steps down"*.

Interviews will take place in the autumn and we hope to appoint a new Chair by November.

AFTERNOON TEAS IN LOCAL GARDENS

After a successful tea in Father Stephen's garden in Barnes last month, we are keen to take advantage of the summer weather to help people meet up in a safe social setting. So we are organising garden tea parties in Barnes and Sheen for small groups to enjoy. These are kindly hosted by volunteers who cater for up to 6 people. If you would like to join one of future teas please contact **Deborah** or **Sally 020 8876 3765**



Exclusive 30% off COOK Meals

Since April, COOK have generously donated supplies of free individual frozen meals each week to FiSH from their shops in Barnes and East Sheen. In total, they've donated over 1100 meals worth over £5,000! FiSH has been dropping off these culinary delights to around 65 of our members, every Friday.

All good things however have to come to an end and COOK's free meals have now stopped. However they have come up with a great offer:

COOK in Barnes and East Sheen are offering all FiSH members and volunteers a generous 30% off their range of delicious frozen meals. Available throughout August, the offer is not subject to any minimum spend. If you shop at COOK simply show show this copy of FiSH News (or ask your volunteer to show their FiSH ID badge if they're shopping for you)

COOK Barnes

50 Barnes High Street
SW13 9LN
Monday to Saturday
09:00-17:00
Sunday 10:30-16:30
020 8392 2060

COOK East Sheen

395 Upper Richmond West
SW14 7NX
Monday to Saturday
09:00-18:00
Sunday 11:00-17:00
020 8166 9776



PARKINSONS LUNCHES TO START AGAIN...

After nearly five months of lockdown, the Fish Parkinson's group will meet again on **Thursday August 20th** 12.30pm for 1pm for lunch at the **Red Lion, Barnes**.

If you are living with Parkinson's, or care for someone with Parkinson's, and would like to meet friendly people facing similar life challenges, please call FiSH **020 8876 3336**.

STARFiSH DANCE CLASSES

Our popular dance classes are continuing to work very well online. You can join Delene and all the regulars at 10:30am on Fridays throughout August via Zoom:

<https://us02web.zoom.us/j/84699899990?pwd=M3ZzY-1dKbUkxaHRCQ2s5UmphVVJhQT09>
Meeting ID: 846 9989 9990 Password: 949135

FANCY A THAI? Special deal for FiSH members at Asiatique

We are grateful to many local suppliers for their support at this unprecedented time, including Asiatique, Sheen's premier Thai restaurant, who have kindly kept us stocked up with flour and paper bags. Now there's a special deal for FiSH supporters: **Get 20% off takeaway food orders in August. Open 7 days a week. Order online at <https://www.asiatiquerestaurant.co.uk/> quoting reference FISH2020.**

MANNING THE HELPLINE

“Hi I’m Vicki and I’ve been manning the FiSH phone lines, once a week or so, for a couple of years now. We take incoming calls, and match drivers / shoppers to the relevant requests from our members. Pre Covid, we dealt with anything from doctors appointments, hairdressers and shopping to bank visits and outings. Now, with new restrictions, we’re asked for an occasional lift to the doctor or hospital, but find the majority of you need essential shopping. Normally this is fairly straightforward to arrange, with only the occasional bizarre request!



One of our volunteers accompanied an elderly gentleman to the shops and was astounded to see that 3 very large shopping bags were filled with salad leaves, greens and the occasional piece of fruit. Although impressed with the man’s healthy diet, the volunteer enquired as to whether this would really keep him going for the week. The elderly gentleman said: “Absolutely not”. His shopping was sorted elsewhere; this was for his tortoise!”



