



Fuengirola y Mijas

"Amigos de la Gente de Edad"

Newsletter Issue: 1-2016

Dear Reader

On behalf of everyone at Age Concern Fuengirola y Mijas we wish you all a very Happy and Healthy New Year. In this Newsletter, the first of the New Year, we'll be looking at a few highlights since the Charity was formed in the Autumn of 2014 as well as our aspirations for 2016.

WHERE IT ALL BEGAN

It all started with a group of like-minded people who understood that there was a pressing need to create an organisation that would provide advice, support and friendship to the over 50's English speaking community. Why are we so different from others? It is probably because we are very much a hands-on organisation. We get involved and we get results.

Whether it is taking clients to see their Health providers, a home visit, shopping trip or transporting those with limited mobility to our weekly drop-in centres, one of our hard working Volunteers will be on hand to help. Age Concern Fuengirola y Mijas is much more than just a Charity - we are an extended family where everyone is important.

Because that is our ethos we warmly invite everyone to come along to our drop-centres in Los Boliches and La Cala.

If you would like to join our extended family in any capacity whether as a Volunteer, Client or Donor we will be happy to meet you at either of our meeting points or you can ring our Lifeline. If you are unable to visit but would like to talk to one of our Welfare team please call the Lifeline on 652 53 76 15 and we will arrange to come and talk to you in your own home.

WHO ARE THE ORGANISING COMMITTEE?

The Executive Committee of Age Concern Fuengirola y Mijas is made up of 7 like minded but still very different individuals. ANDREW is our President and his role includes liaising with the wider Age Concern organisation. DAVID is our Deputy President and helps oversee the regular day to day running of the Charity. STEVE is our Secretary whose responsibilities include press, publicity and volunteers. CAROL is our Treasurer and it is her responsibility to see we remain solvent and control expenses. BRIDGET and LINDA jointly head up the Welfare Team with BRIDGET being a trained nurse and LINDA having worked in the healthcare field. Finally JACK is in charge of Fundraising and is our link with all businesses who wish to help us. Please note that we are all unpaid Volunteers and like all our Volunteers give our time freely.

WHERE WE MEET

We meet EVERY Tuesday in the Manila bar next to the Yaramar hotel on the Los Boliches promenade at 3.00pm for SPANISH lessons. Unlike some really boring classes you may have tried in the past these sessions are fun and very enjoyable. We still have a few places available so come in on Tuesday. You will be made very welcome.

We also meet EVERY Thursday at the Manila bar from 11.00am until 1.00pm. This is our ever popular social gathering where old friends can catch up and new clients can make new friends. It is not just a social get together we have "card bingo", raffles with prizes every week as well as informative and entertaining guest speakers. Why not pop in and join our extended family.

Finally, we meet EVERY Friday in La Cala at El Caballo de Oro from 11.30am until 1.00pm in the main square behind Supersol. It's not hard to find just follow the sound of people enjoying themselves. The group in La Cala just like the one in Los Boliches, continues to grow so if you would like to meet new people and make new friends this is the place to be on Friday's.

CHRISTMAS 2015

2015 was a good year for us and last December we ended the year in style. We had a great Christmas Party at the Masonic Lodge in Los Boliches. In fact it was a full house - again! Clients and friends enjoyed a lovely 3-course dinner with wine or soft drinks rounded off with live music and dancing.

Hot on their heels the group in La Cala arranged a marvellous Christmas lunch at Snack Attack where we practically took over the terrace. Our sincere thanks go to The Masonic Lodge and Terry and Team and also Snack Attack for their hard work in ensuring both events were such a resounding success.

COMMUNICATION IS THE KEY

We do our very best to let the community know what we are doing on a regular basis and are grateful to our Publicity Coordinator, Claudia, and all the publicity organisations - press, glossy publications, TV and radio - who kindly carry our messages. Our work would never reach a wider audience without you. Thank you everyone.

