



Benson Millstream Centre Newsletter



Welcome..

...to our very first BMC Newsletter! The Newsletter will be sent throughout the year to keep you up to date with everything we have been up to and alerting you to any upcoming events.

In anticipation of slightly warmer weather, Benson Millstream Centre has become a hub of vibrant activity, and our customers are welcoming the coming of Spring with newfound energy. We have been fortunate enough to be entertained by some fabulous



Musicians over last month and we have enjoyed joining in, whether that be in the singing, playing our kazoos or getting up and dancing. We have also introduced a cardio drumming component to our Keep Fit sessions and these are proving very popular for those looking for a fun way to stay active as well as fostering a sense

of well-being.

Benson Millstream, the heart of our community, was aglow with friendship and good humour as residents came together to celebrate Valentine's Day in style with a pop-up nail painting salon and flowers for all customers. We created a communal 'Tree of Love and Friendship' in which we have displayed pictures of those we love, be they spouses, children, or pets. Although V Day has passed, the artwork remains in the Centre celebrating love in all its forms. We look forward to the coming months and hope to welcome lots of new customers.

Lindsay Centre Manager



Become a Benson Millstream Centre Supporter (BMCS)

Here at Benson Millstream Centre we have been working hard with our amazing team of Trustees, staff, volunteers and community supporters to launch the Benson Millstream Centre Supporters (BMCS) initiative. This will be a paid membership club with opportunities to purchase either a Single Annual, Lifetime, or Business Membership. This income will help us to fulfill our mission and keep you up to date with everything we do

Why have we introduced the scheme?

Sadly we cannot sustain the Centre with fundraising events, grants, irregular donations, volunteer helpers, and kind deeds alone. Each year our operating costs exceed our income. We have some great supporters in place, but we need to reach more people to meet our costs. We need to raise additional funds and sponsorship in order to grow and offer even wider services to our ever-increasing aging community whilst maintaining costs for our customers.

BMCS is one of the new pillars for success. Put simply - it will allow us, with your support, to go some way to meeting our overhead costs and expanding our current services.

Community Community is what sustains the Centre. It is not just about money; time and more volunteers and Trustees are also needed to help keep the wheels turning and extend our services and events for our customers and community.

If you would like to become a BMCS or volunteer for us in any way, please contact Lindsay at the Centre or see our website for more information.

Open Day at Millstream

Come and join us on the 20th April 10am -2pm



We will be opening our doors and welcoming you to the Benson Millstream Centre. This is your opportunity to find out more about the Centre, all that we do, and how you might be able to help. The Centre will be serving light refreshments, running some of our typical activities, and serving sample lunches. We will be entertained by the one and only Ukelele Band!

We will also be launching our new initiative Benson Millstream Centre Supporters (BMCS) come along and find out how you can become a supporter of the Centre and help us to help others. We would love to see you there, and we are very keen to listen to your ideas on how we can improve the Centre and extend our reach.

Why is it important?

Community is very important, ever more so as we grow older and need to connect to wider networks for friendship support and care. Sustainable communities help each other, so help us to **“LOVE OUR COMMUNITY”** Communities need big HEARTS to thrive.

Looking for a venue for a party or event?

Why not hire the centre ?

Benson Millstream currently opens fully 3 days a week. We have fabulous facilities that could be booked for community events, birthdays parties and get-togethers on the days we don't operate. The space is flexible, with kitchen facilities and a beautiful outdoor space. Our rates are very competitive.

With your support we could bring more events to our communities on a more regular basis. Please contact Lindsay for more information.

New Nutrition and Cooking Skills Course

We secured a grant from the Food and Warmth Scheme (2023/24) from South Oxfordshire District Council.

With the grant we set up a 6-week nutrition and cooking skills course at Millstream for 12 participants on a day when the Centre was closed. The course was aimed at local residents over the age of 65 to help improve cooking skills and confidence, reduce reliance on ready meals and provide companionship. Each week the participants were involved in preparing, cooking and eating a meal together.

The course has been a huge success and was over-subscribed. We hope to run another if we can.

Benson Millstream Centre is open to customers three days a week Mondays, Wednesdays and Fridays 11am-2pm. We provide support, companionship, meals, entertainment and both mental and physical stimulation for our customers. On Tuesday mornings we also open for Millstream Mugs, refreshments, conversation, and a 'warm' room. All are welcome, young and old.

Millstream@Home is our outreach service. The Centre supplies hot meals 3 days a week for those unable to attend. We also offer help with collecting prescriptions, essential shopping and, where possible, other key tasks that people in the area need temporary assistance with. Our phone line is monitored throughout the week to pick up your requests.



Benson Millstream Centre Charity No. 1163000

Email: bensonmillstreamcentre@gmail.com Phone: 01491 834889

Web: www.bensonmillstreamcentre.org