



**MIDDLESEX CARES**

### **Bi-monthly script to be read at the Second Rising**

1. Bro Paresh Pandya is organising the Almoners' seminars which will be held at Harrow Masonic Centre on the 10<sup>th</sup> May 2025 and at Twickenham Masonic Centre on 17<sup>th</sup> May 2025. It will provide almoners with a further insight into the work carried out by MCF, RMBI homes and Relief Trust. There will also be an opportunity for the attendants to review their roles as Lodge/ Chapter Almoners.
2. Bro Frankie Whelan Mellor has engaged three brothers to act as local contacts at each Masonic Centres for anyone needing any help or direction on issues to do with mental health. They are Chris Bright, Richard Keenan, and Chris Bevis. Their exact bases will be announced later.
3. Bro Stan Marut, Ambassador for CHAPS has been delegated with the responsibility to organise the PSA testing sessions at Harrow Masonic Centre on 4<sup>th</sup> July 2025 and at Twickenham Masonic Centre on 17<sup>th</sup> July 2025.
4. The Middlesex Cares website is now open to all brethren for access. You may gain access by either using the QR code or the web link such as [www.middlesexcares.org.uk](http://www.middlesexcares.org.uk). Fridge magnets with the above details will be sent to all secretaries for local distribution.
5. Bro Laurence Davidson sent out Google form asking if any brother is a widower or long-term carer, in order that he could set up sessions for like-minded brothers who may like to share information as well as socialising.
6. Bro Hugh Saville is still in the process of recruiting new members for the Acacia Club which will be formally launched in May/ June 2025. It would be most helpful if Bro secretary could send the details of the lodge widows to him for collation if they have not done so already.



### **Coming up soon...**

1. Bro Andy Elliott, is sending out a questionnaire, asking you to identify your interests or hobbies as he would like to organise clubs to take place at all Masonic Centres when brethren can meet up not only to socialise amongst themselves, but also to sharing interest e.g. chess games, photography, physical exercise for improving balance etc. As a byproduct, this may help to maximise the usages of all participating centres at the same time. Its formation and future success depend on the number of part-takers at each location and indeed the availability of space for these events. So, take a few minutes to complete the Google form as the statistics will help Bro Andy to make decisions on setting up these clubs.
2. Bro Rob Weare will send out to all lodges a best practice guide for Working and Family Balance while Bro Martin Vole will also be doing the same for Travelling and Transport. These are purely guidance and suggestion which may potentially help the lodges when facing problems with recruitment/ retention as well as enabling those less abled brethren to attend meeting by setting up local buddy's systems.

*Ivan Chu, Programme Director, April 2025*