

THE CHITTER CHATTER CLUB NEWSLETTER

1st March 2024

thechitterchatterclub.co.uk



A COURAGE AND LOVE TONIC

Today, we celebrate the one-year milestone of The Chitter Chatter Club, a place where many new friendships have formed and thrive. We want to thank all of you for taking the brave step to join us at the cafe or care home. Loneliness is heavy, but with a big gulp of courage, we can overcome any obstacle, make it to chat club and create amazing changes.



Hyacinth House Chitter Chatter Club -
Fridays 10.30 to 12

CANCER'S SILENCE

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It's Spring!!!!
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New Verwood and
Canford Cliffs
CCC's



FEBRUARY AND MARCH'S NATURE DAY OUTS.

Tuckton Meet Up

On the 17th of February, a group of 15 chatty individuals from Bournemouth, Poole, Wimborne, Weymouth, and Christchurch chat clubs, got together. We enjoyed some tea and beer, went for walks of different lengths, and then gathered again for more drinks. It was a delightful, overcast Saturday filled with lively conversations and great company.

Come and join us for our next event on March 16, 2024, at 2pm at the Broadway Pub, 41 Castle Ln W, Bournemouth BH8 9TG. We'll be having a meet up and walk, and everyone is welcome regardless of walking abilities.

See you there!

How to talk to a cancer sufferer.

Cancer is still a taboo subject, and sufferers still admit feeling a bit of shame and lots of fear.

Susan has experienced it, let's read what she would have liked.

As a teacher she felt eager to educate herself, but what she found was too scary. She couldn't say cancer out loud never mind say, 'I have cancer.'

As far as she was concerned, the cancer was in her body and she didn't need to make it my c....r. It was going to be shown the door. However meeting others in normal everyday life became so difficult, she isolated, because she couldn't cope with stories of others dancing with death or how many people they knew who they'd lost. She longed for people just to listen, for a hand to hold, an arm around her shoulder, for inspiring words, for other to ask her questions so she could offload.

She needed an army not sympathetic condolences. A cheer leading, praying, or even just thinking of her army, who were brave, even though they were grieving too. An army who could sometimes make themselves available for a phone call or to hold her hand. How can we help others like Sue?

The most reassuring, caring responses she heard were 'Oh F, F..in Hell, Oh No,' and they were all followed by 'I'm with you, I've got your back, you are not alone.'

Ask solid questions.

How are you feeling, how are you doing? Listen, nod, listen some more. How's the treatment going? Not when's your next appointment, what are they going to do? (this filled Sue with so much fear) Do you want me to check in on you, how often? Don't fold your arms. Keep open body language. This will relax your terrified friend. Ask, what help do you need? Can I grab some groceries or order them online for you? Show you care by simply listening, don't try to fix this. Don't look at your watch or phone.

Ask courageously, "If you could remove fear from this situation, how would you handle this? If we could wave a magic wand, what would you want, need, or ask for?"

This will help with setting some goals and working towards them. Reassure that you will be with them and become the vidulant bugler reminding your new Sue, how well she is doing and how brave she is.

Amazing Care at U H D Bournemouth/Christchurch/Poole hospitals.

Susan received the most loving, caring, organised and synchronised treatment anyone could wish for. Every corridor was filled with smiles and offers of help. The staff had time to listen and were brave enough to give bad news with such love and hope. Her treatment involved three different hospitals: Poole, Bournemouth, and Christchurch Hospital. Throughout the entire experience, all three hospitals and various departments worked together seamlessly. From the moment she was diagnosed, Susan never had to endure long waits in queues, or feeling anxious. The staff at all departments were not only friendly, and professional, but also well-informed and compassionate.

Early stage cancer is the best to get. Early intervention can lead to simpler treatments. Listen to your body and don't be scared of getting through the doctor's receptionist. You are as important as every other patient and when things are frightening and you are really worried, say so. Save yourself the heavy consequences of not speaking out.

Last year I ran Campaign against Cancer workshops and taught, that one in two people will get cancer in their life, 40% of all cancers can be avoided. So far the talks saved 9 lives, now we know 10 lives have been saved.

Please, Please, Please, look and listen to your body.
You are worth it.

Receptionists and doctors get paid for doing their job
and you are worth people's care.

A massive big thank you is extended to the Breast Screening Unit, Poole, Belinda Pierce - surgeon, Ladybird Clinic Poole, Jigsaw Clinic Bournemouth, Bone Scanner radiography lady at Christchurch, Radiotherapy team, Poole and all the amazing administrators who hold patient care at the centre of the core of their beings.



Are you ashamed of feeling lonely?

