

Old Mill Foundation

Summer 2019

Issue 4



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 so please spread the word and get your family and friends to add themselves to our circulation list by dropping us a line deb.oldmillfoundation@gmail.com

Also, we will be posting past and present newsletters onto the News section on the front page of our website www.oldmillfoundation.co.uk

Summer message from Sarah Clark our Founder and CEO

Well where is the time going? Already half- way through the year and the nights will start drawing in already! As always, we have been very busy at The Mill across all three centres.

We have just celebrated volunteer week and all our volunteers received a certificate from us acknowledging all the support they have provided. We couldn't provide the service we do without them so THANKYOU.

We have exciting times ahead with The Old Mill opening one day a week starting in September, at Coleg Sir Gar Llanelli and hopefully funding allowing a centre in Narbeth. Watch this space!

We are also exploring the possibilities of opening up a second-hand shop, following our small pop-up shop at Port Talbot and maybe a green and health shop too. If you know of any shops up for rent do let us know.

Thank you for your continuing support

Sarah x

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!

We are always grateful for the donations made from funeral collections and would especially like to thank the family and friends for the following

Irene Thomas £716

Claire Nobel £360



A big thank you also to

**Samphire Hairdressers,
Penclawdd**

**Ocean View, Llanrhidian,
and G.S Properties, Crofty**
who were the main sponsors
for our 'Ladies Who Lunch'
event raising over £2,500

Peter Badgers Cricket Club
for raising £300

Much Loved in Memory
£181

Karen & Bev's Race 4 Life
£805

Easter Raffles:

Kirstys Bakery £110
Samphire Hairdressers £72

Apel Andrew Pwmps
£900

Wesleyan Walk
£3,000

...and finally thank you to everyone who has one of our collection-tins which continue to raise money for us every day. Please let us know if you would like a tin for your business.

Friends of The Old Mill – update from Sue Lloyd

Hi Everyone

The season of summer fares and carnivals is upon us. The moveable craft stall will be visiting various locations in the area, Pennard, Llanmorlais, Knelston - look out Gower here we come. I'm sure there must be similar events in Llandybie and Port Talbot so if you'd like to set up a stall of Old Mill promotional products etc or know any clever 'crafters ' nearby why not join in?

The Charity Curry Night in the Rose Indienne in Swansea was a rip-roaring success – 62 people turned out which was quite a feat as we only printed 50 tickets! £550 was raised. Well done everyone! An event to be repeated – date and venue to follow.

So all that's left for me to say is have a lovely hols everyone and catch up again soon.

Reception News – from Jaynie Sayers

Shop Offers...

Tropic Skin Range have amazing sun creams to take care of our skin in the sunshine! 30 & 50 SPF available



If you do get a little too much sun our organic Aloe Vera Gel & Lotion is the best @ £6.50 tube it will last the summer!

We now have a new top CBD paste in stock. This paste is having very good results with pain and inflammation.



Over the past few months our lovely finance-wizz Nicola Rees (aka Miss Money Penny) has been organising the collecting tins and because of her enthusiasm and hard work 'pestering' the businesses of Swansea and beyond, often in her own time, The Old Mill is over £500 richer!

Thank you Nic!

Recipe – from Jeff Jeyes



Black Bean Burgers

In a bowl mash the beans to a coarse paste, mix all the other ingredients, season then mould and shape into 2 burgers. Cook the burgers in a frying pan for 4 to 5 minutes each side, or shear in pan and finish in oven

Serve in Brioche or Vegan-friendly Buns with lettuce and tomato.
Great with Chips and Coleslaw!

Ingredients:

- 1 400g Tin Black Beans
- 1/4 Red Chilli finely chopped
- 2 Spring Onions finely chopped
- 1/4 pack Coriander chopped
- 1 Garlic clove
- 25g Fresh breadcrumbs

London Marathon

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



Vickie would like to thank everyone who sponsored her marathon run which resulted in her donating £1027 to The Old Mill – *fantastic result Vickie, well done!*

Wesleyan Charity Walk

Back at the end of January two of our Trustees, Jonathan Knight and Kerry Jones joined the walk from Swansea to Birmingham to raise money for The Old Mill along with two other charities. Setting out from Maggies, Jonathan walked the first leg from Swansea to Port Talbot whilst Kerry walked half the total way walking around 75 miles! Their efforts raised an impressive £3,000 for us – *great to see Trustees going the extra mile!*



Ladies Who Lunch

Julie Smith, owner of Samphire Hairdressers, and her 'assistant' Deb from The Old Mill organised this fabulous event to raise funds and awareness for the charity. A big thank you to all the 85 ladies who supported the event by enjoying a fabulous lunch provided by Ocean View at their stunning wedding venue along with all those businesses who generously provided raffle and auction prizes.

