



## **SCENE**

**Senior Citizens of the Exe Valley  
News and Events 2014**

This newsletter is designed to provide information about the various activities, organisations, outings and clubs that are available in the Exe Valley area for those over the age of 60. We are aware that this list is not exhaustive! If you feel that there is any other information that should be included or updated in the next issue, please contact:

**Practice Nurse Trish Brown at Wyndham House Surgery on 01392 860034.**

### **Transport**

**Ring and Ride service** – Tel. **01884 242099** for information or booking. Tail lift minibuses provide accessible transport to town centres for disabled and frail elderly persons (escorts welcome). **There are routine weekly trips to Tiverton on Tuesdays and Exeter on 1<sup>st</sup> and 3<sup>rd</sup> Thursdays and shop mobility.**  
**Voluntary car service 50-90p per mile. (needs booking in advance)**

### **Link-up service**

This service is a voluntary group providing transport for both Wyndham House and Exe Valley Surgeries. It is designed to take elderly or disabled patients, who have no alternative means of travel, to the surgery or to hospital in Exeter or Tiverton. There is no fee for this service but donations to **Link-Up** may be given to the drivers to help cover the costs. There is a list of drivers available at each of the surgeries.

**New volunteer drivers are needed for Link up and Ring and Ride**

## **Keep Fit Classes 2014**

Mondays 10.30 – 11.30 at Silverton Community Hall

January	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>	
February	3 <sup>rd</sup>	17 <sup>th</sup>	24 <sup>th</sup>		
March	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
April	7 <sup>th</sup>	14 <sup>th</sup>		28 <sup>th</sup>	
May		12 <sup>th</sup>	19 <sup>th</sup>		
June	2 <sup>nd</sup>	9 <sup>th</sup>	16 <sup>th</sup>	23 <sup>rd</sup>	30 <sup>th</sup>
July					
August					
September	15 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>		
October	6 <sup>th</sup>	13 <sup>th</sup>	20 <sup>th</sup>	27 <sup>th</sup>	
November	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	
December	1 <sup>st</sup>	8 <sup>th</sup>	15 <sup>th</sup>		

## **Silverton Over 65 Mens Fitness Group**

Mondays 9.30-10.15am at Silverton Community Hall

Same dates as Ladies Cost £2.50

## **Balance Classes**

Thanks to support from the **Friends of Wyndham House** we are now running courses of Balance Classes for people who have had falls, or are a risk of falling.

These classes help to improve your strength and reduce the risk of falling.

For more information please speak to Trish at the surgery

**01392 860034**

## **Prescription Delivery**

Wyndham House Surgery offers a prescription delivery service with the **Bertie** Van. This service is for house bound patients and those who have difficulty in getting to the surgery. It is paid for by **The Friends of Wyndham House** Surgery and run by Jan and a list of volunteers. Please contact the Dispensary if you would like to use this service.

Prescriptions can be ordered online with a password – ask at reception.

## **Organizations, Clubs and Societies in the Exe Valley**

This information has been taken from the various village and parish magazines in the area. They are packed with valuable sources of all sorts of useful information on activities and contacts, so please ask around in your area and someone should be able to tell you who to contact.

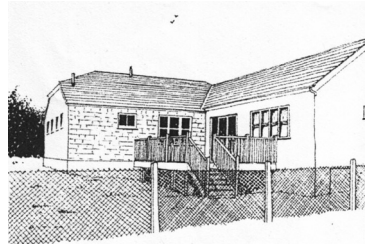
The local Churches all hold coffee mornings lunches teas and other social events throughout the year, too many to mention but you would receive a very warm welcome if you would like to attend. There are numerous village markets & events.

## **Silverton and Exe Valley Seniors**

St Mary's Church Hall Silverton  
Coffee Morning and a chat every  
Monday 10.30-12 noon

Cost £1.00 everyone welcome

**Whist Drives (Monday Afternoons)**  
**2.00 – 4.30pm cost £2 which includes a raffle.**



## **Holidays and Outings for 2014 please contact:**

**Martin Clough 01392 860971**

For all information on trips, times and dates and to register for a newsletter

## **Life Line Personal Alarm Service**

Help and Support 24 hours a day 365 days a year at the press of a button

Contact Mid Devon District Council 01884 234383 for a free demonstration

## **Carers Support Group**

Meets on the 3<sup>rd</sup> Tuesday of the month 2-4 pm  
In the Methodist Church Hall. Silverton  
All Carers welcome

## **Forget Me Not Café**

For People with dementia and their carers  
Meet at Pine Lodge, Post Hill. Tiverton  
First Tuesday of each month 2-4 pm  
Aims to unite Carers so more information is available to them  
(01884 257511).