In a world where many feel disconnected from themselves, loneliness is a common experience. With a big proportion of the population avoiding relationships, many are turning to online connections instead of in-person interactions. Meanwhile, the elderly are facing new challenges like never before, with limited mobility, closed day centers, and difficulties in seeing family regularly. The Chitter Chatter Club offers a solution to combat loneliness, providing a sense of purpose and recentering in a friendly supportive environment, amongst lovely people. However in our communities there are lots of other activities that you can join in. Here are a few.

Every month our timetables are changing as we grow and spread the good news, so keep posted.

Join us for a daily Chitter Chatter Club - All Welcome

<p>MONDAY 2.30 to 4pm Conto Lounge Wimborne Road Winton BH9 2HB</p>	<p>THURSDAY</p> <p>9.15 to 11am Nautico Lounge, 66 St. Thomas Street, Weymouth, DT4 8EL.</p> <p>2.30 to 4pm The Cafe, Allendale Centre, Hanham Road, Wimborne Minster, BH21 1AS</p>
<p>TUESDAY 10.30 to 12 *Kings Park Care Home Church Road Ferndown BH22 9EU</p> <p>2.30 to 4pm Arcado Lounge High Street Christchurch BH23 1AS</p>	<p>(First Thursday of the month) 2 to 3.30pm *Parley Place Care Home 300 Christchurch Road West Parley BH22 8SL</p>
<p>WEDNESDAY (First of each month) 2 to 3.30pm *Moors Manor Care Home, 243 Ringwood Rd, St Leonards, Ringwood BH24 2DW</p> <p>2.30 to 4pm - (every week) Cafe Gardenia 217 Lower Blandford Road Broadstone BH18 8DN</p>	<p>FRIDAY 10.30 to 12 *Hyacinth House Care Home 179-181 Wimborne Rd, Wimborne. BH21 2DJ thechitterchatterclub.co.uk</p>

Loneliness brings us together, not apart.

Timetable Jolly days.

In Jolly Good Company
Jolly West Moors

The Guide Hall, 24 Ashurst Rd, West Moors, Ferndown BH21 0LS
Every 2nd and 4th Wednesday of the month
2-4 pm (starting March 27th)



On a Jolly Day, you can be as active or relaxed as you like. Our time together may include live music, singing, quizzes, gentle exercise and crafts. Once we get to know you, we can tailor the day to suit the group. Oh... and there's always tea and cake or biscuits.

"It makes me laugh and it's fun. It's a pleasure to go - not something that I feel I have to do. I really enjoy it."

Sarah Rampton

Director and Founder – In Jolly Good Company
07884 333117

www.injollygoodcompany.com

Have you ever wondered what people do in care homes all day?
Have a look at Kings Park's timetable and if you are able,
come along to Tuesday's Chitter Chatter Club at 10.30am. All welcome.

ACTIVITIES FOR THE NEXT 7 DAYS	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING ACTIVITIES	ONE TO ONE VISITS	Chitter Chatter Club	Word Games	Kings Kids	Exercise	PAMPERED HANDS	Sunday Service
AFTERNOON ACTIVITIES	Swinging Sinatra Sings	Art Therapy	Classic Cinema	Giant Scrabble	Quiz Time	Garden Walks	
EVENING ACTIVITIES	BINGO	Board Games	Balloon Tennis	Crosswords & Puzzles	Home Baking	Sing	

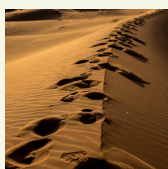
McMillan Hospice are looking for occasional volunteers to help fundraising for your local hospice.

If you can help, please contact
Address: The Macmillan Unit, Christchurch Hospital, Fairmile Road, Christchurch, Dorset, BH23 2JX
Charity Office: 01202 477628 Direct Dial: 0300 019 5461
Email: leanne@macmillanlocal.org
Web: www.macmillanlocal.org
Registered Charity No: 1189412



Do you join us on Facebook
We have a facebook page and group that is regularly updated throughout the month.

<https://www.facebook.com/Thechitterclub/photos>



Life is a journey of a million steps.
Don't look too far ahead, keep looking right in front of you and before you know it, you'll see the sun rising over a whole new world.

<https://www.amazon.co.uk/Last-Laugh-Reflections-funnyman-terminal-ebook/dp/B0CP2VDRG9>

Loneliness Hates Tomorrow

'Loneliness' has the power to deepen your confusion about your own identity, so much so, that you double dose on all its emotional baggage as he tricks you out of enjoying today, but you don't have to feel lonely if you don't relate to the person you woke up as this morning. Loneliness is a bad best friend who relishes your company, he's everywhere you go, all day long. He doesn't want you to belong with anyone else.

How about meeting a new friend called, Tomorrow?

