



**NOVEMBER 2018**

# Compaid VOICE

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## **OUR NEW PROJECT— WHO'S THAT SHARING MY DESK?**

**Have you ever wondered about the other people who use the same desk as you at other times in the week?**

This is the question we posed to our clients in the Training Centre recently. We asked them to write a bit about themselves, their hobbies and interests, where they are from, and what they enjoy doing at Compaid, so that everyone can find out about all the people who sit at their desk and use their computer on different days. A few surprises have ensued—For example, we have clients who ...

**Like drumming and playing the ukulele**

**Have over 70 stuffed animals**

**Have been coming to Compaid since 1987**

**Think Wallace & Gromit are the best!**

**Enjoy sailing and singing (like Stuart)**

**Are fans of Norwich City FC and Sir Cliff Richard**



Compaid is a company limited by guarantee, incorporated in England with company registration number 3400811 and charity registration number 1064160.

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# PRINTING PROJECT

Tuesday clients at the Training Centre thoroughly enjoyed taking part in a 6 week printing project, led by Deb from the Workers' Educational Association, learning many different techniques.

Clients had fun experimenting with screen printing, mono printing and lino cut printing (using polystyrene, which is much easier to cut than lino!)



Jess, Bob & Meryl



Allison and Wendy with Bil (Volunteer)





# Halloween at Compaid



To the delight and surprise of the children on his school run in Sittingbourne, Compaid driver **Andy Eagles** decided to give his bus a “Bewitching” & “Spook-tacular” Halloween theme. Well done, Andy—hope there will be more seasonal decorations in the future!



# Christmas celebrations at Compaid

**Monday 10 December** will start our week of Christmas celebrations this year. As part of the festivities on **Tuesday 11 December**, we will be welcoming deputy Mayor and Mayoress, Councillor James Scholes and Mrs Jane Scholes to join our celebrations and meet clients, volunteers and staff in advance of their term in Office next year.

On the afternoon of **Thursday 13 December** between 1.30 and 3.00pm we would like to invite you to join us at Eastlands for a musical afternoon tea. Entertainment will be provided by Mascalls School year 12 music students. If you would like to attend –please contact Diane Bradley or Nicky Buckwell . Invitations will be sent in due course.

Other activities and stalls are planned throughout this Christmas week for all to enjoy.

## Christmas Raffle – tickets on sale now!

Tickets for our Christmas Raffle are now on sale! This is our main fundraising raffle of the year and we are hoping to exceed the **£1,100** raised last Christmas! Tickets cost £1 each and we have some great prizes you could win.



**First prize:** Deluxe Christmas Hamper,

**Second prize:** Afternoon Tea for Two

**Third prize:** DeLonghi Dolce Gusto Coffee maker

And many more prizes!

If you would like to buy a ticket – or know anyone who may be willing to sell some tickets - please contact Diane Bradley ([dianebradley@compaid.org.uk](mailto:dianebradley@compaid.org.uk)) or Nicky Buckwell ([nickybuckwell@compaid.org.uk](mailto:nickybuckwell@compaid.org.uk)) or call either of us on 01892 834539. The draw will take place on **Monday 17 December** and winners will be notified.

## **Tonbridge Christmas Festival**

Looking forward, Compaid will be having a stall at the **Tonbridge Christmas Festival** on **Sunday 25<sup>th</sup> November** for the first time this year. The event, which is organised by Tonbridge Rotary Club, takes place in Tonbridge High Street. It will feature live music, street entertainment and a variety of stalls. It runs from 1.50 pm—7.30 pm, and at dusk the Mayor will oversee the switch-on of the Town's new Christmas lights before a spectacular fireworks display closes the event. If you are around then do please come along and visit our stall. Nicky and Diane will be pleased to see you as they have some great homemade Christmas gifts, and cards designed by clients for sale. Compaid is also pleased to be supporting the festival by providing volunteer marshals who will assist with directing traffic attending the event.



# My sailing experience, by Malcolm Hill



I was introduced to Wealden Sailability by my friend and fellow Compaid client Stuart Goodwin, who also enjoys sailing. Wealden Sailability was set up to assist and train disabled people to sail independently, and is run and operated entirely by volunteers. I have been sailing there now for over three years, and have managed to progress to sailing single handed now for some time. I have attained my RYA qualifications up to gold level, and also compete in the racing competitions organized by the volunteers. The boats are all adapted (my boat is a “Martin 16”) and safety is of paramount importance. I would recommend this to anyone. The sailing is done at Chipstead Lake near Sevenoaks which is used by Chipstead sailing club and is in a beautiful setting. Malcolm Hill.

Wealden Sailability has a fleet of 23 sailing dinghies, and on their busiest days there are 40+ sailors and 30



volunteers on the water. The sailing season runs from April through to the end of October, two days per week.

