

Old Mill Foundation

Spring 2019

Issue 3



Welcome
everyone to our
newsletter

Welcome

As promised in our last newsletter, we are extending the circulation of our newsletter to include not only our staff, volunteers and supporters but also to those past and present clients who would like to see what we get up to! Going forward our intention is to increase our circulation to a wider audience and consequently we are in the process of compiling a newsletter database.

Also, we will be posting our newsletter not just onto the staff portal but also onto the News section on the front page of our website www.oldmillfoundation.co.uk

Easter message from Sarah Clark our Founder and CEO

Well we have been busy at The Old Mill over the last couple of months. Our Port Talbot centre is starting to build up keeping the volunteers on their toes and Llandybie continues to grow rapidly.

We have just enjoyed our Volunteers Christmas Party, (a bit late I know). It was held in the Tafarn Morlais, Pontarddulais, where we all enjoyed a few drinks, a lovely buffet and their staff looked after everyone exceptionally well. It's a time for us to give something back to them and a chance for them to meet and chat with other volunteers.

We have a few things coming up in the year, new centres opening, monthly food days, quarterly thermo-imaging, and so much more, so keep in touch.

I'd like to finish by thanking everyone who helps to keep our doors open by fundraising and donating. We are always happy to hear about events people are putting on for us and happy to help where needed. And of course please feel free to come in and have a cuppa and have a browse around the shop we have opened in Penclawdd to help bring in some much needed cash!

Sarah

We are ever grateful for the fundraising and donations given to us to keep our fabulous charity afloat.

As a local charity this is particularly challenging for us as we are most often in 'competition' with other charities in the area that have national fundraising and Public Relations departments working around the clock, in the background. We do not have that luxury with a small team of five working part-time!

Unfortunately we were unsuccessful with our grant applications for

TSB Eat well, Stay well

£3,000 towards training for our Therapists

Neath/Port Talbot

3rd sector funding

Three year project to run our Port Talbot Outreach centre

£49,500



We would like to offer a big thank you to

**Petals Garden Centre,
Tycroes, Ammanford**

for their Christmas collection raising £800 for us which was then matched by a further £800 from Santander bank in Ammanford.

Congratulations Petals!

Plans are in place for a fund raising luncheon sometime in June at the spectacular wedding venue Ocean View in North Gower.

Watch this space – details will be posted on our website

www.oldmillfoundation.co.uk

Also, we will be running a photography competition for our 2020 calendar. Please let us know if you would like to sponsor a prize or calendar month.

Friends of The Old Mill

Hi Everyone from the "Friends"

Just to let you know we had our AGM earlier this month and noted we had given £4,500 last year to the Old Mill Foundation and another £3,000 in January 2019 – thank you for all your help and support in fund raising.

We have an Easter Raffle on the go at the moment , we'll be at The Purple Badger in LLanrhidian selling Easter crafts on Saturday 13th April and we're arranging a Charity Curry Night in The Rose Indienne, St Helen's Road, Swansea on the 21st May starting at 7pm – cost £15 for an 'eat as much as you want' buffet. Tickets can be obtained at the Penclawdd office 01792-851553 Monday – Wednesday. Here's hoping we'll see some of you there.

Wishing you a Happy Easter, from Sue Lloyd (Treasurer)

on behalf of the Friends of the Old Mill

London Marathon

Vickie Blake, who is a volunteer therapist in our Port Talbot outreach centre, is running the London Marathon 2019 for The Old Mill Foundation on Sunday April 28th 2019.



She runs for Ogmores Phoenix Runners in Bridgend and has been running for 2 years having started from nothing and now takes on the London Marathon as her biggest challenge to date!

Vickie is super excited to be running after working previously at the event, providing massage in 2010.

If you would like to sponsor Vickie with all monies going direct to The Old Mill Foundation then please follow the link below

<https://oldmillfoundation.charitycheckout.co.uk/pf/vickieblake>

Lentil Hotpot

A big thank you to therapist Jeff Jeyes for his recipe which is very versatile and can be used for many different dishes, also the ingredients can be changed to suit personal tastes



250grms Green Lentils, 1 Large Onion chopped, 3 Cloves Garlic crushed
1 Carrot small diced, 1 Parsnip small diced, 1 Stick Celery small diced
1 Tin Chopped Tomatoes, 2 tbs Tomato Paste, 1/2ltr Vegetable Stock
1/2 tsp Turmeric, 1 tsp Coriander, 1/2 tsp Cumin seeds, 1 tsp Mixed Herbs
2 tsp Marmite or Engevita (optional), 100gms Kale or Spinach (Optional)
500gms small/baby potatoes

Boil the Potatoes for 15mins in slightly salted water, drain and leave to cool.

