

ST MARY'S
CHURCH,
DALMAHOY



In Touch

August - September 2022

Registered Charity No. SC014203

Who's Who

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Cover Photograph: Summer Harvest by Christine Downey

Pastoral Letter from Christine



Happy Summer 2022!

We are well into the warmest summer I can remember since moving to Scotland and though on one level that is good news on another it speaks pointedly to the reality and immediacy of climate change. The world needs us to bear witness and speak out against injustice, needs us to work for full equality for all people. But the world also requires us to be bearers of hope, and needs communities of people who are able to articulate why being a people

of hope is not foolishly naive, but an intelligent, responsible and faith-filled way of living.

“The world we live in is getting smaller and more complicated. While we have access to all the information in the world, many are confused and lost. Our lives are shaped by an economic system based on personal acquisition, which nurtures our desire for more things, yet we still grapple with poverty and suffering in our towns and nations, as well as in our hearts. We – and our young people in particular – carry legitimate fears about the future, relating to the environment, climate change, and the rate at which we are consuming the earth’s natural resources.” All this is still true which is why I am so pleased with the small but significant ways in which our community reaches out to our local community and to the wider world.

Without turning our backs on the suffering, we must also be defiantly joyful a healing place, a gathering place. Already St. Mary’s is beginning to be that place once again for the communities that surround us. Our St. Scruff’s dog show was a huge success, and everyone had a lovely time. The Knitting Bees are doing an amazing amount of knitting for the Mission to Sea Farers and once again our Fair-Trade stall is being used. Fair Trade is such an important and easy way to make the world just that little bit better so please do check out the offerings there.

The work of the CET in acknowledging your concerns and working to address them and incorporate some of your wonderful ideas has been an important first step in our growth. Thankyou!

I wish you all a season of healing and peace. God Bless!

Christine

From the Registers (August – September 2022)

Baptism

21 August Sebastian Robert Stephen Chill
 25 Sptember Lennie Michael Hood, Hunter Charles Alexander &
 Harris David Alexander

Weddings

2 September Erin Newton & Scott Wilkinson
 17 September Sophie Jackson & Ross Carroll
 22 September Rebekah Bradford & Andrew Bickerstaff

No Funerals

Douglas Hall Classes & Events

Monday's	10:00am -12:00pm	Craft Group
Tuesday's	18:30 - 21:30pm	Audz Dogz Training Classes
Wednesday's	18:00 -19:00am	Yoga
Thursday's	19:00 - 20:00pm	Yoga
Friday's	1900 - 21:00 pm	Ratho Scout Group (occasional)
2 nd & 4 th Sundays	14:00 -19:00pm	Mar Thoma Congregation



More information and **up-to-date** details
 can be found on our website
www.stmarysdalmahoy.org.uk

Dalmations



The Dalmations programme for 2022/23 was distributed via email last Wednesday and fliers were put in the pews on Sunday. As a result of some questions that were asked during the notices it became clear that some of our newer members, understandably, did not know what Dalmations is and what format it takes. Apologies for that. I am, therefore, sending this out to give some background to what goes on.

The Dalmations group has been a significant part of worship at St Mary's for many years. We normally meet on the last Wednesday of the month (August-April). The December meeting is usually mid-month.

On the days Dalmations is scheduled there is still the weekly service at 11am, to which all are invited. There is no requirement to attend. After the service, around 11.40, tea/coffee and biscuits are served. Then around midday there is a speaker or some other form of entertainment. This concludes at 12.45 when lunch is served. This, at present, usually consists of sandwiches followed by a sweet or cake, along with more tea/coffee. People then leave at a time that suits their own commitments. Everything is usually finished by around 1.30. There is a suggested £5 charge. This goes towards food costs, speaker donations/gifts etc.

The range of talks and entertainment, as seen on the programme for the new session, is quite varied and interesting. It is also a great chance to speak with people over lunch and coffee in a more relaxed environment than the hustle and bustle of a Sunday. Dalmations is open to everyone that wishes to come along. You don't have to be retired or even a member of our congregation to join in. Some of our regular attendees are not from St Mary's. All are welcome. Meeting dates and speakers are displayed on the notice boards. They will also be advertised on the Sunday Bulletin, through In Touch, and on the Website.