The lunch raised over £2,500 – watch this space for the final figure!



Thanks to Suzi Wilson and Ellie Edwards for taking our photos, many more pictures can be viewed in Swansea Life's June edition!



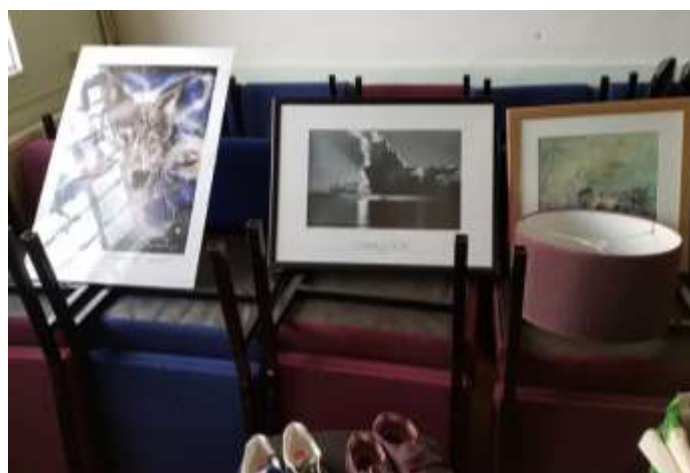
Outreach Centres – update from Caroline Evans

Llandybie & Port Talbot

Exciting times happening at Llandybie and Port Talbot. In Llandybie we will be starting a Tenovus choir every second Tuesday of the month so if you have been affected by cancer in anyway please feel free to pop along and join in. It will be starting at 1.30 in the main hall and will be lots of fun. Doesn't matter if you can't sing in tune that's not what its about. I've heard a rumour that Sarah may even take part!!

In Port Talbot we have set up a pop up second- hand shop, with new bits coming in every week then it's definitely worth a visit. Not forgetting that all the money goes direct to The Old Mill to help us provide the amazing services on offer.

Hope to see you at either centre and will have the kettle on at all times for a nice cuppa!!



Calendar 2020

We are looking for **local** pictures for our 2020 calendar – so start snapping or look out some pictures you have already taken. The theme is anything that depicts the fantastic scenery near to one of our three cancer support centres in Penclawdd, Llandybie and Port Talbot.

FIRST PRIZE will be featured on the calendar's front cover plus a cash prize of £50 with 12 runners-up featuring on one of the calendar months.

See also our website www.oldmillfoundation.co.uk
or telephone 01792- 851553 Monday – Friday

**To enter please send your photographs to deb.oldmillfoundation@gmail.com
or text them to 07702-302-072 by July 31st 2019**



Each month will be sponsored by a **local** business, so please spread the word to help us. Each sponsor will select a month and will feature with one of our winning photographs. They will be able to display their company name, logo and contact details for a sponsorship cost of £100. The months of April, June, August & December have already been booked!

Calendars are of a high quality gloss and will be sold in a transparent envelope for £5 each, with all profits donated to the charity.

See more about us on www.oldmillfoundation.co.uk

**To find out further details please email deb.oldmillfoundation@gmail.com
or telephone 01792 - 851553 Monday - Wednesday**

Diary Dates

Llanmorlais Carnival Saturday 29th June

Knelston School PTA Sunday 30th June

Logan Fach School Fete Wednesday 3rd July 2-6pm

Pennard Carnival Saturday 13th July

RNLI, Aberafon Beach, Port Talbot Saturday 10th August

CK's Supermarket Summer Event, Penclawdd Saturday
17th August 10am-3pm

Purple Badger Saturday 24th August

Autumn newsletter

Thank you to everyone who has contributed to this summer issue.

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

In the meantime I wish you and your family a great Summer.

Deb x

*PS Don't forget those photos for our
calendar competition :)*

My contact details are

deb.oldmillfoundation@gmail.com

01792- 851553 - Monday to Wednesday