

# He's a helping hand and runs lunch club

**WHO is our unsung hero this month?** Brian Walters, from St Cuthbert's Church, Copnor

**Who has nominated him?** Anne Gard, churchwarden and secretary of the St Cuthbert's Helping Hands volunteer group

**Why is he a hero?** Helping Hands is a group based at St Cuthbert's which helps those who need a lift to a medical appointment, help with their shopping, DIY or gardening, or someone to befriend them. It has been going for about five years and Brian has been involved from the start.

He has helped a variety of people, but currently gives lifts to Eileen Strugnell, aged 85, several times a week.

She said: "He takes me to the doctors', to my social clubs and everywhere. I can't walk very far, so I wouldn't be able to go to these places without him."

Brian and his wife Beulah also run the church's lunch club, which meets at St Cuthbert's every Thursday. They organise a small team of people to cook for up to 46 people each week who might not otherwise be able to meet up with friends.

## unsung hero

**We're starting a new feature this month that throws the focus on those unsung heroes in our congregations. They are the kind of people who volunteer to do the behind-the-scenes jobs in our churches, like cooking, cleaning and tidying. Do you know someone in your church who you could nominate to be featured on this page?**

Anne Gard said: "We started Helping Hands because my daughter, who is a physiotherapist, realised that some of her patients needed some company. We have about 35 clients and about 20 volunteers who help them. About half of them are from the church.

"Last year we did 615 jobs in total. We like to think that our small amount of help makes a big difference to those we assist. The volunteers also enjoy it and get satisfaction in being able to lend a helping hand or listening ear to those who need it.

"Brian has been a very willing volunteer for Helping Hands, and he and Beulah have run the lunch club very well. Their efforts have made a massive difference to the

lives of many people in this area."

**Why does he do it?** Brian said: "I enjoy it. To be able to help people and make a difference to the community is great.

"I started to help at the lunch club and then Beulah and I found ourselves running it."

**• Is there someone in your church who cleans the toilets, polishes the brass or makes the coffee – but rarely gets any public thanks? Why not nominate them as an unsung hero in the Pompey Chimes?**

Fill in the form here and send it to Pompey Chimes, Peninsular House, Wharf Road, Portsmouth, PO2 8HB, or email [neil.pugmire@portsmouth.anglian.org](mailto:neil.pugmire@portsmouth.anglian.org).



Brian Walters gives lifts to Eileen Strugnell

I'd like to nominate \_\_\_\_\_ from the parish of \_\_\_\_\_ as my **unsung hero**. This is why: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My name: \_\_\_\_\_

My phone number or email: \_\_\_\_\_



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