The first meeting of the new session is on August 31st when Sarah Dannfaid will be attending to give a talk on the work of CHAS.

If you or someone you know of would like to attend but has difficulty with transport please let us know and I am sure that we can arrange to get them there. Denis King.

Dalmation Program 2022/2023:

August 31st - Sarah Dannfaid on the work of CHAS (Childrens Hospices Across Scotland).

September 28th – Ella Henderson talking on ‘The Currie Poet’.



October 26th - John O'Connor all about his work as an engineer in the Diamond Mines. Unfortunately, no free samples.



November 30th- Eric Melvin on ‘The Visit of King George IV to Edinburgh’ in 1822.



December 14th- Dalmations Christmas Lunch. Programme to be arranged.



January 25th- Fun day to fill the winter gloom. No speaker.



February 22nd - The Castaways – The singing group return to entertain us with a broad range of songs.



March 29th - Alan Coupe. ‘Banking You Have to Be Joking’. A humorous take on Alan’s time in the financial industry.



April 26th Margaret King on the visit that she and John made to Lourdes.



In memory of Marjory Smart

Marjorie was born on 15th December 1947 the youngest of 4 children with 3 older brothers George, Allen, and Ronnie. Her dad was Alexander Wilson Sked, a Master Blacksmith, and her mum Grace Helen Frances Sked née Devitt a seamstress at Elsie Ingalls Maternity Hospital Edinburgh.

She moved to East Calder in 1980/81 to be near her family and this is where Mandy and Walter were raised. Several years after moving she returned to St Mary's and after the service Tom Millard introduced her to some of the congregation saying, "this is Marjorie who's been part of St Mary's for a hundred years."

As her children grew up, she had a variety of part time jobs: Dining room Supervisor at East Calder Primary and Kitchen Assistant at Mid Calder Primary.

During her life she was a very creative person and had several hobbies from sewing which was a requirement in her childhood home due to her Mum being a seamstress, she also liked knitting, crochet, card and scrapbook making or flower arranging.

St Mary's was a very big part of her life. She would always pitch in or volunteer whenever there was a function, event, or charity collection such as Mary's meals, the pop-up charity shop and the Pantomime. She also had many responsibilities at



church such as making baptism bookmarks, changing the hangings, liturgy books and flower arranging to name a few.

We at St. Mary's benefitted not just by Marjorie's creativity but also by her presence. She will be missed, and we will always be grateful for her witness.



Gone
but not
Forgotten



Wildflower Memorial Garden.

It's been 4 1/2 years since my Mum, Anna Newton, died and it was 13 months before that that we lost her husband Bill. It had always been the family's intention to plant a tree in their memory but busy lives and lockdown had got in the way. My step-brother Graham decided to put a rocket under this project and enlisted me to rally the troops. He and I had an initial meeting with Christine to identify a site and this developed into a larger job of clearing the site and creating a wildflower garden.

On 4th June a family group comprising of Anna and Bill's children, some spouses, a couple of grandchildren and even a great-grandchild met up and started digging.



We were blessed with glorious weather and, despite the vicious thistles and nettles, in just a couple of hours managed to clear some space and plant a Victoria Plum, several lavenders and some bee bombs. We put the last of Anna and Bill's ashes below the tree, placed a memorial stone and Christine did a little dedication service. We then retired to the Douglas Hall to have a little lunch provided by Rebecca Archer. Graham and I will plant some native bulbs in the autumn.

We hope it develops into a space for reflection and memories.



Thanks to Christine for her help and blessings, and to Carole for watering the garden especially in the first couple of weeks after we planted it.

Canada Day Celebrations

This year's Annual Canada Day Barbeque at the Rectory was again well attended (in spite of the doggy weather) and every year Ben tries to surprise people with the improvements in the garden!



The menu was expansive and delicious as always thanks to the amazing cooks at St. Mary's . We had wonderful salads and desserts to fill us to bursting along with veggie options and the usual burgers and sausages. In all some 40 burgers were cooked and lots of sausages!

It was so much fun to see young people charging around having a great time. The lucky 4 legged guests were welcomed by Tonka -who tried to be a gracious host.