## **Silverton Senior Citizens Lunch Dates 2014**

With thanks to The Friends of Wyndham House Surgery who  
subsidise these lunches

### **Lunches at The Lamb Inn, Silverton.**

At 12 noon. Cost £4.50

#### Tuesdays

January			July	8 <sup>th</sup>	22 <sup>nd</sup>	
February	4 <sup>th</sup>	18 <sup>th</sup>	August	5 <sup>th</sup>	19 <sup>th</sup>	
March	4 <sup>th</sup>	18 <sup>th</sup>	September	2 <sup>nd</sup>	16 <sup>th</sup>	30 <sup>th</sup>
April	1 <sup>st</sup>	15 <sup>th</sup>	29 <sup>th</sup>	October	14 <sup>th</sup>	28 <sup>th</sup>
May	13 <sup>th</sup>	27 <sup>th</sup>	November	11 <sup>th</sup>	25 <sup>th</sup>	
June	10 <sup>th</sup>	24 <sup>th</sup>	December	9 <sup>th</sup>	23 <sup>rd</sup>	(Christmas)

You are booked in for lunch. If you are unable to attend please  
notify The Lamb on the Monday before the date.

**Jane Isaac at The Lamb Inn on 01392 860272.**

### **Lunches at the Three Tuns, Silverton.**

Cost £5. From 12 noon

#### Wednesdays

January			July	2 <sup>nd</sup>	16 <sup>th</sup>	30 <sup>th</sup>
February	12 <sup>th</sup>	26 <sup>th</sup>	August	13 <sup>th</sup>	27 <sup>h</sup>	
March	12 <sup>th</sup>	26 <sup>th</sup>	September	10 <sup>th</sup>	24 <sup>th</sup>	
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**To book telephone the Three Tuns on 01392 860352**

On arrival you pay your £5 at the bar and place your order. It will be  
served at your table followed by a choice of 3 sweets chosen at the  
table, plus tea or coffee.

## **The Thorverton Arms, Thorverton.**

Cost £4.50

These dates are on the **alternate Tuesdays** from **The Lamb**.

Please book in advance with

**Alison Toogood at The Thorverton Arms on 01392 860205**

All meals start at 12 noon

Should you need to cancel your lunch at any venue please phone the person you booked with by 12 noon on the previous day.

## **Brampford Speke Luncheon Club**

**Every Monday 12noon -2.00pm  
(except Bank Holidays)**

Enjoy a 2 course Roast Dinner / Vegan/Vegetarian meal  
with tea or coffee included for £6.50

**For further details contact Sue 01392 841785**

## **The Bridge Community Centre Stoke Canon**

Lunches at The Bridge, Stoke Canon. Thanks to the skills of the cook at Stoke Canon Primary school we are able to offer Lunches on Wednesdays at 12.30pm.

There will be soup, dessert and cheese and biscuits & will cost £5.  
Please book a week in advance by calling Valerie Mills on 841659 or  
e-mail – bmg.stoke.canon@goolemail.com

Tea / coffee and biscuits will be served in the new Bridge Community Centre in Stoke Canon Church on Thursdays at 10.30 to 12 noon.

Come along and have a chat with friends in convivial surroundings.  
If you have any difficulty in getting to the centre ring **01392 860397**  
**/ 841085 / 841213** and transport can be arranged.

## **The Dolphin Group Supported by Upstream**

Meets at the Thorverton Arms every Thursday at 10.30 - 11.30 for a cup of coffee and discussions or speakers.  
Cost £1.50

**Come and join in activities such as local history talks, exercise classes, bird watching and a book group.**



### **Culm Valley Memory Café**

A friendly place to chat for people with memory problems and their carers.

**Held on 4<sup>th</sup> Wednesday of each month in Cullompton Community Centre, Pye Corner, EX15 1JX**

**Telephone 01884 257511 or email [info@unitemd.org.uk](mailto:info@unitemd.org.uk)**

### **The Methodist Church, Silverton**

Come and have a Coffee and Chat on the 1<sup>st</sup> Thursday of the month  
10.30am donations to charity  
All welcome

### **Evangelical Friendship Lunch-cost £ 3.50**

Held on 2<sup>nd</sup> Friday every month at 1pm.  
Splendid home cooked lunches with tea or coffee followed by a talk from a guest speaker.

**Please book through David or Rosemary Broom 01884 32241**

### **Poltimore Craft Bee**

Come and join us for a chat with a cup of tea while doing your knitting, sewing, cross-stitch, sugar craft, flowers or card making. You could learn a new skill from friends or maybe help someone else.

**Mondays 1.30 – 3.30pm Poltimore Village Hall**

**Phone Jill on 460231 for more details**

### Mobile Library

Place	Day	Time	Frequency
Broadclyst Hay House	Thurs	12.15- 12.45	Fortnightly
Bradninch Guild Hall	Thurs	12.15- 12.45	Fortnightly
Rewe Car Park	Thurs	14.55 – 15.15	Fortnightly
Stoke Canon Vill Hall	Thurs	15.20 – 15.50	Fortnightly
Silverton Wyndham Rd	Thurs	14.00 – 14.45	Fortnightly
Thorverton Quarry C/P	Thurs	16.05 – 16.50	Fortnightly

### Bus routes

'55'	Exeter to Tiverton on the main road.
'55A'	Calls in at Silverton on its way.
'55B'	Calls additionally at Thorverton and St David's Station.
'155'	Exeter to Barnstaple.

