



Roqueta September 2021



It's been a busy summer for us, both in the shop and for our other services. In the **shop**, we have received a bumper amount of donations which have been selling fast. Our 1€ clothing sale was a great success and our **2022 Scenic Menorca Calendar**, with beautiful photographs and a thought for each month. is now available to purchase for just **3.75€**.



November 2022: example page

Lifeline has been very busy supporting individuals in different ways. We work with Social Services here and other organisations such as Age in Spain and Support in Spain who can provide a wide range of information, advice and services too. Age in Spain, for example, have a residency helpline (932 209 741) and can also be contacted via their website (www.ageinspain.org/residency-helpline).

If you, or anyone you know, needs our help, please get in touch. If you would like to join our Lifeline team please contact Carol (our shop manager and Lifeline co-ordinator). Translators in particular are always in demand. **We are still having some problems with the lifeline email** so please contact Lifeline via general email or by 'phone (see contact details below).

The **medical equipment short-term loan service** has been very busy, particularly as more villa owners and tourists have been returning to the island. Please get in touch to make an **appointment (essential!)** if you need a wheelchair, crutches, walking frame etc. (Deposit required. No rental fee but we do ask for a donation when the equipment is returned and you get your deposit back. You can collect from us or we can deliver anywhere on the island. Loans for up to 3 months.)

At the time of writing, **Social Activities** are still on hold but we hope to return to the normal pattern of two lunches a month, two 'drop-ins' (Cala en Porter and Es Castell) every week and 3 or 4 day trips a year soon, **Look out for posters or check our website and Facebook page for updates.**

We are very grateful for your continued support through donations, purchases, membership or as a volunteer. We couldn't do any of this without you! Please contact our **Membership** Secretary if you would like to support our work by donating 12 € a year and becoming a Friend of Age Concern

Meet the volunteers

Continuing our theme for the last two months, this month, we would like to introduce you to two more of our volunteers. **Liz and Tony.**



Liz and Tony have lived in Menorca for the last 11 years. They had holidayed here for many years before taking the plunge and moving here when Liz retired from her work in the U.K. For the first 7 years living here, Tony commuted to work on the North Sea oil rigs, where he had worked for over 30 years before retiring 4 years ago.

Liz has volunteered with Age Concern for about 10 years. At first it helped fill the time when Tony was away as well as helping her to meet more people. However, she quickly found that she really enjoyed it. She says she gets a lot of satisfaction from working in the storeroom, mainly in the clothing and household linens area and getting everything organised, clean and tidy and ready for sale. Liz can and will turn her hand to whatever is needed in the shop but she much prefers 'back-room work' to serving and operating the till. Liz puts in a great deal of time for us. During the time the shop was closed for Covid related reasons, Liz continued to come in regularly to keep things clean, tidy and organised ready for re-opening.

In her spare time, Liz is a sides-person at the Anglican Church and loves knitting and other crafts, for example, he made some of the floral themed arrangements that were on display in the church for the Es Castell flower festival this year.

Tony describes himself as 'the man with the electric drill'. He has no regular volunteering commitment but, for about the last 3 years, he has been coming in whenever he's needed. He's given up a lot of time in the last year particularly. For example, building and fixing the covid screens, building shelves and doing all the other odd jobs we have needed or he's identified as things that would improve the shop. He says it helps get him out of the house and gives him a lot of job satisfaction.

Tony, like Liz, likes to keep busy. In his spare time he makes walking sticks and is a member of Menorca Balears Slingers Club. . Slings is a legally recognised sport in the Balearics. Slings is a traditional Balearic activity, going back about 3000 years. The warriors of the Balearics were famous for the prowess with a sling and were mercenaries during the Punic Wars.

Tony and Liz have just acquired a kitten – "Life has changed dramatically!"

Key information:



Opening hours: Monday – Saturday, 9.45 – 13.15. (Closed afternoons until further notice)

Contact us:

For the latest information and current offers follow us on Facebook or visit our website.

General email	menorca@ageconcern.org.es	
Visit our Website	www.ageconcernmenorca.com	
Follow us on Facebook	Age Concern Menorca 2015	
Social Secretary	menorca@ageconcern.org.es	699 901 777
Membership Secretary	menorca@ageconcern.org.es	620 017 437
Lifeline	lifelineac@yahoo.com **	676 904 487
	We have had problems with this email so please use general email address or 'phone for now.	
Medical & mobility equipment loan BY APPOINTMENT ONLY	acmenorcamedequip@gmail.com	629 016 307
Shop	menorca@ageconcern.org.es	971 156 110
Trips	lindahart.outings@gmail.com	971 156 110

Thank you again for your support!