



KingsCare League of Friends Newsletter

Issue No 8– Winter 2011
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Welcome

....to our first newsletter in a ridiculously long time.

Where to start.....

..with huge apologies for being so dilatory. I really don't know where time goes – but it does and at an incredible speed.

A quick whiz through the highlights of 2011

January – we were awarded a grant from the Devon Carers Link to provide training at the Hub for carers in computer skills.

February –the Newton Abbot branch of the Senior Council came to the Hub to present us with a cheque to support the Memory Café

March – we took a party from the Memory Café for a day out to Widecombe in the Moor to celebrate its first anniversary.

-the 12 week **Get Into Reading** pilot project started at the surgery

April – Volunteer Dave Moore married volunteer Pam Tugwell at St Michael's Church.



May – we had stalls at the annual Street Market and Ram Fair.

- the retiring Mayor of Newton Abbot, Mrs Carole Bunday, presented us with a cheque for the Memory Café from the proceeds of her year's fundraising while in office.

- Mr & Mrs Dave Moore presented us with a cheque for half the money that the wedding guests gave in lieu of gifts.
- Kingsteignton Parish Council presented us with a small grant for the Hub.

June – Mary Bartlett was presented with 2 awards at the annual Devon County Council Community Transport



Awards ceremony. The first for her work as a volunteer driver: the second as Volunteer of the Year.

July – we had a stall at Newton Abbot Carnival

October – Newton Abbot Carnival Committee presented us with a cheque in support of the Memory Café.

- the Ram Fair Committee presented us with a cheque from the proceeds of this year's event.

December – Jane Christie presented us with a cheque from the proceeds of a sponsored swim that she and her husband, Peter, undertook during October.

- Iris Burrows from the Beavers took her Beavers around to 6 older residents to present them with Christmas hampers.

Many thanks to all those organisations and individuals who have supported us during the year. Without this support it would be very difficult for us to run many of the activities that we do.

The Hub - has become a favourite dropping in place for many residents of Kingsteignton. Shane Edgar and his team of hard working volunteers guarantee a warm welcome for anyone dropping in. As we have to make sure that we raise enough income to pay the bills, we do need to charge for most things, even for putting posters in the window but only for fundraising events, not information posters. It's only 50p a week and that 50p can make a difference to the Hub's daily takings and ultimate viability.

A great addition this year has been signing up to the RagBag scheme where textiles, shoes, belts, handbags etc are recycled. We get 50p per kilo and the items are taken to Scotland where those in good condition are sent to places around the world where they are badly needed and the poor quality items are turned into industrial cleaning cloths.

We also sell items on EBay either donated goods to raise money for the Hub or on behalf of customers where we take a small percentage.

The Hub is run entirely by volunteers so can only be open when we have the volunteers to be there so, if you have a bit of spare time and would like to be part of the team, pop into 27 Fore Street or give Shane a call on **01626 438004**. He'd love to hear from you.

The KingsCare Chorus - our very own Gareth Malone (aka Nicky Smith) has worked tirelessly this year with superb keyboard accompaniment by the excellent Ros Parkes and the Chorus is very embedded in the weekly diary of over 20 singers. We will shortly be taking a break for Christmas but

before that we will be singing at Penns Mount and the Memory Café. Do come and join us in the New Year. Rehearsals take place on Monday afternoons in the OAP Hall at Oakford from 2:30-4pm for a cost of £2.50 a week. The first meeting in 2012 will be on 9th January.

Tai Chi

If you feel a bit of gentle exercise would do you good after Christmas then why not come along to our Friday morning Tai Chi class at 10-11am in the OAP Hall, Oakford. From January classes will cost £5 for a one-off taster session or £40 up front payment for 10 sessions that can be taken at any time during a 15 week period (excluding holidays). The first session in 2012 will be on 13th January.



Walk This Way

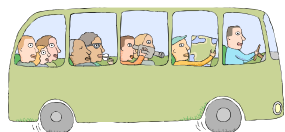
Talking of exercise - don't forget that we still run 2 weekly walking groups throughout the year and at no charge. Meet at the surgery on Monday mornings at 10.30 if you fancy a faster stroll and on Wednesdays also at 10.30 if you fancy a shorter stroll. Both end up at various cafes around the town for a well earned drink and a chat over coffee.

Membership

Our numbers have grown considerably this year and continue to do so. Thank you all so much for your interest and

support and I will try to be more regular with newsletters in future.

Bus trips



We have taken parties on many day trips around and about in 2011 but will soon be taking a winter break. If you would like to be one of our passengers when we start up again in the Spring, keep an eye out for posters or check our web site at www.kingscare.co.uk or let me know and I'll put you on the mailing list.

Cut your Bills with the help of friends and neighbours!