There is a free bus to **The Co-Operative Supermarket (Broadclyst) on Tuesdays**

#### **Pick up times:**

Rewe Bus Shelter	9. 13 am
Stoke Canon Inn	9.10 am
Thorverton Dolphin	9.20 am
Silverton Square	9. 30 am
Ellerhayes	9.40 am
Arrive at Co-operative supermarket	10.10 am
Return journey (leaves)	11.30 am

## **Age UK Tiverton, Cullompton and District**

**01884 255369**

**Open Mon – Fri 9.30 – 12noon and Tues – Thurs 9.30-3pm**

### **Toe nail Cutting service sponsored by Age UK**

Cullompton Health Centre and Tiverton Hospital.

Toe nail £5.50 and finger nail £2.00

Phone Ali to book **01884 255369**

### **Age UK Introduction to Computers**

We have an IT suite, with a small network of computers offering “Taster sessions”, with one to one support. We also offer up to six lessons in a convenient location, covering computer basics. We ask for a donation of £2 per session or £10 for a home visit>

For more details call 01884 255369 or 01884242052

### **Age UK Legal Surgery**

Once a month we offer a free legal advice session with a Solicitor from Ashfords.

This is by appointment only, and takes place on the second Tuesday of every month.

For all other information of Age UK Services call **01884242052** for a leaflet or **[www.ageukmiddevon.org.uk](http://www.ageukmiddevon.org.uk)**

Beck House Beck’s Square Tiverton EX16 6PJ



## **Devon Federation of Women's Institutes**

### **Contacts**

Silverton	Gill Eldridge	01392 861137
Stoke Canon	Sally Kerrane	01392 841213
Brampford Speke	Molly Luxton	01392 841270
Cadleigh	Margaret Noon	01884 855352
Thorverton	Susan Maguire	01392 860631
Poltimore	Esme Gibbins	01392 461768

### **Contacts for other clubs:**

Upton Pyne Garden club	Roslyn Rowlerson	01392 861205
Rewe Gardening Club	Christine Taverner	01392 841488

Silverton Flower Club	Annie Higman	01392 860571
	or Sally Sleep	01392 860678
Rewe Ramblers	Jan Duke	01392 841528
Short Mat Bowles	Danny Gooding	01392460194
Thorverton Art Group	Barrie Phillip	01392 860529
Thorverton Arts Exchange	Becky Stanward	
Thorverton Bridge Circle	Graeme Culshaw	01392 860203

### **The Royal British Legion:**

Thorverton Branch	Peter Furnaux	01392 860227
Silverton Branch	Arthur Williams	01392 860408

## Other useful numbers

<p><b>Out of hours GP service and Emergency – 111</b></p>
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**My Devon Care Direct – 0845 155 1007**

Information & advice for people over 60  
(24 hours)

**Age UK – Information line 0800 009966**

Freephone (7days a week 7am – 7pm)

**Age UK Tiverton 01884 242052**

**Upstream Healthy Living Centre 01363 778366**

Creative and stimulating activities

**Care Watch (Wyvern) 01823 325554**

Sitting service of 3 hours per week

**WRVS Books on Wheels – Devon County Library delivery**

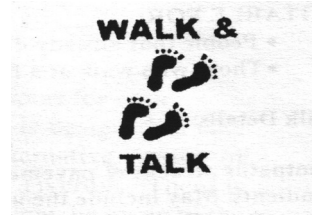
Library books to housebound people

Julia Crighton-Smith **01392 757725**

**Devon Carers 0845 6434435**

## **Walk and Talk**

**Did you know walking is good for:** Making new friends, Feeling good, Reducing Stress, Managing your weight, Having more energy, better sleep, Lowering blood pressure, cholesterol, Improving mobility and brain function.



### **Wednesday, weekly, short walks.**

Walks take between 30- 40 minutes and are up to one and a half miles. Meet at 10am outside Silverton Community Hall. Always ends with Tea or Coffee and a chat at the Lamb Inn Shed.

### **Longer walks 1-2 hours**

All walks are on the first and third Tuesdays of the month and the Thursdays in between. They meet at 10.00am, outside Silverton Community Hall. Killerton walks include a shorter walk around the garden.

### **Short Walks in Stoke Canon**

(10am on 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month)

For more information please contact  
Penny Scoynes (walk and talk Co-ordinator) **01392 824752** or E-mail  
[p.scoynes@westbankfriends.org](mailto:p.scoynes@westbankfriends.org)

or phone Trish Brown **01392 860034** during surgery hours

**Pick up a leaflet from the surgery.**

**[www.wyndhamhousesurgery.co.uk](http://www.wyndhamhousesurgery.co.uk)**

