

Old Mill Foundation

Winter 2020
Issue 6



Welcome
everyone to our
newsletter

New year message from Sarah Clark our Founder and CEO

Well where did the year 2019 go? We have had an amazing year with Port Talbot Outreach growing and the opening of our new centre in Coleg Sir Gar, Llanelli on a Monday it's been all hands on deck.

So many to thank for all their time, hard work and dedication, from all the Volunteers and Staff to the Friends of the Old Mill; without you all we would not be open so 'Thank You'.

Looking forward to 2020 with continued growth including our plans to open an Outreach in Narberth and hopefully our first charity shop too.
Happy New Year
Sarah x

Deb's news

Ages ago we put in a bid for Tesco's Bags of Help community project so that we could update our treatment rooms at Penclawdd. So when we returned from the Christmas break, it was a lovely surprise to find out that we were in 11 local stores. When shopping please ask for those little blue tokens, when checking out your shopping, so that you can support us in these store locations until March 2020.

Thanks also to all those who helped with the bucket collection outside Tesco, Llanelli which raised £460 just before Christmas 😊



GOWERTON EXPRESS	SA4 3EZ
Swansea Extra	SA5 4BA
Swansea Marina Superstore	SA1 3RA
SWANSEA NEWTON ROAD EXPRESS	SA3 4AS
SWANSEA FABIAN WAY EXPRESS	SA18 EP
Swansea 3 EXTRA	SA7 9RD
DE LA BECHE SWANS EXPRESS	SA1 3EZ
SKETTY SWANSEA EXPRESS	SA2 9BX
SWANSEA UPLNDS CR EXPRESS	SA2 0EY
SWANSEA STHLEN RD EXPRESS	SA1 1ZH
SWANSEA LANGDN RD EXPRESS	SA1 8QY

We would like to extend a **special thank you** to

'The Old Mill Friends'
Mary, Pam, Sue, David,
Helen, Ann and their
team of helpers who
have been massively
busy creating and selling
crafts at all the local
Christmas Fairs; the
Penclawdd Christmas
Market raised £197.

We are ever grateful for
all the fundraising and
donations given to us to
keep our 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 of **Sue Jones** who
have recently given us
£500 in her memory.



A big thank you also to

Valens Restaurant, Llandybie

Quiz night

£428

Sainsbury's Sketty Store

£432

Samphire Hairdressers,
Penclawdd

Coffee morning

£625

King Arthur Hotel,
Reynoldston

Curry & Carols Raffle

£417

TSB Swansea

Call Centre

£2,000

.....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, Our second Curry Night took place in November at the fabulous Rose Indienne, Swansea and was another successful event raising just under £400. It's so nice to organise a social event and fundraise at the same time; there will definitely be another later next year. It was lovely to see a group of Swansea University students, who are doing a project on volunteering as part of their final year Business degree, and supporters from Llandybie there too.

As a result of our ongoing fundraising we have been able to give a £2,000 donation to the Old Mill Foundation recently and we hope to increase this again in the spring.

Thanks to everyone who has bought something or made something over the past year. Special thanks to all of Pam's helpers. Without your contributions we wouldn't have done so well.

Happy New Year from Sue, on behalf of The Friends



(Pictures taken by Chloe Lawless)

Recipe – from Jeff Jeyes



Lentil, Chestnut & Cranberry Wellington

Ingredients

250 gms Green Lentils
1 tsp Mixed Herbs
120 gms Roasted Chestnuts (chopped)
1 tsp Ground Coriander
100 gms Dried Cranberries
1 tsp Cumin Seeds
1 Onion
1/2 cup brown breadcrumbs
1 Carrot
2 1/2 cups vegetable stock
3 Cloves Garlic
Half a jar of cranberry sauce
2 tbsp Olive Oil
Pepper & Salt
50 gms Tomato Puree
Pack of Vegan Puff Pastry

- Cook the lentils for approx 35 mins in the stock until all the liquid has been absorbed. Add more water if necessary during cooking as the lentils should be soft but not mushy.
- Meanwhile chop all the veg and cook in a separate saucepan until soft.
- Mix together the lentils, vegetables, herbs & spices, tomato puree, half of the chestnuts and the breadcrumbs. Season to taste.
- Press the mix into a 2lb lined and greased bread tin and refrigerate for an hour or overnight
- Roll out the pastry into a square. Mix the other half of the nuts with half a jar of Cranberry sauce and place in a line across the centre of the pastry. Turn out the mix and wrap the pastry over and tuck in the ends, decorate and lightly score and brush with a non-dairy milk.
- Cook for 40/45 mins @190c /GM 5 until golden brown.
- Leave to stand for 15min before serving

You can prepare this the day before, cover and refrigerate overnight but you may need to increase the cooking time.

Jaynie's news

The winter season is upon us again and I have stocked the shop up on all things to keep our immune system in tip top health! Vitamin C drinks & Vitamin D3 are a must at this time of year as is Echinacea which will help keep our winter colds away.

I'm now settled into our new Outreach centre in Llanelli College every Monday. I'm loving our new venture; please pop in for a cuppa or even a therapy. The picture below is the Mayor and Mayoress of Llanelli with me (holding our 2020 calendar) at our opening event at the College in October.



.....and also below with Joan, one of our Therapists



(Pictures taken by Harri Clark)

Outreach centres - Caroline's news

Llandybie

It's been a busy time here, as usual. In addition to our usual offerings, we also had a course about using Mindfulness to help move forward after cancer which was run by Tenovus during October. It was well attended and one of the participants told me afterwards that she got a lot from it. The Tenovus choir has been coming once a month and is proving to be popular and great fun.

New clients are coming to the centre all the time and also new Volunteer Therapists are joining the busy team. We recently welcomed Jane who offers massage and reflexology to our clients.

Trish who volunteers for us on a Tuesday and raises funds for us through her Ammanford market stall has unfortunately had a fall and broken her wrist; we wish her a speedy recovery.

Port Talbot

It has been a quiet time here recently. The RNLI festival was held in September on a breezy and sunny Saturday. It was a successful day and we gave out lots of information about The Old Mill and had the opportunity to speak with the Assembly member David Rees.

Thanks to Joan and Jeff Jeyes, Mary Taylor, Christine Brown, Angela Morris and Gail Evans for supporting the event.

The Raw chocolate workshops held in Llandybie, Port Talbot and Penclawdd were very popular, especially as they took place just before Christmas!

Marlene and Deb



Here is Marlene at home making her fantastic crafts and at the Trimsaran Christmas Fair where she raised £130 for us.

Well done Marlene!

(Pictures taken by Howard Tapscott and Norman Barrow)

... and finally, thank you to everyone who has contributed to this Winter issue.

I hope you've enjoyed the read! Please let me know what you'd like included in the next issue and don't forget to send me your stories and photos.

In the meantime I wish you all a very Happy New Year

Deb x

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