Eucharist Readings:

Year A Eucharist	(Year A2 for Morning Prayer)	First Reading
7 August	Ninth Sunday after Pentecost	Isaiah 1:1, 10-21
14 August	Tenth Sunday after Pentecost	Isaiah 5:1-7
21 August	Eleventh Sunday after Pentecost	Jeremiah 1:4-10
28 August	Twelfth Sunday after Pentecost	Jeremiah 2:4-13
4 September	Thirteenth Sunday after Pentecost	Jeremiah 18:1-11
11 September	Fourteenth Sunday after Pentecost	Jeremiah 4:11-12, 22-28
18 September	Fifteenth Sunday after Pentecost	Jeremiah 8:18-9:1
25 September	Sixteenth Sunday after Pentecost	Jeremiah 32:1-3a, 6-15
2 October	Seventeenth Sunday after Pentecost	Lamentations 1:1-6
9 October	Eighteenth Sunday after Pentecost	Jeremiah 29:1, 4-7
16 October	Nineteenth Sunday after Pentecost	Jeremiah 31:27-34
23 October	Twentieth Sunday after Pentecost	Joel 2:23-32

August – September 2022

Second Reading	Gospel
Hebrews 11:1-3, 8-16	Luke 12:32-40
Hebrews 11:29-12:2	Luke 12:49-56
Hebrews 12:18-29	Luke 13:10-17
Hebrews 13:1-8, 15-16	Luke 14:1, 7-14
Philemon 1-21	Luke 14:25-33
1 Timothy 1:12-17	Luke 15:1-10
1 Timothy 2:1-7	Luke 16:1-13
1 Timothy 6:6-19	Luke 16:19-31
2 Timothy 1:1-14	Luke 17:5-10
2 Timothy 2:8-15	Luke 17:11-19
2 Timothy 3:14-4:5	Luke 18:1-8
2 Timothy 4:6-8, 16-18	Luke 18:9-14

Organist's Corner

by Alan John Phillips

Organ Music for August and September

Sunday 7 August – Pentecost 9

Wachet auf, ruft uns die Stimme (Op.68 no.5) – Flor Peeters (1903-86)

Prelude on a Hymn of All Saints – George Henschel (1850-1934)

Be not afraid (from 'Elijah') – Felix Mendelssohn (1809-1847)



Today's prelude and postlude both link to the Gospel – 'Be ready, for the Son of Man is coming at an unexpected hour'. The 'hymn of All Saints' is 'In our day of thanksgiving one psalm let us offer' sung to the tune 'St. Catherine's Court'. Henschel (see left) was a German-born British baritone, pianist, conductor, and composer. His first wife Lillian was also a singer. He was the first

conductor of both the Boston Symphony Orchestra and the Royal Scottish National Orchestra. Henschel died in Aviemore, Scotland, where he maintained his holiday home 'Alltnacriche' with his wife. He is buried in the churchyard overlooking Loch Alvie, nearby.

Sunday 14 August – Pentecost 10 (Vigil of the Assumption)

Ave Maris Stella op.18 (Verset 1: Sumens illud Ave) – Marcel Dupré (1886-1971)

Ave Maris Stella op.18 (Verset 3: Vitam praesta puram) – Dupré

Toccata on 'Ave Maris Stella' – Peeters

Tomorrow is the Feast of the Assumption of the Blessed Virgin Mary, and in common with other Marian feasts, the Vespers office hymn is 'Ave maris stella' ('Hail, O star that pointest', EH 213). Dupré's versets are from a collection of pieces setting the psalm antiphons, the office hymn and the Magnificat for the Common of the BVM. Dupré succeeded Widor as the organist of St. Sulpice, Paris, in 1937, where he stayed for the rest of his life. Widor had himself held the position from 1870. Flor Peeters was director of the Conservatorium in Antwerp, Belgium, and organist at Mechelen Cathedral from 1923

to his death in 1986. The Toccata is the opening movement of his 'Toccata, Fugue et Hymne sur Ave Maris Stella' from 1935.

Sunday 21 August – Pentecost 11



Intrada (No.1 of 'Miniature Suite for Organ') – John Ireland (1879-1962)

Menuetto-Impromptu (No.3 of 'Miniature Suite') – Ireland

Villanella (No.2 of 'Miniature Suite') – Ireland

These three pieces were written in 1904 for Ireland's own use, just after he had been appointed Organist of St. Luke's, Chelsea, a post he held until 1926. They were published as a suite in 1944. Ireland was the composer of the well-known tune 'Love Unknown' (AM 147) and the splendid anthem 'Greater love hath no man'.

