



## News from Devon Senior Voice November 2018



### Welcome to the latest Devon Senior Voice e-newsletter.

Below you'll find lots of news and views from DSV members and branches around the county, including news of a volunteering opportunity, a way to raise funds for DSV while you shop, the latest from our new '200 Club' and much more.

As the nights draw in and the temperature drops we're also pleased to share a very informative article on fuel poverty in Devon, kindly submitted by one of our members, Ken Crawford.

As always, if you have any feedback or if you'd like to share your news or events with our members in future newsletters, please do get in touch with us by emailing [dsv@devoncommunities.org.uk](mailto:dsv@devoncommunities.org.uk).

*Elaine Cook, Chief Executive, Devon Communities Together*

## Latest News



**Join the 200 club!**

DCT has recently taken over the DSV 100 Club and after the transfer we have rebranded it, making the club now the **DCT 200 club**. The club has been rebranded for two reasons: the first being that we have more than 100 members so we needed to rebrand to the next level; and secondly, so we can offer the club to all of our DCT members as well as DSV members. All proceeds will still go to DSV and help us to continue the good work of the DSV network. If any DSV members wish to join the 200 club then please either visit [www.devoncommunities.org.uk/services/devon-senior-voice/fundraising](http://www.devoncommunities.org.uk/services/devon-senior-voice/fundraising) for more information and to download an application form, or contact Lisa at Devon Communities Together via [dsv@devoncommunities.org.uk](mailto:dsv@devoncommunities.org.uk) or 01392 248919 ext 7102.



### **CAN you volunteer?**

The Connecting Actively to Nature (CAN) project aims to support older people in Devon to discover the combined benefits of a more active lifestyle, with the psychological benefits that being outdoors in nature bring. The CAN project is funding the creation of a range of active in nature projects including guided walks, orienteering, outdoor tai chi, and wild swimming.

Members of the Devon Senior Voice Network are invited to become CAN volunteers, to inspire and support over 55s to access physical activity in the natural environment. The role is flexible and offers many benefits such as volunteer networking events and celebrations, and the opportunity to attend a wide range of training sessions. You will receive a volunteer induction and support from Devon Communities Together as well as the umbrella organisation Active Devon.

As a CAN volunteer your primary role will be to act as an ambassador for activity in nature, signposting and supporting members of your community to connect with activities in nature. There is the opportunity to get involved in many additional ways to tailor your volunteering experience to meet your interests and skills, for example by attending, helping with, and promoting CAN activities, taking pictures or videos of activities, or blogging about your experience as a CAN volunteer.

If you would like to discuss the role of CAN volunteer further please email DCT CAN project manager Louise; [louise.macallister@devoncommunities.org.uk](mailto:louise.macallister@devoncommunities.org.uk) or call on 01392 248919 Ext.7180



## Loving Later Life

At the end of October Devon Senior Voice was pleased to be invited to participate as part of the Devon Communities Together presence at the very well attended regional Age UK Devon "Loving Later Life " event held in partnership with Active Devon at Newton Abbot Racecourse.

Unlike the usual information events, visitors were able to experience and participate in activities such as; archery, yoga, golf, walking rugby/netball/basketball/football. Along with the usual activities such as organised walks and short mat bowls.

On the day eight new members signed up to be part of Devon Senior Voice. Hopefully these new members can play an active part in the planned relaunch of the Newton Abbot/Teign Group of Devon Senior Voice in 2019.

*Photo credit: Alice Upcott, Active Devon*



## Fuel poverty in Devon

Thank you to Ken Crawford for providing a thought provoking article on fuel poverty in Devon, which is a serious issue and one that costs the NHS in Devon an estimated £30m per year on treating patients with health conditions caused or worsened by living in cold, damp housing...

[Read the full article here](#)

## Do you do any online shopping? Support DSV this Christmas!

Did you know that if you shop at your favourite retailers through the easyfundraising website or app that all qualifying purchases can result in a donation to Devon Senior Voice?

It's really simple, just visit

[www.easyfundraising.org.uk/causes/devonseniorvoice/](http://www.easyfundraising.org.uk/causes/devonseniorvoice/)










and select Devon Senior Voice as your cause, then begin shopping.

You can shop via your pc, tablet or phone, there is even a downloadable app for phones/tablets if you search Easyfundraising through your app store.

Devon Senior Voice has so far raised £200.17 through easy fundraising. All monies received go straight back into the Devon Senior Voice network.

# Christmas shopping list

You could help us raise over £30 in free funds with your Christmas shopping

	Cost	Retailer	Donation
Gift for him	£50		4% = <b>£2</b>
Gift for her	£50		4.5% = <b>£2.25</b>
Gifts for kids	£120		1.5% = <b>£1.80</b>
Christmas day groceries	£80		<b>£20</b>
Boxing day buffet	£20		<b>£3</b>
Christmas party outfit	£50		3% = <b>£1.50</b>
Christmas tree	£55		3.5% = <b>£1.93</b>
Decorations	£40		1% = <b>40p</b>
Stocking fillers	£30		5% = <b>£1.50</b>
Total =			<b>£34.38</b>
20 supporters =			<b>£687.60</b>

Donation rates correct as of 24th October 2018.

Join today and help us make a difference through your every day shopping

[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)



[www.easyfundraising.org.uk/causes/devonseniorvoice/](http://www.easyfundraising.org.uk/causes/devonseniorvoice/)

## News from around the branches

### Older People's Day celebrations in Exeter and Barnstaple



On the 28th of September DSV (Exeter branch) held an older people's day event at St Stephen's Church in Exeter.

