

COUNTRYMEN CHATTER

Keeping in touch on a regular basis

WELCOME TO OUR SPRING NEWSLETTER!

Dear Countrymen and friends,

At last we have seen some sunshine and can enjoy being outside. All the beautiful bulbs which we planted last year are blossoming and we've had snowdrops and daffodils all around the farm.

We have all benefitted from being outdoors and there is a special feeling that everyone is again more motivated and having fun.

*There is no time like Spring,
When life's alive in everything,
Before new nestlings sing,
Before cleft swallows speed their journey back
Along the trackless track
Christina Rossetti*

WISHING YOU ALL A VERY HAPPY EASTER

Best wishes

Liz and Team



Getting back to being you

KEEPING IN TOUCH

You can keep in touch by email, telephone or post

For anything related to the newsletter, or general enquiries

Email:

liz@countrymenuk.org

Phone the Countrymen's office:

01963 210789 (Tuesdays and Thursdays)

or contact the main office:

01963 210703

Post will reach us at:

Countrymen Club,
Rylands Farm, Boys Hill, Holnest
Sherborne DT9 5PS



www.facebook.com/countrymenuk

We hope as many of you as possible can access the fun on Facebook. The page is called CountrymenUK Dorset.

Or you can support us on our just giving page:

www.justgiving.com/countrymenuk



Sharpy and Trev sporting their new Betfair scarves!



We've been given so many seeds!



A helping hand



The sticker upper!



The demon knock'em
downer!



Carers' News

We had a very interesting session with Leigh Mason from Carer Support Dorset who was able to advise us on welfare benefits and entitlements. If you would like to contact to find out more you can do so

Call 0800 368 8349
email: admin@carersupportdorset.co.uk

Next Carers' group will be on Thursday 24th April and we will be joined by an Occupational Therapist from the Technoenabled care team. They will be bringing a range of gadgets to help keep people as independent as possible at home and to support carers. They also have a range of 'companion pets' as above.

Dorset Council has launched the Carers Journal, a fantastic new resource designed to help you keep all your important information in one handy place! If you would like a copy
<https://www.dorsetcouncil.gov.uk/documents/d/guest/my-carers-journal>

Future Groups

Thursday 26th June Nadine Hiscock from Dementia Research

Thursday 25th September Peter Bywater from Ridgewater Energy on ways to save energy costs.

Thursday 29th November- carers treat!!!

COUNTRYMEN'S COLUMN

We have one new volunteer, Rob who was brought up on a farm and lives nearby.

It's great to see Ken back after a spell in hospital and he certainly hasn't lost his appetite!

Sadly Glen and Geoff died and we miss them lots and are thinking of their families.

All the men have been busy with activities around the farm and it was a pleasure to sit out in the sunshine and plant seeds, weave willow and make plant boxes. We even managed to follow it up with some singing!

All staff and volunteers enjoyed an Away Day at Holwell village Hall and have now received their First Aid Training!



Country sayings

- 'the grass isn't greener on the other side; it's green where you are'
- 'The difference between a good farmer and a bad one is a week'
- 'A wet and windy May fills the barn with corn and hay'

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Look out for news about us in the Blackmore Vale Magazine - written by Cannon Eric Woods.

If you would like to contribute to our Newsletter contact Liz



FUTURE EVENTS

Bank Holiday Monday 21st April we will be at Alweston Village Hall selling seeds and planters.

May 29th See us at Sherborne Country Fair

June 12th Men's Health Fair, Digby Hall Sherborne

June 9th -13th CARERS WEEK



COUNTRYMENUK

REGISTERED CHARITY NO. 1184921

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THANK YOU

- We are indebted to all those who contribute so generously with their time, money and expertise. A special thanks this month to:
- Stepladder and Open Mental Health who sadly had to close due to lack of funding but who donated their final monies to us.
- Friends of Yeatman Hospital for another grant towards staff and volunteer training.
- Hunts Food Group and the Corton Hill Fund for their continued support
- The Rousing Trust for a much needed three year grant.
- Savills for a very generous donation
- Business Forms Express for meeting all our printing needs free of charge.

And of course a very Special thanks to all our men and their wives and families, our fantastic volunteers and to our Board of Trustees.