Sunday 28 August – Pentecost 12



Prelude (from 'Prelude, Fugue and Variation') - César Franck (1822-1890)

Panis Angelicus - Franck

Choral no.3 in A minor – Franck

Franck was Belgian by birth, but spent most of his life in Paris, as organist at the Basilica of St. Clotilde (1858-1890), and professor at the Paris Conservatoire (1872-1890). He gained a reputation as a formidable musical improviser, and travelled widely within France to demonstrate new instruments built by Aristide Cavallé-Coll, the foremost French organ builder of the time. His organ works consist of three sets of pieces: Six Pièces (1860-62), Trois Pièces (1878), and the Trois Chorals (published posthumously in 1892).

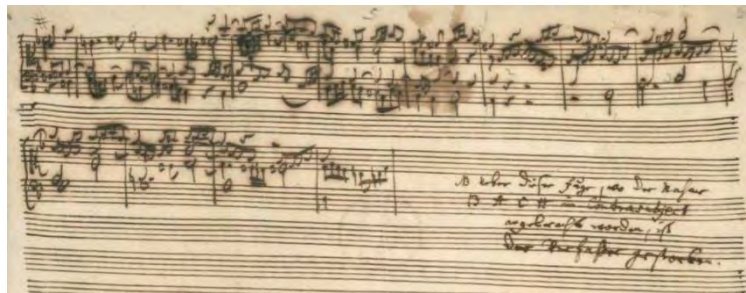
Sunday 4 September – Pentecost 13

Fantasia in C (BWV 573) - Johann Sebastian Bach (1685-1750)

Jesu, meine Freude (BWV 753) - Bach

Contrapunctus XV (from 'The Art of Fugue') – Bach

Today's Gospel tells of the builder who underestimated his costs, and left a house unfinished, so here are three unfinished pieces by Bach. The Fantasia is found in the first notebook Bach compiled for his second wife Anna Magdalena (1722). The music breaks off one third of the way through the last line of the first page. The opposite page is blank, still awaiting a completion. 'Jesu, meine Freude' also comes from a family notebook, the one Bach wrote as teaching material for his son Wilhelm Friedemann. Nine bars were completed. The final fugue of 'The Art of Fugue' breaks off in bar 239, followed by a note in the handwriting of Bach's son Carl Philipp Emanuel 'At the point where the composer introduces the name BACH in the countersubject to this fugue, the composer died'. Not true, of course, but it makes a good story!



A prayer of Sir Francis Drake (1540-1596), the Devon explorer, sea captain, privateer, naval officer, and politician.

'O Lord God, when thou givest to thy servants to endeavour any great matter, grant us also to know that it is not the beginning, but the continuing of the same, until it be thoroughly finished, which yieldeth the true glory; through him who for the finishing of thy work laid down his life for us, our Redeemer, Jesus Christ. Amen'.



Sunday 11 September – Pentecost 14

All we like sheep (from 'Messiah') – Handel (1685-1759)

The Lost Chord – Arthur Sullivan (1842-1900)

Scène Pastorale pour une inauguration d'orgue ou Messe de Minuit (from the 9th book of 'L'organiste moderne') - Louis James Alfred Lefébure-Wély (1817-1870)

Lost sheep and a lost chord, followed by a storm! Lefébure-Wély was a virtuoso organist, and, although he was held to be a better performer than César Franck, his compositions were quite

lightweight in comparison, like the contemporary French comic opera.

Sunday 18 September – Pentecost 15

Siciliano for a High Ceremony – Herbert Howells (1892-1983)

Preludio 'Sine Nomine' – Howells

Rhapsody no.1 – Howells



Three pieces from three different periods in Howells' life. The first Rhapsody dates from 1915, the Preludio 'Sine Nomine' ('without a name') from 1940, and the Siciliano from 1953. The 'high ceremony' was the wedding of Miss Jane McNeill and the Earl of Dalkeith at St. Giles' Cathedral, Edinburgh, on 10

January 1953, in the presence of 1600 guests, including most of the royal family. The piece is dedicated to the bride.

