



**Teddington & Hampton Wick
Voluntary Care Group**

NEWSLETTER May 2026



Dear All,

Summer is fast approaching and the weather is getting a little warmer, we've had some beautiful days recently I hope you were able to enjoy the sunshine.

It's been a busy year so far. We would just like to say a big thank you to all our volunteers, old and new, for all the help they give us.



Have a look at our new outings coming up. Give us a call if you fancy attending any of them. Some are limited numbers so names will be picked out of a hat if oversubscribed.

If you have any questions, need help or are worried about anything, don't hesitate to pick up the phone and call us. You can leave a message out of hours, and we'll get back to you the next morning.



Jules, Hilary & Lisa

Our office opening hours are: **Monday - Friday, 0930-1130.**

Sometimes we have to change the office hours, so if you want to visit the office, please call first to avoid a wasted journey.

Tel: **020 8943 3112** (Please leave us a message outside of these times).

Email: office@tedcare.org.uk Website: www.tedcare.org.uk

Address: 1 Stanley Road, Teddington, TW11 8TP

SCAMS -



Scams come in many guises, phone calls, letters, texts and even a knock at the door. They are very good at what they do and can appear genuine. Just say no, hang up or if it's a letter you can report it to Royal Mail, they will need the letter and the envelope. (if you need help with this let us know)

How can I protect myself from scam calls?

Here are a few things you can do to protect yourself:

- **Say no:** Ignore a caller that asks you for personal information, such as your PIN, bank details or tells you that your computer has a virus. A genuine organisation will never ask you for these details over the phone, in an email or in writing.
- **Check the line:** Be aware that scammers can keep your phone line open even after you've hung up. Use a different phone, call someone you know first to check the line is free, or wait at least 10 to 15 minutes between calls to make sure that any scammers have hung up.
- **Use an answerphone:** You can use an answerphone on your landline or voicemail on your mobile to screen your calls.
- **Try call blocking:** Some phones have call-blocking features to stop unwanted calls. If yours doesn't, you can use a separate call blocker.
- **Cut the cold calls:** Join the free [Telephone Preference Service](#) (TPS). This should cut the number of cold calls you

receive, though it won't necessarily block all scammers. Go to their website or text 'TPS' and your email address to **85095** to register. Alternatively, we can register your number for you, just call the office.

- **Avoid links:** If you've received a text asking you to follow a link, don't click on it. If you'd like to check if the text is genuine, contact the company directly either using their official website or phone number and enquire about your account that way.

REMEMBER if in **ANY** doubt just hang up.



Peace of Mind Day - A free event to help you to think about and plan for the future - giving peace of mind to you and those around you.

Tuesday 5th May – Twickenham wellbeing centre

Talks on the day

9.45am - Advice on funerals

11am - Downsizing your home

12.15pm - Wills & Probate

1.30 pm - Navigating the care maze

2.45 pm - How hospice can help

To book

contact Jayne on 020 8538 9254 or email jayne.fanning@ageukrichmond.org.uk

If you need help getting there just let us know.



Outings and events

Companion Cycling & a Cuppa, 2-4pm – Saturday 16th May

Picking up from 1pm (**£2 donation**)

LIMITED NUMBERS.

Enjoy a gentle ride through Bushy Park.

No need to worry about pedalling, just enjoy the ride.



Crafts and activity morning – Wednesday June

17th at the **Whitely Village Hall, Hersham:**

1030-1230 cost: £8 including the bus

Pickups from 0900.

Try your hand at some arts and crafts.



Coffee morning – Methodist Church

Saturday July 25th **10.30am – 12:30pm**

A natter with a cup of tea/coffee and a cake with friends.

Let us know if you need a lift.



Adrian Hall Garden Centre trip – Tuesday 18th

August 1200. Pick up from 1030

Have a mooch about and enjoy a cup of tea, cake or a light lunch.



Please call the office to book and reserve your space to avoid disappointment.

0208 943 3112. Payment will be collected on the day of the outing (cheque or cash).