YOU NEVER KNOW WHAT'S ROUND THE CORNER

Much of the work we do is carried out "behind the scenes". One example of this is that during the past year we have seen the needs of some of our extended family change. Independent living has of necessity been replaced by residential care. Acceptance of this by the individual as well as their families can be difficult but with the help and support of our Welfare Team all the clients affected have been happily settled into their new "homes".

Our heartfelt thanks go to everyone involved.

WHEN IS A CARD NOT JUST A CARD?

When it's hand made and 50% of the price goes to our Charity. Our talented Eunice makes beautiful cards that are being snapped up as fast as she can put them together and the donations from her work go directly to Age Concern Fuengirola y Mijas. As you can imagine Christmas was a busy time but Eunice is now putting together a new collection of "general purpose" cards that will be for sale very soon. If you would like a card that is a little bit special or indeed would like to have some bespoke cards made please talk to Eunice at the Manila bar on Thursdays. Remember 50% of the price goes to our Charity and the balance covers materials.

OUR STRENGTH IS IN PEOPLE

We are always looking for new Volunteers and especially those with a car. As the demand for our services grows so does the need for more caring people. If you can spare just 2 hours a week or more please talk to us. You will not only meet new people and make new friends but be joining a group of committed and enthusiastic individuals who can see the difference they make to the lives of others every day.

THANK YOU

No Newsletter would be complete without expressing our thanks to our very generous Donors. These unsung people give their time unstintingly to raise money for the Charity that enables us to provide advice, support and friendship to the over 50's English speaking community in Fuengirola and Mijas.

We regularly mention our Friends at Churchills, Bell & Bottle and La Parra and the list goes on. However one business that has worked throughout the year and for some unknown reason has remained in the shadows is BAR MARIE in La Cala Hills.

Marie, your name is now out there, front and centre in the limelight - so from all of us at Age Concern Fuengirola y Mijas a heart felt thank you for all your hard work!

THE FUTURE

So what of 2016? Well, we sincerely hope that this will be the year we get to open our charity shop. This is Step 1 of our overall plan. The purpose of this shop is to ensure that we have a regular income stream so that we can move on to Step 2 and establish a permanent community drop-in centre and continue our charitable work of providing advice, support and friendship to the over 50's English speaking community in Fuengirola and Mijas.

As with all such ventures we know that we cannot achieve this on our own.

We need personnel and donations. We need YOU. Clients, Friends, Volunteers and Businesses large and small - and together we will do it. If you represent a business, retail shop or bar an easy way to begin is by taking one of our collection tins. Are you part of a club? We would be happy to come and talk to you about what we do and ways in which you can support us.

There are so many ways in which you, business or individual can help so why not let us help you? Take that first step and either pop in and talk to any committee member in Los Boliches on a Thursday or La Cala on Friday or if you are too busy please call our Lifeline 10.00am until 5.00pm weekdays on 652 53 76 15 for more information. All discussions are strictly confidential.

This year we are continuing our monthly lunch club in Los Boliches which has grown in popularity. The lunch club now meet on the FIRST Thursday of the month at a variety of different venues in Los Boliches. It is now one of the highlights of the month. Following on from the success in Los Boliches we are now starting a lunch club in La Cala which will meet on the LAST Friday of the month.

At the time of writing this Newsletter we are looking at a range of Fundraising options for the coming year and hope to bring you up to speed on these very soon.

For further information about these events or indeed anything to do with the Charity please drop into the Manila bar on Thursday between 11.00am until 1.00pm or El Caballo de Oro in La Cala on Friday from 11.30am until 1,00pm. If you can't make it please ring our Lifeline any weekday on 652 53 76 15.

ARE YOU UP FOR A QUIZ?

Would you like to join us for a quiz night?

If so then we are holding a quiz night on Saturday April the 2nd at 19:00 at the Masonic lodge in Los Boliches.

The cost is 10€ which includes a meal of chicken and chips, a vegetarian option is available on request.

All are welcome and there'll be a prize for the winning team, we'll also be holding a raffle on the night.

So if you think you've got what it takes and read an encyclopaedia a night then please ring our Lifeline on 652 53 76 15, or speak to one of our committee members during the meetings on Thursday or Friday.