Sunday 25 September – Pentecost 16

Carol and Musette – Ralph Vaughan Williams (1872-1958)

Five Variants on 'Dives and Lazarus' (arr. David Briggs) – Vaughan Williams

Vaughan Williams noted the 'Dives and Lazarus' melody from a Mr. Booker at the Wheatsheaf Inn (now the Owl, see left), Kingsfold, Sussex, in December 1904. Mr. Booker sang the words of 'The Ballad of Maria Martin' to it. Under the name 'Kingsfold', Vaughan Williams set it at no.574 in the English Hymnal (1906) to Horatius Bonar's hymn 'I heard the voice of Jesus say'. Vaughan Williams composed the Five Variants for harp and string orchestra on commission from the British Council to be played at the 1939 World's Fair in New York City. 'Carol' and 'Musette' are both 1938 organ arrangements by Herbert Sumsion from the Suite for Viola and Orchestra dating from 1933/34.



St. Scruffs 2022

On Saturday 16th July St Scruffs returned to St Mary's. What a day it was. The sun shone and the dogs and people came.



St Mary's saw a great turn out with 23 dogs entering for varying categories. It was lovely to see such a range of dogs from the tiny 6 month old Yorkshire Terrier to the 10 and a half year old Husky, the smooth coats to curly coats and who can forget the unicorn dog and the gorgeous one in a tutu!

The judges had a very hard job choosing between all the dogs, but thoroughly enjoyed the afternoon having an excuse to speak to all the gorgeous dogs.



Both the adult and children's tombola's were a great success, a massive thank you to all those who contributed to make it possible.



Of course the dogs are the highlight of the afternoon, but the day would not be possible without the hard work from you all, the planning, the setting up, the refreshments, home baking and lots more that goes into making it all possible. Thank you to you all.



The added bonus to the day was that St Mary' managed to raise over £250 which will be donated to a very worthwhile charity, the PDSA.



Ferns are Magical

For Grandparents everywhere, (perhaps parents too?) I asked Adrian for proof of a myth he retold at the church picnic on June 26th so ...

Here is proof that fern spores collected at midnight (when barefoot in a chemise and in a 'state of grace', whatever that is) on St John's Eve can make grandchildren disappear, I attach the relevant photos, taken 16 years ago.

K1r: I showed Katie Brown and her toy rabbit some fern spores that I collected at midnight on St John's Eve

K2r: I poured the spores into Katie's shoe

K3r: To my astonishment, Katie immediately disappeared, though her rabbit and shoes did not.



K4r: Concerned that Katie's mother Jo might not be pleased that I had made one of her daughters invisible, I asked Katie to put down her rabbit and shake the spores out of her shoe.

K5r: To my relief, Katie immediately became visible again.

This seemed to me to be convincing proof that this power of the fern spores was no myth but a reality but, as a scientist, I knew that experimental results had to be repeatable to prove a theory, so I did the same experiment with Katie's older sister Hanna with the same result.



By Adrian Dyer

Thank you all.

Twins, Balloch and Betty were born in late November 2021 despite their due date being mid-February 2022.



These are the twins shortly after their delivery, you can get an idea of their tiny size from the size of their mum's thumb in the photo.

Although they have faced a number of health challenges during their lives so far, their parents Emma and Stanley want to thank the prayer chain at St Mary's for the many prayers which have been said and continue to be said for them all.

These are the gorgeous twins now.



Diary of Events: August - September 2022

Date	Times	Venue	Event
Every Thursday in August	10:30-12:00	Hall	Knitting Bee
8 September	6pm	Church	Vigil for Peace
14 September	2pm	Hall	Autumn Craft Fair
17 September	10:00	Hall	Bookbug Session (then last Sat of the month)
2 October	10:30	Church	Blessing of the Pets St. Francis Day
13 November	10:30	Church	Remembrance Sunday
18 November	10:00	Hall	Choir Festival

Please check News & Events on our webpage

(<https://stmarysdalmahoy.org.uk>)

Go to News & Events and scroll to the bottom of the page and you'll see the calendar.