Their website is <http://wealdensailability.org/>

Malcolm is too modest to mention this, but he has a good track record in racing – he is generally at the top of the leader board, and on Sept. 6<sup>th</sup> and 26<sup>th</sup> October he won his races, coming first out of a field of 16. Malcolm was placed third overall in the Wealden Sailability Summer Series of races, which is a fantastic achievement. Malcolm has also tried his hand at carriage driving, which he said was very enjoyable.



Malcolm taking the lead

Malcolm pictured with his medal & certificate for running the 2001 London Marathon.



# Volunteer News

By **Judith Williams, H R Administrator**

I really can't believe that we are into November already and that this will be the last edition of *Compaid Voice* before Christmas.

As you know, we are always looking for new volunteers to join our ranks and thanks to **Philippa Humphrey, Community and Marketing Coordinator, Waitrose**

**Paddock Wood**, I was able to have a table in the entrance of the store on 2 mornings in September.

This was a great opportunity to not only to raise awareness about *Compaid* to the local community but also to advertise the specific volunteer roles that we want to fill.



**Waitrose**

Many thanks to **Lesley Turner** for her help, and to **Jackie Fahey** who appeared at an opportune moment and sang *Compaid's* praises to some interested members of the public!

I am very pleased to say that we have recruited a new volunteer for the training centre as a direct result of this event and have a couple of other people interested who may be able to come back to us in the New Year.

## Police Students

Many of you will have seen a lot of new faces around the training centre and with transport over the past few months.

We have been working with the Kent Police College to offer short work experience placements for students who are training to become police officers. This gives these future police officers the opportunity to learn about the day to day challenges that disabled and elderly people face.

Many of these students have never come into contact with people who have disabilities, and this contact helps to dispel any preformed or stereotyped ideas that they may have.

As part of their Diversity Training, the purpose of this experience is help the students to be empathetic and understanding when dealing with people less able than themselves who they might come across in their future careers.

All students to date have reported that they have enjoyed their time with us and have learnt a great deal.

And finally...

**A Huge Thank You** to our fantastic team of volunteers for the support that you have given over the past year. Compaid would not be the same without you!

*Judith*

## New Trustee joins the Compaid Board



We welcome Christopher Shawdon as the latest Trustee to join the Board of Compaid.

Christopher's business expertise is in developing and delivering technology services for airlines. Within that, his passion is building data-driven processes to deliver value and innovation.

Christopher has been part of the Pilotlight team who have worked with Stephen and Board during the year to develop our new strategic plans. We look forward to Christopher's further support in the years ahead.

## Fit for the Future

Work is now well underway to develop new goals for Compaid to aim to achieve in the next few years. These goals will shape how we focus our people, finances and processes to better make a positive impact on the lives of those who use our services.

Staff and volunteers were recently invited to complete a short survey on what Compaid means to them and ideas for improvements and changes. This information, alongside comments from Training and Transport clients, informed a planning day in September, where Trustees and senior managers met to formulate new goals for the charity.

A series of listening events will now be held in November and early December to get the wider views of staff, volunteers and clients on these emerging goals, and to explore the skills and experience that everyone has to share in helping to achieve these.

More information on the outcomes of this work will be shared in the next edition of Compaid Voice.

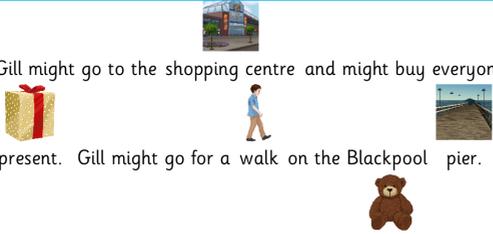
# New computer programs in the Training Centre



**Clicker** is a useful program which allows clients to type their work and have it spoken back to them, a word or a sentence at a time.

It has a variety of voices which the client can choose. It also inserts pictures automatically if the writer wishes, so stories can be illustrated. With its sister programme, **Write Online**, clients can use the word banks to help them choose which word to use, and it has a word predictor .

Gill might go to the shopping centre and might buy everyone a little present. Gill might go for a walk on the Blackpool pier. Gill might go on the arcade machines and win a teddy bear. There is



An example of a piece of work completed using Clicker.

For those who would like to brush up on their maths skills, **NumberGym** might be just the thing. Clients can practice maths at different levels & there are lots of fun games. As the menu shows, clients can engage with money, fractions, even algebra!



## Lands End to John O' Groats bike ride 22<sup>nd</sup> July – 12<sup>th</sup> August



On 22<sup>nd</sup> July Compaid Transport Assistant **Jo Montgomery** and her partner **Fred Bailey** left Land's End on their bicycles to cycle the length of the country to John O'Groats.

