





# A few of our projects...

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# Friendly Fridays

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Local warm hub set up in response to the cost of living crisis, offering a warm space where local people can gather for lunch and a chat every week.



# Devon Day Trippers



Travel confidence trips for over 55s living in and around Moretonhampstead, North Bovey, Manaton and Lustleigh, who find getting out and about difficult.



# Community Allotment

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Green Prescribing space set up with Moretonhampstead Health Centre. Weekly working parties overseen by Wellmoor team leader supported by volunteers.



# Strength & Balance/ Seated Dance

- Programmes of Strength and Balance classes run by qualified Postural Stability Instructors established across North Dartmoor PCN.
- Trialing sessions for Unpaid Carers in Ottery St Mary
- Piloting a subscription based online platform to bring virtual movement sessions to care homes