It was opened by the Lord Mayor of Exeter who was impressed by what he saw.

The day was a success with a cross section of informative stands for the concerns/needs of the elderly.

Tea and coffee were served throughout the event and there were also various musical artists playing who were very well received by the public.

During the day good contacts were made for next year's older people's day which we hope to hold on the Cathedral Green.



On Friday 28th September, we held an event in Barnstaple, on Castle Green, to celebrate the contribution made by elderly people towards the wellbeing of our community.

There were 30 groups there to demonstrate the wealth of activities people offer to stimulate and keep our communities active and engaged. We had two local choirs throughout the day, and many people signed up to join them. The line dancing group displayed such talent and were delighted that people watching tried to join in. The 'Walking Football' was a great favourite and went on most of the day, with the Fire Officers, Police Teams, and any one else with a pair of trainers, joining in.

About 300 people came to visit the 'Bee Keepers, U3A, Wood Turners, Air Ambulance, Knitting Group, Diabetes Group, Hakefield Forest School, Home Instead, Community Pharmacy, See Hear, and many other community groups. We had a go on the Mobility Scooters, Tasted the treats from Wiltshire Farm Foods, Listened to advice from Drink-Wise, Age-Well, the Community Fire Service, and representatives from Health and Social Services.

It was a busy, lively, exciting day. It was a real celebration of how a community contributes the third age. Everyone agreed that we should make this an annual event.

***Report from Carol McCormack-Hole.***

## **News from the Crediton and Area Branch**

In September, the Crediton and Area Branch of Devon Senior Voice were privileged to be joined by Vikki Cochran who is employed by the South Devon and Torbay Clinical Commissioning Group. In her role as commissioning

manager, Vikki is responsible for mental health services covering the whole of Devon. Her very interesting and informative talk, lasting over an hour, covered topics such as the Sustainability and Transformation Partnership (STP), Health and Well-Being Co-ordinators, Social Prescribing and the importance of the, often overlooked, connection between mental and physical health.

In October we were again delighted to welcome another high profile commissioning manager, working for RD&E NHS Trust. Adel Jones gave a detailed talk about how commissioning priorities work within the local NHS Trust based in Exeter. She answered all the questions posed and patiently listened to members who had specific issues.

For our November meeting, there were two speakers. They shared the time available to explain the main aims of the services they work for, and took some questions at the end, which was very much appreciated. Natalie Duncan is a psychological health and well-being practitioner (PHWP) and described her post as the first stage for people needing some support to deal with general anxiety states. The service is available throughout Devon and referral can be through one's GP or via self-referral. Wren Mately works at New Valley Practise, Newcombes, two days a week and explained how the Depression and Anxiety Service (DAS) offers a somewhat more intense process and suits those with more complex problems or who haven't made progress through a PWHP. Both speakers have psychology degrees and have done post-graduate training specifically for their NHS posts.

Next month, on December 12th at our new venue the Resident's Lounge, Clifford Gardens, we are looking forward to a demonstration of Pilates by local fitness trainer Steph Heard. To mark the Christmas season, warm mince pies will also be available, alongside our usual tea, coffee and biscuits. For further information about the group, please call Carole Towler on 01392 851600





### **Ivybridge branch relaunches**

Following a two year break, the inaugural meeting of the Ivybridge branch took place in the Watermark, Ivybridge on the 31st October, supported by over 23 potential and existing members. Topics covered the historic and projected activities of the branch including the volunteer holders of 'briefs' who will assist in identifying speakers on topics that will arise from the membership expressing their own views, whilst the holders give unlimited experience gained from their previous roles in Local Government, the private and charitable sectors.

All are invited to attend further meetings, for information contact David Snelling Via phone 01752 896209 or email [davidpsnelling@gmail.com](mailto:davidpsnelling@gmail.com). The next date is set for 16th January 2019 from 10.30-12.30 at the Town Hall, Erme Court, Ivybridge.

### **Bradworthy Senior Citizens Luncheon Club**

DSV has always tried to identify a need in the older people's domain and then help find solutions. We appreciate the need to share knowledge and to work together with similar regional groups to strengthen our voice and help with projects if possible. For this reason we are a member of the South West Seniors' Network. This organisation then sends a delegate to the National Conferences on Ageing to join our voice with the national debate.

SWSN also obtains grants from time to time to put on events or activities around the region for the benefit of Seniors. The current grant was obtained for a 'Reaching Out Project'. The different counties have undertaken varying projects aimed at reducing isolation by social or physically active events. In Devon we have organised a fortnightly Luncheon Club in the cafe / dining area of a local pub in a village seven miles from the nearest market town in Northern Devon. The villages are often the areas that miss out on organised activities. They are also the areas that have lost their buses and other amenities.

The cafe is normally closed on a Monday so we are not interfering with the normal business. All surrounding villages are also being invited and local transport will be available if needed. It starts in December so hopefully it will be a popular way of getting out and mixing with others in an informal way!

I am sure it will be a very worthwhile venture!

*Margaret Coles*

## **Bradworthy Senior Citizens Luncheon Club**

**At Bradworthy  
Inn Coffee  
Shop  
The Square  
Bradworthy  
EX22 7TD**



**Mondays - Fortnightly  
Main and Dessert - £6  
Meal served at 12.30pm**

**Initial Dates - 3rd and 17th December  
7th and 21st January 2019  
Local Transport may be available**

**To book by the friday before - 01409241222**



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