

**Summary of audio file:
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ANN ANDREWS – CHURCH- Tuesday Lunch Club (1990s)

In this extract recorded by Andrea Lloyd Carney, Ann Andrews, a member of Community House for over 15 years explains how TLC started, who comes here and the effect of the regular Church services here at Community House.

Ann Andrews explains how the Tuesday Lunch Club started.

0-7 minutes: Andrews was a medical market researcher and applied for a part-time admin role based at Community House in the 90s. She took over from Andy O'Rourke who rented the Manse next door. Andrews explains that she was the first co-ordinator of Community House, or as she puts it, "*their first mother.*" Her appointment came at the start of the expansion of Community House. By this time, the Tuesday Lunch Club or TLC as they aptly call it was already running. Ann describes it as belonging to "*One big family*"

7-12 minutes: Andrews explains the effect of the regular Church services on members of Tuesday Lunch Club, but is regretful that they are no longer held weekly. She notes that Lunch club etc is currently very much "geared toward disabled members" and makes the point that a lot of people who attend Lunch Club are those who are often unable to leave their homes. They have a sense of belonging from coming to the Church here. Regularly meeting together and sharing food bonds the community together, combats loneliness and gives a feeling that people look forward to every week. "the church service knits people together. People bring their troubles into the chapel, and talk quite freely..."

Food and activities

12- 16 minutes: Ann Andrews explains in detail the food at TLC and how this enables people to feel welcome and to settle in. Community house was one of the first churches to open its doors to the wider diverse community, setting a fine example. A lovely example of the diversity of the group can be seen when we hear that 'Happy Birthday' is sung in 3 languages in the club, one having been taught to everyone else by one of the ladies who attends!

She describes the various activities that take place within the group such as an art class and bingo games – but stresses that there is no gambling, no raffles or alcohol because it is still part of the Presbyterian Church of Wales. Although there are a steady group of regulars, Ann is concerned that the group are not drawing people from the local community and mentions a Musical event that is being held in the near future that she hopes will attract more people.

Anne says that when people come to TLC, they are not only given food and a place to meet friends, they're also given genuine warmth "Tender loving Care" which is vital to their wellbeing. "melt". It has been describes by one of the ladies as "home from home" which is exacty what is wanted.

17-19 minutes

Ann talks about the attendees. There are around 4 men, 1 married couple, and the rest of the members are ladies, and mostly widows. She says that the Lunch Club

plays an important part in breaking up people's weeks, and that because of this, those who run it make every effort to keep it running regularly. It only closes for 1 week at Christmas, one at Easter, and 1 in August.

She says that they always have a special Christmas lunch, and recalls a time a couple of years ago when the Community House Flying Start ladies raised £350 and gifted it to TLC, and they really pushed the boat out. Usually the lunch extras - crackers etc_ are bought by the volunteers on a very low budget, and the members like to bring in Mince pies etc.

Anne also says that they cook breakfast every year for the Maindee Festival volunteers.

20 - 23 Minutes

Ann talks about relationships with members, that her and Lynn have visited members in hospital, been to funerals.. she thinks it's very important, "because you can't just SAY you're a family, you have to go the whole hog.." She says that she spends her Mondays ringing around members, catching up with them all.

Numbers are mentioned. There've been as many as 30 members before, but now there is a higher proportion of disabled members, it will be necessary to revise capacity in order to maintain health and safety, fire regs, and quality of care.

Volunteers have been given First Aid training and are awaiting Handling training.

"We need more volunteers.....We REALLY need volunteers, over 60, who are retired, who are comfortable working with older people and have got the time to come"

Anne talks about the school that visits regularly, and about the lunch club choir. She notes concerns that some of the volunteers involves are getting a bit "long in the tooth" and express hope for younger blood in future.

She talks about the varying levels of dementia suffered by some of the members, and the extra care that is needed by them.

24 - 27.35 minutes

Ann mentions that because of their low budget, the members now supply the teas, coffees etc.

She talks about the order of activities, and what happens after church. She also mentions their special "song" for saying grace. Ann says that there is a lot of laughter and teasing that goes on during tlc afternoons, and says that that is very important, as the fun element is often overlooked for the elderly. "it gives everybody a peer group". Food that isn't eaten is given as seconds, and anything left is put into tubs and sent home.

Interview concludes.