ONLINE EXPLORATION

For August here are a few weblinks for you to enjoy:

How about trying out some delicious recipes:

- **Old Cottage Loaf**
<https://www.nationaltrust.org.uk/recipes/old-cottage-loaf>
- **Flapjacks**
<https://www.nationaltrust.org.uk/recipes/flapjacks>
- **Cheese Scones**
<https://www.nationaltrust.org.uk/recipes/cheese-scones>

EDINBURGH INTERNATIONAL FESTIVAL

The 2020 Edinburgh International Festival was due to commence in early August, but a wealth of live performances have had to be postponed because of the virus. However there is a chance to explore many of the events on line at <https://www.eif.co.uk>

SCAMS

In recent weeks we have received news of a number of scams taking place locally. While we do not wish to alarm you, we simply remind you that:

- Genuine visitors will have called you beforehand to arrange a visit. It is wise not to open your door to strangers.
- Genuine builders, however charming, will never knock of your door and say they have noticed your roof/drain/gutters etc. need attention. They will never expect to be paid instantly in cash.

If people call you by phone, or knock on your door, and you are concerned in any way, hang up, close the door and call the **Police** on **101...** or call **FiSH** on **020 8876 3336**.

CREAM TEA IN A BAG!

At the Retro Cafe Club in ‘normal’ times, as well as the all-important tea, conversation and meeting with friends, the monthly poetry readings by Abigail Cruttenden and Joe Fraser were always eagerly looked forward to. Indeed they were the highlight for many guests. Liz says: “I’ve searched through the list of regular favourite poems and can’t find any that reference cake (I was sure A A Milne or Edward Lear must have written one!) so instead I’ve changed a few words of this favourite nursery rhyme... “



*Pat-a-cake, pat-a-cake FiSH volunteer
 Bake us a cake for FiSH Retro teas here.
 Pat it and prick it and mark it with “B”
 And put it in a bag for FiSH tea ‘deliveree’
 By bus or by car, to your doorstep, you’ll see
 There will be plenty for you and for me!*

Many FiSH volunteers have very kindly been busy baking. Others have spent an enjoyable time on Tuesdays packing scones and cakes into bags along with jam and cream. Volunteers who deliver the bags have commented that it’s lovely to see members again, albeit at a distance. (For one man it was the first time for many years he hadn’t attended Goodwood races ... so cream tea in front of the TV was an unexpected pleasure. Let’s hope next year he’ll be back on the racecourse.) We deliver to different areas of Barnes, Mortlake and East Sheen each Tuesday so if you’d like to sample a bag let us know. And do send any cake or scone-related poems or limericks.. or perhaps write one?

Liz would love to hear from you, with or without a poem:
020 8878 8100 or **07565 304726** or liz@fishhelp.org.uk

GOOD HOMES WANTED - FOR JIGSAWS!

When Susie Keen, a longstanding FiSH member, sadly passed away earlier this year, her family were eager to donate some of her prized possessions to FiSH for others to enjoy. Susie was an avid collector of very good quality jigsaws, so we now have over 100!. These range from 500-2500 pieces although most are 1000 piece sets. Themes include landscapes, shopping, the Royal Family and Downtown Abbey. Available at the Barnes Green Centre, we are happy to provide these free of charge to FiSH members or volunteers **Call Micky on 020 8876 3335 / 07870 473711**.

MEET UP MONDAYS AT THE HARE AND HOUNDS

This drop-in social group has resumed and is meeting in the pub garden, weather permitting, and at other times inside the pub, every Monday from 11am to 1pm for chat and refreshments. Do pop in if you’re nearby.

CHIROPODY AND HAIRDRESSING RESUME

Although the Barnes Green Social Centre remains closed for regular activities, Age UK have resumed their Chiropody service every other Monday and Hairdressing weekly on Tuesdays, strictly by appointment only. (PPE and social distancing measures will be in force). You must be an Age UK member to book an appointment for either at the Barnes Green Social Centre. Call **020 8876 2377** (or leave message) However both practitioners also offer home visits which are open to all. To arrange a home visit please contact:

Sue Tully, Hairdresser on **07572 283718**
Kevin Thomas, Chiropodist on **07941 875792**