Wash the lentils, cover with clean water and boil for 10 minutes then simmer for 40mins or until tender adding more water if necessary. Drain and rinse in cold water.

Meanwhile sweat the onions, garlic and celery for 2 to 3 minutes until they change colour.

Add the root vegetables and cook for 3 to 4 minutes until they start browning then add the Turmeric, Coriander and Cumin seeds and cook for 1 min stirring continuously.

Add the Tomatoes, Tomato Paste and the vegetable stock.

Bring to the boil and simmer for 5mins

Add the Lentils and mixed herbs and carry on cooking until the mixture starts to become semi dry.

Lastly add any optional extras -

1 to 2 tsp of Marmite/Engevita and wilt in some Spinach or Kale.

Place the lentil mix in a oven proof dish and cover with sliced potatoes, *(Optional sprinkle with vegan style parmesan)* bake in the oven until golden brown.

This dish can be made in advance and cooked when required.

Outreach Centres – update from Caroline

Llandybie - Busy as always and some changes. We have had therapists away on holiday and courses so have been fortunate to have the services of Paul and Jeff to help out; many thanks to them. Susie is now qualified in Myofascia Release which helps with stress and tension in the body so aids relaxation.

We said goodbye to Anna who has moved to Norfolk to be nearer family. Sadly we lost a dear friend of the Old Mill at Christmas, Irene Thomas. She had attended Llandybie from almost the beginning and was a huge supporter of the Old Mill. She had a great sense of humour and was always laughing. She raised money for the Old Mill throughout her time with us, anything from selling the jewellery she made from old cutlery to having table top sales and attending fetes and fairs with a collecting box. She was still raising money for us to the end, as at her funeral she asked for donations to do to the Old Mill instead of flowers. So thank you Irene, we all miss you.

Port Talbot - Since the New Year it has really picked up with a number of new clients. As in Llandybie people are staying for a cuppa and a chat so it's beginning to get a community feeling and the soup goes down well too!

Chloe, a student at Swansea University who is studying Health and Social Care, and Sarah who is doing Counselling Skills, also at Swansea University, are both with us for their placements. They look after our clients before and after their appointments, meeting and greeting, making tea and coffee and serving soup. Good luck with your courses, and we hope you'll still come and see us after your placement finishes.

Vickie, one of our therapists is going to run the London Marathon in April. She has chosen the Old Mill as her charity and is raising money for us through sponsorship. If you or someone you know is interested in sponsoring her there are forms available at all the centres. Good luck for 28th April Vickie, we'll be cheering you on! We'll let you know how she got on in the next newsletter.

At both Llandybie and Port Talbot centres we have had talks on hydration and dairy produce in our diets. They were well attended and the information given was well received, and in many cases acted upon straight away! (Note to Jaynie – we'll need more Oatly barista, almond milk, chia seeds and linseed please)

Have a great Easter (only eat raw chocolate of course!) and look forward to longer days and hopefully lots of sunshine (plenty of vitamin D).

Diary Dates

Saturday 13th April – Easter Fayre at The Purple Badger, Llanrhidian
12midday - 6pm free entry

Saturday 28th April – Vickie's London Marathon

Sunday 12th May – Thermal Imaging at Penclawdd - ring

01792-851553 for more information

Tuesday 21st May – Curry night at The Rose Indienne, St Helen's
Road, Swansea. Tickets £15 per head from Penclawdd office ring
Monday- Wednesday 01792-851553

New Trustees

Following the AGM and Trustees meeting held on Wednesday 13th
March 2019, five new Trustees were invited to join the Board of
Trustees. The Old Mill Foundation welcomes Vickie Blake, Lowri
Collins, Sarah Dow, Sue Gibbons and Kerry Jones.

Summer newsletter

I hope you've enjoyed the read! Please let me know what you
would like included in the next issue.

In the meantime I wish you and your family a Happy Easter.

Deb x

My contact details are

deb.oldmillfoundation@gmail.com

01792- 851553 - Monday to Wednesday