

Keeping in Touch

June 2009

Uttlesford Crossroads - Member of Crossroads Association

Message from the Chairman

Crossroads Association is striving to raise its profile and make "Crossroads" a household name. Kathleen Huey attended a meeting in London to launch the re-branding of our organisation. We are living in exciting times. If you come to our AGM on 21 July in the Garden Room, Saffron Walden, you can hear all about it from Kathleen, who will give us a presentation with a film afterwards.

Our Saffron Walden coffee morning was a great success even though there seemed to be fewer people attending. I thank Kate Huey for organising the event and thanks also to all those trustees and friends, who helped on the day. Altogether £325.86 profit was raised towards increasing the number of care hours we are able to provide. Please note that we have another coffee morning arranged in Stansted on 24 June. Do come if you can.

It is with great regret that I have to announce that our Business Development Manager, Victoria Stevenson, will be leaving us in July for personal family reasons. She has made an enormous contribution to **Uttlesford Crossroads**, for which I thank her. She will be greatly missed by all of us.

I am very sad also to announce that Peggy Chapple has decided that the time has come to retire. She has been an invaluable member of the team in so many ways and has managed our accounts with great care and precision. We all wish her well in her retirement.

Do you know anyone who might like to join our board of trustees as a volunteer? No special knowledge is required, but if you have experience of fundraising, publicity, HR, training, or strategic planning you would be helping to strengthen the board's range of expertise. Please get in touch with me via the office or phone me direct on 01223 834008.

Graham Hamilton-Hopkins

100th Birthday Celebrations



Mrs Betty Robinson is pictured here with our Care Support Worker Gill Towler at her recent 100th birthday celebration at the Hilton Hotel, Stansted. She was joined by her seven sons, three daughters and her many grandchildren and great grandchildren.

One of Betty's grandsons performs on a cruise ship and sang three songs, the highlight being *Nessun Dorma*. There was a piper playing the bagpipes.

Her family showed a collection of photo's on a big screen, covering many special events throughout their lives.

Also, **Dorothy Pugh** celebrated her 100th birthday with her family.

We send Betty and Dorothy our congratulations for reaching such a wonderful age.

2008—09 AGM

All members of Uttlesford Crossroads are cordially invited to attend and vote at our

Annual General Meeting

On Tuesday 21 July 2009

At 7.00 for 7.30pm in the Garden Room,
3 Hill Street, Saffron Walden

To be followed by a glass of wine and snacks and a **presentation and film of how Crossroads is re-branding itself.**

We would be very pleased to see you.

Stansted Coffee Morning

Uttlesford Crossroads Coffee Morning

Stansted Day Centre

24 June 2009

10am—12 noon

Please do make a diary note to come along and enjoy the friendship of other members, staff and trustees. £1 entry includes coffee and cakes, which are always very good. There will be a tombola stall, produce and bric a brac. Please do come and support us, you will be made very welcome.

2009 Membership Subscriptions and '100' Club

It is no longer a requirement for clients to be paid up members of **Uttlesford Crossroads**, indeed, it is only Trustees who must be members. However, we do encourage clients and Friends to renew their membership each year. Not only does it help us to fund care hours but enables you to vote at our AGMs.

If you would like to renew your membership, and we hope you

will, please use the enclosed form and make your cheque for £12 payable to "Uttlesford Crossroads".

We are also very grateful for any donations you may choose to make. The value of these donations can be enhanced by the completion of a Gift Aid Declaration, which can be obtained from the office.

100 Club

Another way of helping Crossroads is to join our "**100**" Club, and have the opportunity of winning one of two £30 prizes each month plus £50 every three months. Members are allocated a prize draw number, and below we have listed the winning numbers and lucky winners so far.

Application forms are enclosed, so why not have a go.

Michaelmas Fair

**The Common, Saffron Walden
12 September 2009**

We will have a stall again this year on the common, so please do come and find us.

This is a good, fun day out for children and adults with lots of events going on

'100' Club Winners & Numbers

The 100 club winners since August 2008 are:

15 Mary and Ernie Felton	34 June Milne
5 Mrs P Bunting	39 Carol Reed
63 Mr & Mrs Parlane	8 Mrs M Canning
19 Mr R. Green	42 Mr CG Smith
20 Margaret Brady	13 Gwen Driver
6 Mrs MC Bunyan	67 Denise Graves
9 Angela Curran	14 Heather Eldred
26 Joan Jeffries	62 Amanda Campbell
59 Chris Morris	64 Mrs S Meyer
46 Roger Mead	49 Sylvia Thomas
22 Graham Hamilton-Hopkins	68 Martha Todd
40 Mr & Mrs H. Savill	

You could be a winner too—but only if you join the '100' Club. Entry forms included with this newsletter.

A step into the unknown—an experience of Carers' Direct Payments

A step into the unknown

(Letter from a client)

When you first hear that your loved one has a diagnosis of an illness it's like stepping into an unknown world. This is how it felt for one of our carers when she was told her husband had Alzheimer's. Here she describes her experience of a Carers Telephone Assessment with Essex County Council Social Care.

"Following my meeting with Heather from Crossroads I was contacted by someone from Essex County Council asking me if I wanted a carers' assessment. Crossroads had passed on my name to them. I agreed to the assessment so the person on the phone took me through the form.

She was very sympathetic. She asked me if I paid for Crossroads' visits. I didn't. She asked if I would like the visits to continue and I said 'yes'. Then she explained that she would see if I could get a direct payment to pay for the visits.

It made me feel much better to talk to someone who understood what a difference my husband's illness was making to our lives. It was good to be able to talk to someone.

It took a long while for the payment to come through, but Crossroads kept up the visits. Everything takes time and is not easy but I felt I wanted to put things in place before Bob's disease progressed so that he'd get used to the care support workers coming round.

Profile of a trustee—Kathleen Huey



I retired from General Medical Practice in July 2002 after working in Newport since 1986. I qualified in Medicine in 1967 from Trinity College, Dublin University. Born in West Bromwich of Irish Parents and brought up in Wednesbury in the heart of the Midlands, I worked in Nuneaton, Coventry and Surrey before coming to this area. I attended my first Crossroads Committee meeting on 31st October 1989 and became Chairman in 2002 and served as Chairman for 4 years. I remember the 'Crossroads' TV 'Soap'. It was one of my mother's favourite programmes. She loved Noel Gordon who played Meg Richardson the motel owner.

Orange Pudding-Cake Recipe

From the kitchen of Vic Ham

This sensational recipe makes a moist cake—serve it with crème fraiche or natural yogurt—the tartness goes well with the sweetness of the cake.

3 large oranges
6 large eggs
250g ground almonds
250g caster sugar
1 teaspoon baking powder

Boil the three oranges whole for three hours, then drain and remove any pips (if you use Navel oranges there should be no pips). Pulp the rest, including the skin. Cool.

Beat the eggs, add the cooled orange pulp, ground almonds, caster sugar and baking powder and fold in.

Bake in a high sided, 7½ inch cake pan for 1 hour 15 minutes at 190 degrees C.

Cool.

