



# NEWSLETTER

Charity Number: 1167428



Exciting News! We're thrilled to announce that The Fircroft Trust has earned carbon neutral status, meaning our environmental impact is fully offset. Thank you to all those who have worked to make The Fircroft Trust a greener organisation, and we hope you will join us in our commitment to a sustainable future! Well done, Team!

## On-Line Coffee morning

We have been thinking for a long time now that we would like to provide more support for our community. So we are trialling an on-line coffee morning. If you would like to know more, please contact: [gaja@thefircrofttrust.org](mailto:gaja@thefircrofttrust.org)

## Dates for your diary 2025

March 17 - AGM  
12th to 18th May - Mental Health Week  
June 6th - Make a Difference Day  
June 21 - Garden Party  
July (tbc) - Movie Night  
July 12th - Jumble Sale  
Oct 31st - Pre-loved Fashion Show

## Just One Day Can make A Difference

Many companies will give their employees some time off to do something that will benefit charities. The Fircroft Trust has a range of activities that will make a huge difference to the people we support. From attempting a challenge to helping out at one of our sites, we have a variety of options to choose from. If you think you would like to explore this a little more, please contact [karen@thefircrofttrust.org](mailto:karen@thefircrofttrust.org) or head over to our website [www.thefircrofttrust.org](http://www.thefircrofttrust.org)

## The Wellbeing Hub

One thing for sure is that folk at the Hub love to get out and about.

Chosen by the people we support we have been up to London to the Sky Garden and Albert Hall for a Christmas concert. We've also enjoyed lovely walks at Wisley and Polesden Gardens. And we've been to the Happy Pottery Cafe and Garden Centres.

We are very fortunate to get free or reduced price tickets to many of the places we've been to.



♪ Oh, the weather outside is frightful ..  
... but we bundle up and get out there anyway

# WE NEED YOUR HELP

It seems like a very long time now since we first moved into Firs Court in 2012. We haven't looked back as it has become a vibrant community that has enjoyed many of its benefits.

This year we will need to replace our kitchen at Privett House. With so much use, as we encourage people to get involved in food prep, it is now looking all the worse for wear.

For this, we will need to raise around £30,000. This won't include the appliances, which are still fine, but it will include everything else.

If you think you would be able to help us, please scan the QR code, send us a cheque or go to our website: [www.thefircrofttrust.org](http://www.thefircrofttrust.org).



## A Quiet Space

We are so pleased to be able to offer a quiet space for people. It is separate from the hustle and bustle of the Wellbeing Hub. It is a space for people to pray, ponder, or just to 'be'.

## Books, Books and more..

We have been collecting books to send to Tolworth Hospital for people to read as they spend time on the wards.

We are also forging links with the people who run Mental Health hospitals, so that people who are about to be discharged can come to the Wellbeing Hub. This way, they have somewhere familiar to go to when they leave the hospital - a very difficult time for some people as they re-adjust to being back in the community.

## THANK YOU....

We are so grateful to so many people and organisations for their amazing support over the this financial year. Among the generous donations we have received, we would like to mention: Surrey Provincial Fund, Surbiton Farmer's Market, Lidl, Sainsbury's Tolworth, Kingston Methodist Church, Kingston Community Foundation, Waitrose Surbiton, Surrey Freemasons, Kingston Nursing Association, Hook Singers, Alfred Charitable Trust, St Matthews CofE Primary School, Surbiton Hill Methodist Church, New Malden Methodist Church, and all the individuals too many to mention by name.

## LIFE WHEEL

We all have goals and aspirations for our lives. So it is fitting that we enable the people we support to think and plan what they would like to aspire to. Staff are then able to support them in achieving their goals, by breaking down the steps needed to achieve them. These are then noted on an app that, not only documents the milestones, but can keep everyone focused on making sure they are achieved.



**Delphi's story:** Among her aspirations, she has singled out three which she would like to work on: Cook a meal for a friend, take a holiday and buy a table for her room so she can do her arts and crafts. Staff are now supporting her to think through the steps that need to happen to achieve them.