

MAYOR LEADS GATHERING TO CELEBRATE COMMUNITY VOLUNTEERS

Mayor, Kate Bielby celebrates with the many different volunteers and organisations including Active and In Touch, Active Living, Somerset You Can do, Fair Frome and The Men's Shed.



LOCAL volunteers and organisations that work to support the local community were thanked for their efforts in a special gathering, at the Cheese & Grain.

Volunteers and members from Active and In Touch were joined by many of the different Active Living Groups, run by Somerset You Can Do, such as PACE, Frome Day Care, The Carers Group and the Widow(er)s Support and Social Group, as well as other organisations including Frome's Men's Shed, Fair Frome, HOPE Frome and Mendip Health Walks.

It was an opportunity to showcase and celebrate the wealth of support that Frome and the surrounding villages has on offer to help the elderly, the vulnerable or those suffering from isolation.

Frome Mayor, Kate Bielby, thanked the volunteers by saying, "Loneliness and isolation can affect any one of us at any point in our

lives. A change in circumstance or life event can have a devastating effect on our ability to get on and just be ourselves.

"We are lucky to have some amazing organisations locally, like Active and In Touch and The Men's Shed, to provide the right kind of individual and personal support when people need a little extra help.

"I'd like to say a heartfelt thank you to all those organisers and volunteers who play such vital roles in helping people to truly be part of our community."

Lucia Chadwick, Somerset You Can Do development worker and co-ordinator of Active and In Touch Frome stated, "The idea behind the event was two-fold; we wanted to celebrate and showcase all the different support that is out there in the community for people in need, but, also, it was a chance for us to recognise the wonderful volunteers who run these groups and who make our community such a cohesive, thriving place that we can all enjoy and be part of."

Cllr Bielby opened proceedings with a welcome speech and David Warburton MP, who unfortunately could not be at the event due to Parliamentary commitments, gave a video

message to all the assembled volunteers.

He said, "Active and In Touch, together with the many different Active Living Groups, work incredibly hard to offer the best possible support for the elderly and those in need of companionship and friendship in Frome.

"It's wonderful to be able to recognise the volunteers and organisations at this special gathering. The energy, vibrancy and dedication of those who give their time for these organisations is truly inspiring and part of what makes Frome a unique and caring community. We really must nurture these support groups and help them thrive for many years to come!"

Together, the volunteers and support group members enjoyed a bring and share lunch, and, to help the afternoon go with a swing, there was live music from a local group called 'Frank's Band'.

Active and In Touch volunteer befrienders spend time with those who may be in need of a little help, find out their needs and interests, and help them to find their own place in the community.

Anyone who feels they might like to volunteer their time to help others or

who may know someone who might benefit from this support can call Lucia Chadwick or Di Roberts on 07572 854029 or 07468 859453, call Vanessa Norton at Somerset You Can

Do on 01278 664180, visit the Somerset You Can Do website on somersetyoucando.com or send an email to vanessa.norton@somersetyoucando.org or activeandintouch@gmail.com.



Mayor Kate Bielby, left, celebrates with volunteers