Tomorrow is an incredible companion. He adores you and cherishes all your accomplishments, and today you are both free to laugh over your flaws. He brings back memories of the people and moments that shaped your identity and where you felt a sense of belonging. He paints vivid pictures of the places that held your heart and reciprocated your love. Together, you reminisce about the dolls neatly arranged on the sofa, who instilled confidence in you to believe in yourself. You recall the audacious spirit of your youth that pushed you to explore new horizons and behind every thought, he reminds you that there still lies silent courage.

Loneliness Hates Tomorrow.

Tomorrow is 90 years old. She speaks from a higher place and asks us all, 'If you were in my shoes, what would be on your to-do list for yourself, today?'

Happy Birthday to you



We are in your VIEW

Café clubs fighting loneliness
By Marilyn Barber | newsedit@bournemouthview.co.uk

With the message that 'loneliness brings us together, not apart', a Bournemouth woman has set up an organisation to help people to meet new friends and to feel less isolated.

Since Anne Anderson started up the Chatter Chatter Clubs in February 2022, more than 8,000 people have enjoyed meeting up for tea and coffee in cafes in the BCP and Dorset Council areas.

Anne explains: "At the end of lockdown I went to a party in a block of retirement flats in Westbourne where I live. But no-one turned up as they were too frightened to come out of their apartments."

She realised that many people had become isolated and was determined to do something about it.

"I really care about people who are afraid to come out," said Anne, so the idea was born to contact cafes to see if they would be happy to provide a table for people on one day a week to just turn up and meet others.

"Cafes loved the idea and now there are eight locations where people can meet. You don't have to book; just turn up to meet like minded folk."

Each of the café meeting places has a volunteer host who makes everyone feel welcome.

In addition to meeting in cafes people are invited to go on nature days out and in the diary for this year are visits to Highcliffe Castle, Badbury Rings, Ringwood Forest and Anne, and Studland, Old Harry Rocks and Swanage by bus.

Anne describes herself as 'a single, confident lady who has struggled with loneliness'.

However, she does have a comment about people in the south of England.

"I am a northerner and I don't feel there would be a need for Chatter Chatter in that part of England, as people talk to their neighbours all the time. People are more reserved in the south and they lose confidence," she said.

"I am putting out a hand of friendship with Chatter Chatter. I am amazed so see how far we have come at the clubs, along with the dedicated volunteers. People have joined and rebuilt their lives. Our goal is to ensure that no-one ever sits alone and lonely."

The weekly Chatter Chatter clubs are:

- Mon 2.30-4pm Corio Lounge, Wimborne Road, Winton, BH9 2HB.
- Tue 10am-12noon Kings Park Care Home, Church Road, Ferndown, BH22 9EU.
- and 2.30-4pm Arcado Lounge (in the back), High Street, Christchurch, BH23 1AS.
- Wed 2.30-4pm Café Gardenia, 217 Lower Blandford Road, Broadstone.
- Thur 9.15am-11am, Naulsco Lounge, 66 St Thomas Street, Weymouth, DT4 8EL and 2.30pm The Café at the Allendale, Wimborne BH21 1AS.
- Fri 10.30am-12 noon Hyacinth House care home, Colehill.

Also on the first Thursday of the month 2-3.30pm Parley Place, 300 Christchurch Road, West Parley BH22 8SL.

Anne has also produced a free online Loneliness Recovery Course. See www.thechatterclub.co.uk



Spring is all around and



Exciting News - more new communities being built.



Every Monday afternoon,

2.30 to 4

(from 18th March 2024)

We are really excited to announce that we will be hosting a lovely Chitter Chatter Club
at

Verwood House Care Home
42-44 Ringwood Road Verwood
BH31 7AH

We'd love you to come along for a cuppa, have a chat with our friendly
volunteer and meet some friendly, like-minded neighbours of all ages
who just want to
have some company and make a few new friends.

Everyone is welcome. Singles, couples, people who have just moved
here, or anyone wanting to reconnect and stop loneliness
escalating are really welcome.

Loneliness Brings Us Together, Not Apart.



With grateful thanks to Verwood House Care Home, who volunteer the venue and table hosts₅
free of charge to help us tackle this loneliness epidemic together.



**Every Wednesday afternoon
we are hosting a lovely Chitter Chatter Club at
The Canford
53 Cliff Drive, Canford Cliffs, Poole BH13 7JF**

**We'd love you to come along for a cuppa, have a chat with our friendly
volunteer and meet some friendly, like-minded people who just want to
have some company and make a few new friends.**

**Everyone is welcome. All ages, all abilities, singles, couples, people who have
just moved here, or anyone wanting to reconnect and stop loneliness
escalating.**

**We start on 20.3.2024
2.30 to 4pm**

**For more information please see
thechitterchatterclub.co.uk
or email on thechitterchatterclub@gmail.com**

Loneliness Brings Us Together, Not Apart



With grateful thanks to The Canford and Bluebird Care who volunteer the venue and table hosts free of charge to help us tackle this loneliness epidemic.