AUTUMN CRAFT FAIR

ST MARY'S HALL

DALMAHOY

SATURDAY 24TH

SEPTEMBER

2PM

If you would like to rent a stall
please email:

admin@stmarysdalmahoy.org.uk

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Follow Below Link:

<https://www.youtube.com/channel/UCUsCU8vdPLYXXpk0yl4GQjw>

An Easy & Fast way to make Donations to St Mary's: Use the QR code below:

You need to have a QR barcode reader app Installed on your smartphone to use the QR code.



Humour

Sometimes humour just happens....The following actually appeared in church bulletins or were announced from the pulpit.



The fasting and prayer conference includes meals.

Morning sermon is “Jesus walks on water”, the sermon tonight is “Searching for Jesus”.

Ladies, don’t forget the rummage sale. It’s a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don’t let worry kill you off – let the Church help.

Miss Charlene Mason sang “I will not pass this way again”, giving obvious pleasure to the congregation.

For those of you who have children and don’t know it, we have a nursery downstairs.

Nest Thursday there will be try-outs for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.

A bean supper will be held on Tuesday evening in the Church hall. Music will follow.

At the evening service the sermon topic will be “What is hell?” Come early and listen to the choir.

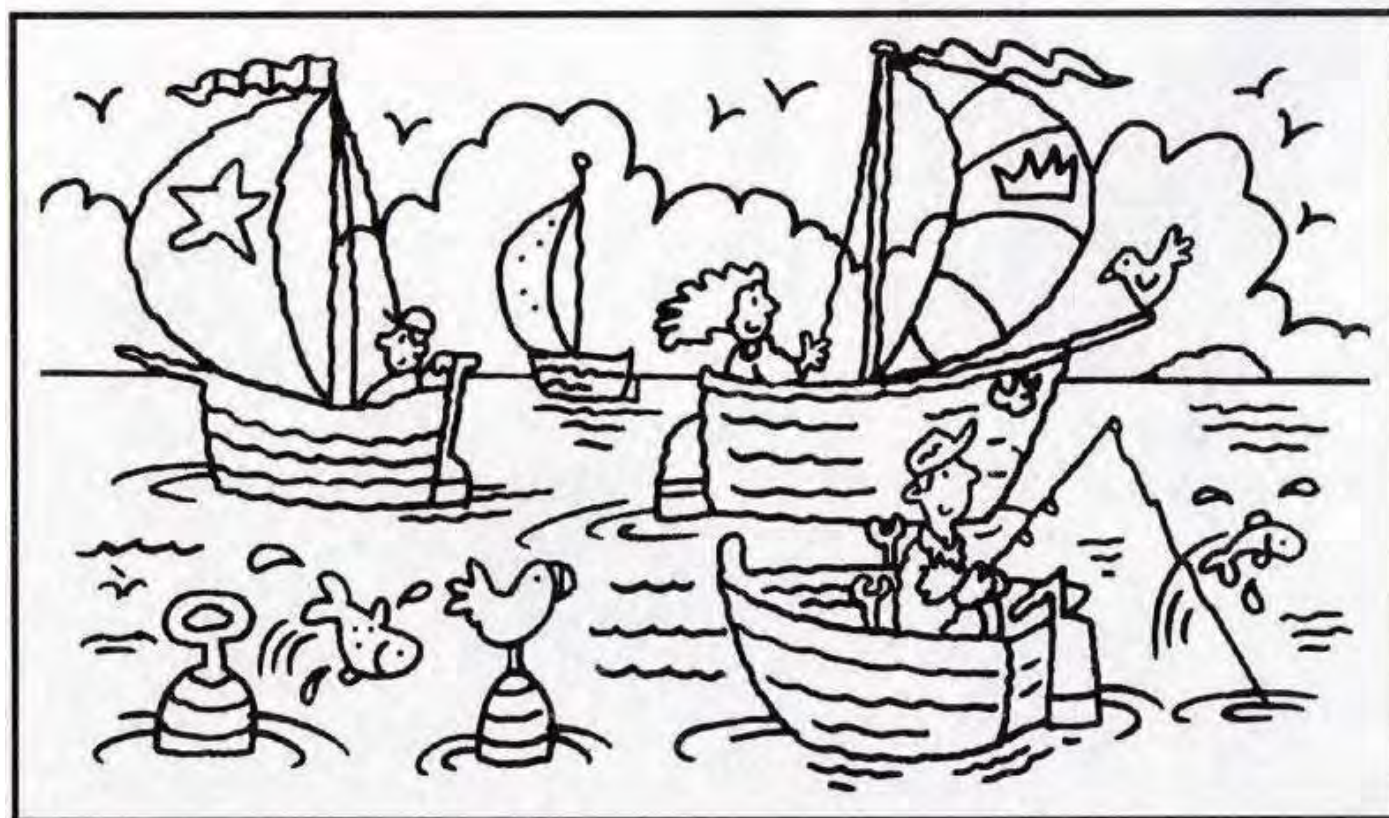
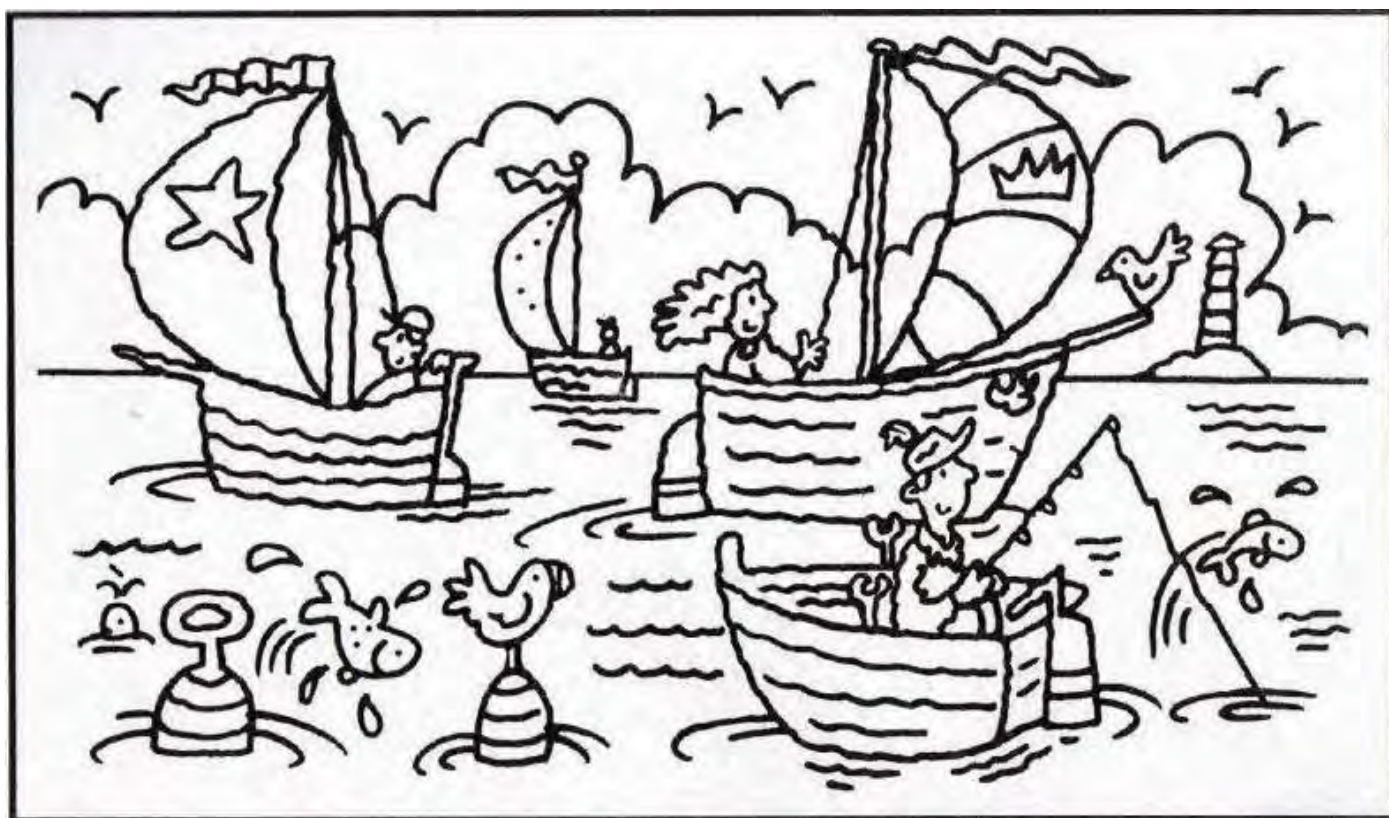
Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some old ones.