Their route, using cycle paths and minor roads wherever possible, took them through Bristol, Birmingham, Sheffield, York, Middlesbrough and Edinburgh finishing in John O' Groats on Sunday 12th August – an amazing total of **1,095.8** miles covered in just 22 days! Jo and Fred kept us updated each day, sending photos of all the places that they passed en route. A map of their route was put up in the Training Centre so that clients could follow their progress and photos and details of their trip were added to it each day.

After taking a little time to recover (!) Jo and Fred came into Compaid in September and gave a great talk about their adventures and the challenges they faced along on the way – good weather and bad, gentle cycle paths and challenging hills! They also spoke about some of their highlights – watching salmon leap in a river in Scotland, spotting deer and Highland cattle and the wonderful support that they received along the way – from donations from onlookers to free evening meals in their hotel!! The clients loved hearing about their exploits and how they managed to rise to the challenge!



Fred and Jo presented **Stephen Elsdon**, Chief Executive, with a cheque for an incredible **£3,565.11**.

In return they were presented with a framed map showing their daily progress and then everyone in the Centre enjoyed a slice of cake to celebrate their success!



Everyone at Compaid would like to congratulate them on their magnificent achievement and extend our sincere thanks for the

monies raised. They are already discussing their next challenge – watch this space for further details!!

## Grosvenor Orchestra – Chosen charity

We were delighted to be advised that the Grosvenor Orchestra had chosen Compaid to be the recipient of proceeds raised at their annual Concert on Saturday 13th October at St Philip's Church. **Stephen Elsdon** attended on behalf of the charity and commented that it was a well-attended and very enjoyable evening. The programme included:



**Mozart – Overture: The Magic Flute**

**Dvořák – Symphonic Variations**

**Brahms – Symphony No.3 in F**

The evening raised an amazing **£275.80** for which we are extremely grateful. We are looking forward to hearing more from the Orchestra at their future concerts.



## Compaid announced as Tunbridge Wells' Mayor's Charity for 2019



Following a recent visit to our Training Centre we are delighted to announce that we have been chosen by the Tunbridge Wells Mayor Elect **Councillor James Scholes** to be his chosen charity for his term in office which commences in May 2019. This is a great honour for Compaid and means that the Charity will feature at a number of events held by the Mayor

during his year, including the well-known "Mayor's Quiz" at the Assembly Hall in January. Compaid is aiming to have 2 or 3 teams participating in this quiz, and it will be doubly special to be the nominated charity. We will benefit from any fundraising events held and we are starting to make enquiries for donations/prizes towards the auctions and raffles that will take place during the Mayoral events – if you know of any individuals or businesses who may be able to help please contact Diane Bradley ([dianebradley@compaid.org.uk](mailto:dianebradley@compaid.org.uk) – 01892 534839).

We are extremely excited to have been chosen ,and look forward to working with James and his wife Jane to make it a successful and memorable year.

## Compaid celebrates funding successes

In common with many other Charities we are dependent on raising funds from a variety of sources in order to maintain and expand our services. We rely heavily on the generosity of individuals, trusts and companies for financial support.

As mentioned in our previous newsletter in order to maintain our current support to disabled people we need to raise **£180,000** this year, and even more to be able to fund our planned future developments. We are

extremely grateful to all the Trusts, Foundations, local businesses, organisations and individuals who currently support Compaid.

In this competitive funding market we are always keen to hear from businesses or individuals who may feel they could sponsor or support us in some way. So if you, or anyone you know, would like further information about how to support Compaid please contact **Diane Bradley**, Fundraising Manager ([dianebradley@compaid.org.uk](mailto:dianebradley@compaid.org.uk) or call 01892 834539) for an informal chat.

Since our last newsletter we have been delighted to receive grants from a number of Trusts some of whom are long term supporters of Compaid, with some starting their association with the Charity as far back as 1998. These include ***The Sobell Foundation, The Percy Bilton Charity, The Thomas J Horne Memorial Trust and The Cobtree Charitable Trust***. The income we receive from these Trusts is vital if we are to continue reaching the many hundreds of disabled, elderly and vulnerable people who require our services. Their grants allow us to maintain and enhance the services offered by both our digital skills training centre and accessible transport services.



Following the success of our first fundraising Open Day at McCull's shop in Paddock Wood another two events are planned on **Thursday 1<sup>st</sup> November** and **Thursday 6<sup>th</sup> December** from 10.00 to 12.30. Staff at the store will be selling Compaid's Christmas Raffle tickets during the events and we will have a stand raising awareness of our work and selling Christmas Cards designed by clients. If you are in the area please pop in and buy a ticket – we have some great prizes on offer!



# Calling all Co-op members.....Compaid chosen to be Co-op Community Fund Charity



We are delighted to announce that Compaid has been chosen as a recipient of the Co-op Community Fund. For one year from Sunday 28 October Co-op members can choose Compaid as their chosen charity and as a result Co-op will donate 1% of money spent by the member on Co-op own-brand products and services to the Charity. In addition we also receive a proportion of money raised from 5p levy on single use shopping bag sales. Compaid was lucky enough to be a Community Fund Charity for a six month period in 2017 and as a result we received just over **£2,000**.