Kingsteignton Transition Together is a way for people in Kingsteignton to:

- ✓ **get together to save money on bills**
- ✓ **make friends**
- ✓ **live sustainably by helping our community reduce its carbon footprint**
- ✓ **take positive actions on issues that concern you.**

How does it work?

Groups of friends and neighbours follow an easy-to-understand workbook containing lots of simple ways to change how we use energy, water, food, packaging and transport. It's easier to make the changes with help from your friends.

Each group meets up to 7 times over a 3-5 month period. Usually they take it in turns to meet in each others' homes. We send a facilitator to help get things off to a good start, then the group runs itself.

Interested? Please call Jane Baker on 01626 366347 or 07580025878 or email: jane@bakerville.freeserve.co.uk for more information and how to get involved.

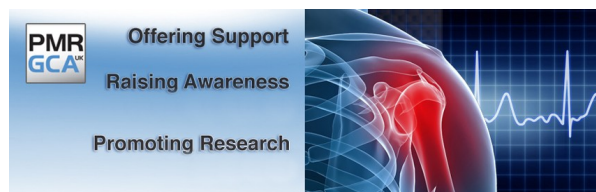
The Garden Project

In January the surgery's handyman, Chris Mortimore, erected an 8'x6' plastic greenhouse for us at the back of the

surgery. This has enabled us to engage patients in the process of growing on plug plants that we were then able to sell when garden ready. It was a great success this year and we have even better plans for next.

the
**Devon
Virtual
Carers
Centre**

... is a new an organisation that is beginning to offer a range of services to carers across the county. These can be accessed through a single point of contact on 08456 434 435. More locally, Carers Support Workers are being employed to run monthly 'surgeries' within GP practices. The CSW for the Newton Abbot Cluster is Sarah Johns and she will be coming to Kingsteignton on Tuesday mornings once a month starting on 7th February. She will be able to offer one-to-one 30 minute sessions with carers who would welcome some advice and support. Keep your eye open for posters with more information from the New Year.



PMRGCAuk is a national charity which is gradually setting up support groups for people who suffer from Polymyalgia Rheumatica and Giant Cell Arteritis. If you have this debilitating condition or know anyone who has and would benefit from some local support, please contact Tim Wyatt on 01626 334987: email: timwyatt@tesco.net

Volunteers

The volunteers are the mainstay of this organisation and, without them, very little would be achieved. Every year some join us and some leave us. Some only stay a short time but others stay for much longer. Some come and go depending on their state of health or other

commitments. We are grateful to all who are able to give us time, however limited that time may be. This year Pam and Dave Moore left us as regular volunteers after their marriage but they are always willing to help out when needed and we're very grateful to them for all they have done and still do.

We are always on the look out for new volunteers so do give me a call if you have some spare time and would like to join us. There are always a wide range of volunteering opportunities available.



Bob Winters, one of our longstanding volunteers, is leaving us this Christmas. He has been a driver bringing patients into the surgery for appointments and gathering up tea

drinkers for our Tea & Chat afternoon every month for as long as I can remember. He has also, with Dave Smith, enabled us to provide transport for the MS Society every Friday morning, brought hungry mouths to our Lunch Club and driven the bus on many occasions. In 2008 the MS Society nominated him for an award for his volunteer support and he was invited to Larkbeare House in Exeter to receive it. We wish him a long and happy retirement where he can tend his garden in the sure and certain knowledge that he will be sorely missed by us all. Thank you, Bob.

What's in store for 2012?

Along with many other organisations in Kingsteignton we will be very involved next year in the many events that will be taking place in this year of many celebrations. Among these is a pageant (being organised by the History Society) containing a wealth of scenes that will be written to celebrate milestones in the history of the village. We have chosen the dedication of the Fountain as our theme for an 8 minute playlet. If anyone would like to get involved as a writer, performer, costume designer or in any other role, do get in touch, we'd love to hear from you.

...and for KingsCare in particular?

There are various plans emerging for next year. Do keep an eye out for posters or on our website and we'll let you know as soon as they are formulated.

KingsCare Regular Activities Diary

1. Monday & Wednesday mornings at 10.30 – **walking groups** meet at the surgery
2. Monday at 2.30 – **Singing** at the OAP Hall, Oakford
3. Friday at 10am – **Tai Chi** at the OAP Hall, Oakford
4. Monthly on Mondays – **Lunch Club** at the Royal British Legion. Booking essential. **See poster for 2012 dates as we have had to rearrange some of them.**
5. 3rd Thursday at 2:30'4:30pm – **the Memory Café** meets at the Avenue Church, Newton Abbot for people with memory problems and their carers
6. Last Thursday – **Tea & Chats** at the Church Hall, Chudleigh Road at 2pm

For further details on any of the items above or to join our band of volunteers or register an interest in our activities, please contact Maggie Bonnell, the KingsCare Co-ordinator, who can be found in the surgery and on 01626 357090.