

Volunteering E-News December 2018

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As we come to the end of another year all of us at PSPA would like to say a huge thank you to all you. You make such a difference to the people we support, at local groups, giving talks to health professionals, taking calls on the helpline or providing one to one support. All have a great impact and make a real difference for individuals.

It has been a year of change, a new structure, rebranding and of course our new offices in Milton Keynes. All of which sets the scene for moving forward to a busy, challenging and productive 2019.

Some highlights of the year include a new group in Lincolnshire, an additional four education volunteers now able to cover 10 areas in the UK and have given 22 talks, our helpline team handled 109 evening calls, support workers provided one to one support to nine individuals.

17 of you attended our development day in November that was delivered by delivered by Louise, a Samaritan's trainer and focused on 'Building resilience and wellbeing'. 16 of you attended our annual study day and international symposium, a really inspiring event.

A regional event in Stafford was attended by a mixture of people affected by PSP and CBD and health professionals. 4 more of these events are planned for the first 6 months of 2019 in Derby (February), Bristol (April), Gloucester (May), and South Wales (June).

The purpose of these events is to develop links with HSCPs in the area, recruit volunteers, set up a local group and identify issues that people affected by PSP and CBD are experiencing.

And that's just for starters. We are looking forward to your continued support as we move into a new year.

So wherever and however you are spending the holiday, we wish you all very best and health and happiness for the New Year.

With best wishes,

A handwritten signature in blue ink that reads "Wendy".