Are you a Co-op member?? If so, we would be delighted if you would sign in to your membership account at [www.coop.co.uk/membership](http://www.coop.co.uk/membership) and register Compaid as your chosen charity. Please share with any other Co-op members that you may know – the more members we can get to sign up the more support we can receive from the Co-op!

Through our continuing relationship with the local Co-op store in Branbridges Road Petrol Station, East Peckham, we have received over **£1,200** from the collection boxes located in the store.



## Compaid Cook Book

Do you have any tried and tested recipes , or favourite cakes, puddings or main courses? If you have any stories to go along with your recipe, (perhaps you watched your granny cook this for you in her kitchen) so much the better. Please give them to any Training Centre staff so that we can make up our own recipe book.

## Tonbridge Rotary Club and Compaid expand links

We are very grateful for the ongoing support that the Tonbridge Rotary Club has given us over the years and we continue to look for opportunities in which we can work together. In August Compaid was delighted to be able to promote our partnership by advertising the support received from the Rotary Club on one of our minibuses serving the Tonbridge area.



**Brian Piner** of Tonbridge Rotary Club views the Club's logo on our minibus

It is hoped that this advertising will benefit both parties and bring to the public's attention the importance of both our organisations and our partnership working.



From left: **Sonia Williams** (President, Tonbridge Rotary Club), **Diane Bradley** (Fundraising Manager), and **David Wells**

Our continued relationship with Tonbridge Rotary also saw our Fundraising Manager Diane invited as guest speaker to one of their weekly club lunches. She spoke about the importance of the partnership between the two organisations and how Rotary's ongoing support is assisting the Charity and enabling us to deliver our services to a wider community within Tonbridge. She was delighted to receive a cheque for **£2,500** from **Sonia Williams**, President of the Club. The proceeds came from a Golf Day held in June at Dale Hill Golf Club.

## Tonbridge Half Marathon – 7th October

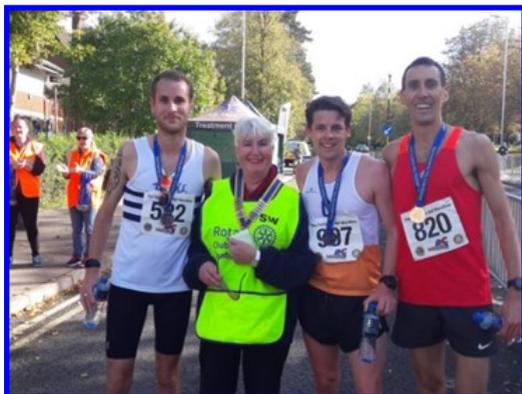


Perfect weather greeted the runners of the 2018 Tonbridge Half Marathon on Sunday 7<sup>th</sup> October as they gathered at the start. The race was organised jointly by Tonbridge Rotary and Tonbridge Lions.



We have attended this race since it started in 2011 as our Fundraising Manager **Diane** is the Course Manager and sits on the organising committee. This year the race was started by **Nina Ridge**, local BBC weather presenter and Tonbridge Athletics club athlete.

**Nina Ridge** (left) and **Pam Bates** (right) , Mayor of Tonbridge and Malling Borough Council at the start



Tonbridge Rotary President **Sonia Williams** at the finish with the leading runners - **Daniel Gaffney** (997) 1<sup>st</sup>, **Dan Bradley** (522) 2<sup>nd</sup> and **Neil McClements** (820) 3<sup>rd</sup>.

Another runner with a link to Compaid was **Lucy Wells** who is the daughter of Carol, a former client (see article on opposite page)



Compaid had its own stall at the event selling cakes and greetings cards designed by our clients. It was good to have another opportunity to raise awareness of the services and support available to disabled and elderly people. Thanks go to **Donna Winch**, **Wendy Collins** and **Stephen Elsdon** for their help and to everyone who donated cakes. Our thanks go to **Jenny Wythes** and her husband **Andy** who once again volunteered to marshal out on the course.



## Changes – life after Compaid



We were all sad to see **Carol Wells** leaving Compaid's training centre after 4 years. Carol and husband David have a holiday home in Spain and whilst David is endeavouring to improve his Spanish, Carol is using her newly acquired iPad to continue working in the sun using the skills learned during her time with us to help her rehabilitation.

A couple of weeks ago Carol and David popped in to Compaid to see everyone and say hello. Everyone was delighted to see them and we were pleased to hear that Carol is continuing with her anagrams, word association and Scrabble on her iPad and looks forward to keeping in touch with her friends at Compaid. The photo shows Carol making good use of the wine glass which was given to her as a leaving present.

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