

Old Mill Foundation

Spring 2020

Issue 7



Welcome
everyone to our
newsletter

Easter message from Sarah Clark our Founder and CEO

Hi everyone

Here we are in very uncertain times. I hope you are all coping with the lockdown and keeping yourselves safe.

We are still working hard at the Old Mill manning the phones talking to all of you as and when needed. Caroline and Jaynie I know are keeping in touch on a regular basis with our clients and Deb with our Volunteers. Let's not forget Nicola who is hard at work in the background juggling the money to make sure things run smoothly and also Christine who is searching for any funding opportunities to help us along the way.

We are also catching up on lots we don't normally have the time to keep on top of and keeping up to date on the advice regarding Covid 19 and cancer. We do have a homeopathic remedy if anyone starts to show symptoms so please let us know if you would like some and it can be posted to you.

For those clients who have had appointments and treatments for chemo/radiotherapy put on hold, I would like to try and reassure you that the majority of cancers are slow growing and you will have been living with it for some years before you even knew it was present, therefore a three month delay will not make too much difference to the outcome. What is important is to keep yourselves as healthy as possible, eat well, do some exercise and maybe meditation too.

Please follow us on face book

<https://www.facebook.com/oldmillfoundation/> or twitter @oldmillhealth for updates and any other information that may be helpful.

It is a difficult time for us at the Old Mill, as we are determined to continue to deliver as much support as we can, especially to our clients. This means that we still have expenses but with no income from client donations. If you feel you or anyone you know would like to help , then please get in touch as we could set up a direct debit or we have a few fundraisers out on social media which you may want to be part of – see the links to our Covid-19 Appeal and Give as you Live links below.

I would like to finish by wishing you all a Happy Easter and look forward to seeing you all soon. Take care everyone and stay safe

Sarah x

Covid-19 Appeal

Help the Old Mill Foundation to Continue

<https://oldmillfoundation.charitycheckout.co.uk/cf/covid--19-appeal-help-the-old-mill-foundation-to-c?fbclid=IwAR3cCWFwil5vninsSjYe0BoK8KXyf1JuRgdQ4OfvSCMNPm8RQjySgmVIYCs>

£211 already raised by 9th April 2020

Give as you Live online

Did you know that you can generate free funds for charity whenever you shop online at over 4,200 leading retailers? It is totally free to join and use and has top offers from John Lewis and eBay.

<https://www.giveasyoulive.com/refer/R9UvYQ00inpKIO7EYYL6qQ7anUKiOtl-3D>

Hello from Jaynie



Hello, I do hope everyone is managing to keep going with a smile during these worrying months. I'm still enjoying having contact with our lovely clients from my kitchen table via our mobile phone and emails whilst trying to keep both our spirits up! Sarah is looking after our health shop so please if you need any supplements or healthy non-perishable foods then you can place an order on 01792-851553 or alternatively chat with me on 07801-277283. Whilst 'the sun has his hat on', let's stay home, try and enjoy our gardens and most importantly keep our immune system in the best condition!

Keep safe everyone and I look forward to seeing you, hopefully in the not too distant future.

Love Jaynie x

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

our Nicola for organising the Christmas shopping trip to Bristol which raised £500 for The Old Mill.

Also thank you Colin, chairman of our Board of Trustees, for raising nearly £550 from crushed tins.

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 (currently from home)!

We are always grateful for the donations made from funeral collections and would especially like to thank the family and friends of **Beryl Aspland** who have recently given us over £450

in her memory.



A big thank you also to

Celtic Mowers

£250

Marlene Tapscott

£140 from Christmas crafts

Jo Jones

£634 from a sponsored walk

Tabernacle Guild

£300 from a talk

Cylch Hwyla Gwaith Knitting club

£200

Wellness Show, Neath

£201

The Green House Environmental

£250

Una Williams, Shamal Lodge

£1,530

.....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.

Easter recipe – from Sarah

Raw Chocolate

1 cup melted cocoa butter (or coconut oil)

½ cup cacao powder (can use carob instead or half and half)

1 tablespoon agave syrup

(Pinch of Himalayan rock salt optional)

Place the melted butter in a mixing bowl and whisk in the cacao powder and agave until smooth.

With your chocolate moulds fill with filling of choice eg: fruit and nut, chilli, orange zest, dried lavender etc. anything you fancy. Add the chocolate and place in fridge or freezer for 15 minutes or until set.

You can add whatever you like to make chocolates or cover fruit, frozen desserts etc. Enjoy 😊



So, before we sign off

You maybe remember Julie from Samphire Hair Design in Penclawdd? She is always raising money for The Old Mill – last Autumn she ran another successful coffee morning raising money for McMillan's and us and then there was the amazing Ladies Who Lunch event held at Ocean View wedding venue. Well, not letting the grass grow up between her toes she's offered a £100 gift hamper draw for a donation of £2. Please follow the link below to see what it's all about or look on the front page of our website under the heading 'Please Donate'

https://l.facebook.com/l.php?u=https%3A%2F%2Foldmillfoundation.charitycheckout.co.uk%2Fpf%2Fnicola&h=AT0iU-OpQW1v3raRRXUriSerDI7gVeIPurUT8laxkZvlbH_C9RHMrP_iGbLV2lxV4VyZzUlxFWqso4i59Nht8GKJf8kjgh7J4a4GLGSCgMZjhc-sR6zsNCAZvP-qYp8&s=1

Deb x

My contact details are limited to my email as currently working from home
deb.oldmillfoundation@gmail.com
www.oldmillfoundation.co.uk

...and here are those important numbers to use whilst
our centres are closed

Office for messages and orders – 01792 851553

Jaynie, including Penclawdd & Llanelli clients: 07801 277283

Caroline, including Llandybie and Port Talbot clients: 07419 332426