More to come next time.....Thanks Wilma!

Children's Page –

Can you spot the 10 differences?



Who's Who (continued from Page 2)

Vestry 2021/2022

Secretary	Pippa Crichton	0131 333 1683 secretary@stmarysdalmahoy.org.uk
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Rector's Warden	Wilma Brown	07503 979 375 warden@stmarysdalmahoy.org.uk
People's Warden	Margaret King	01506 442 549
Lay Representative	Ann Donoghue	01506 351 574 layrep@stmarysdalmahoy.org.uk
Alt. Lay Representative	Steve Haigh	01506 410 825
Member at Large	John O'Connor	01506 442 549

Altar Guild

Co-ordinator	Denis King	01506 873061
Irina Grigolava	Carole Macbride	

Child Protection & Vulnerable Adults Co-ordinator

Caroline Gunn	0131 443 4059 protection@stmarysdalmahoy.org.uk
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Gift Aid Secretary

Geoff Angell	0131 315 2639
--------------	---------------

Fabric Co-ordinator

Carol MacBride	07909 582 760
----------------	---------------

Head Server

Denis King	01506 873061
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Hall Bookings

Pippa Crichton	0131 333 1683 admin@stmarysdalmahoy.org.uk
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Visitors

Lois May Donaldson	0131 449 4279
Janice Goodfellow	01506 495082
Irina Grigolava	07796 305789
Denis King	01506 873061
Margaret King	01506 442549
Carole MacBride	07909 582760
Jane Russell	0131 441 2346

Prayer Chain

Ann Donoghue	John O'Connor
Revd Janet Dyer	Mandy Smart

Should you wish to add someone, or a situation, to our prayers, please email or telephone (see 'Rector's Warden' on page 2 for contact details).

Sunday Stewards

First Sunday	Richmond Davies	07968 582543
Second Sunday	Wilma Brown	07503 979 375
Third Sunday	Irina Grigolava	07796 305789
Fourth Sunday	Jane Russell	0131 441 2346
Fifth Sunday	Ann Donoghue	01506 351 574

Transport

If you need transport to or from church on Sunday, please contact the steward for that Sunday.

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Service Times

Sunday	Morning Prayer (Said)	10:00 am
	Sung Eucharist	10:30 am
Wednesday	Said Eucharist	11:00 am

Church Open Times

Monday, Wednesday & Friday – 10:00 am to 12 noon for quiet reflection and prayer.

Saturdays – 10:00 am to 3:00 pm from beginning of May to the end of September except during Wedding ceremonies.

**Deadline for articles for the October – November issue
is **3:00 pm** on Sunday 18th September**

If possible, please submit articles using the following formats:

Paper size: A4; Portrait; 2 cm margins.

Photographs: JPG format (Separately & Hi-Res if poss.)

Main Headings: Arial Font, 22 point, Purple.

Subheadings: Arial Font, 16 point, Bold.

Body Text: Arial Font, 16 point, Normal.

This is so that the text is readable when reduced to an A5 booklet

**Please submit articles to:
intouch@stmarysdalmahoy.org.uk**

Useful Numbers:

We all have those times when we just need someone to talk to and confide in. Please find below a list of numbers you may find useful.

Why not keep this page just in case.

The Silver Line: Tel: 0800 4 70 80 90 Information – friendship – advice for older people. www.thesilverline.org.uk

Anxiety UK: Tel: 03444 775 774 www.anxietyuk.org.uk

Arthritis Helpline: Tel: 0800 5200 520 www.versusarthritis.org

Mind: Tel: 0300 123 3393 www.mind.org.uk Mental Health.

Age UK: Tel: 0800 678 1602 www.ageuk.org.uk

Samaritans: Tel: 116 123 www.samaritans.org

Childline: Tel: 0800 1111 Calls are free and Confidential

National Domestic Abuse: Tel: 0808 2000 247

Cruse Bereavement Care: Tel: 0808 080 1677 www.cruse.org.uk

