



SCENE

Senior Citizens of the Exe Valley News and Events 2015

www.wyndhamhousesurgery.co.uk

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 or Wednesday mornings.

Exeter Saturday Club.

Voluntary car service 55p per mile.(All transport needs booking in advance and will collect and deliver you to your home)

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
£2.50 per session

January	5 th	12 th	19 th	26 th	
February	2 nd		23 rd		
March	2 nd	9 th	16 th	23 rd	30 th
April		13 th	20 th	27 th	
May		11 th			
June	1 st		15 th	22 nd	29 th
July					
August					
September		14 th	21 st	28 th	
October	5 th	12 th	19 th	26 th	
November	2 nd	9 th	16 th	23 rd	30 th
December	7 th	14 th			

Silverton Over 65 Mens Fitness Group

meet

Mondays in the Silverton Community Hall

9.30-10.15am

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**

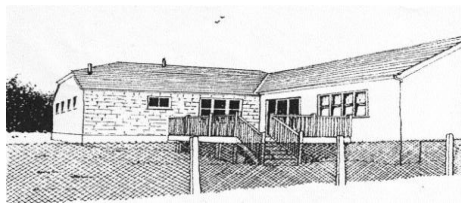
The following information has been taken from the various village and parish magazines in the area. They are packed with valuable sources of all sorts of useful information on activities and contacts, so please ask around in your area and someone should be able to tell you who to contact.

Local Events

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

Club events held at St Mary's Church
Hall, Silverton



Whist

**2– 4:30pm alternate Monday
afternoons**

£2 includes refreshments and a raffle

Why sit at home? It's easy and it's fun.

(Can't play? We'll teach you!)

Do come along. You will be very welcome.

Coffee Mornings & Afternoon Teas (Tuesdays)

Coffee Mornings are 10.00-11.30am and Afternoon Teas 14.30-16.30

Holidays, monthly outing and Theatre trips

Please contact the club secretary, Martin Clough on **01392 860971**

or email: **martin.mcassoc@btconnect.com**

For details and information or for a membership application form

Silverton Link-up Senior Citizens Lunch Dates 2015

Lunches at the Three Tuns Silverton

Wednesdays			12 Noon	Cost £5.50		
January	14 th	28 th	February	11 th	25 th	
March	11 th	25 th	April	8 th	22 nd	
May	6 th	20 th	June	3 rd	17 th	
July	1 st	15 th 29 th	August	12 th	26 th	
September	9 th	23 rd	October		7 th	21 st
November	4 th	18 th	December	2 nd	16 th	

To book you must telephone the Three Tuns on **01392 860352** giving your name and time of arrival and that you are going to have a **Senior Citizens Lunch Club** meal. On arrival pay at the bar, choose between Pie, Roast or Fish and Chips, followed by a choice of puddings and tea or coffee.

Lamb Inn Lunch Club Dates 2015

Tuesdays			12 Noon	Cost £4.50		
January		6 th 20 th	February	3 rd	17 th	
March	3 rd	17 th 31 st	April	14 th	28 th	
May	12 th	26 th	June	9 th	23 rd	
July	7 th	21 st	August	4 th	18 th	
September	1 st	15 th 29 th	October		13 th	27 th
November	10 th	24 th	December	8 th	22 nd	

All Lunches start at 12 noon Please book your place by calling Jayne Isaac on 01392 860272. If you are booked in but unable to attend please let Jayne know on the Monday before the lunch.

The Thorverton Arms, Thorverton.

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

All meals are at 12 noon **Cost £5**

Please book in advance with **Alison Toogood** on **01392 860205**

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

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 £5.00

Please book a week in advance by calling Valerie Mills on 841659

Or e-mail – bmg.stoke.canon@googlemail.com

The Bridge Community Centre at Stoke Canon

Bridge Community Centre in Stoke Canon Church

Thursdays at 10.30 to 12 - Tea / coffee and biscuits

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 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 such activities as local history talks, exercise class, bird watching and a book group.

St Mary's C of E Church

Come and have a Coffee and Chat every Monday 10am cost £1.00

At St Mary's church hall

Evangelical Friendship Lunch

on 2nd Friday every month at 1pm.

Splendid home cooked lunches with tea or coffee followed by a talk from a guest speaker.

Cost £4.50

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 or card making. You could learn a new skill from friends or maybe help someone else.

Mondays 1.30 – 3.30pm

Phone Jill Fox on 460231 for more details

Mobile Library

Phone: 0345 1551001

www.devon.gov.uk/libraries

Place	Day	Time	Frequency
Rewe Car Park	Thursday	14.25-14.45	monthly
Upton Pyne	Wednesday	12.00-12.45	monthly
Brampford Speke school	Thursday	12.00-12.45	monthly
Stoke Canon C/P	Thursday	14.50-15.20	monthly
Silverton Wyndham Rd	Thursday	13.30-14.10	monthly
Thorverton Quarry C/P	Thursday	15.35-16.20	monthly
Bradinch Guild Hall	Thursday	11.00-12.00	monthly

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

Poltimore to Exeter Thursday 10.20 am Return from the bus station

Same day 1.20 pm.

Free bus to the Co-Operative Supermarket (Broadclyst) on Tuesdays

Pick up times:

Silverton 9.30 am

Ellerhayes 9.40 am

Broadclyst Woodland Estate 9.55am

Arrive at Co-operative supermarket 10.05 am

Return journey 11.30 am

Coffee shop while you wait

Age UK Tiverton, Cullompton and District

Contact for details for the Age UK services listed below
01884 255369

Monday and Friday – 9.30am – 12noon

Tuesday to Thursday – 9.30am – 3.00pm

Age UK

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

Introduction to Computers

We have an IT suite, with a small network of computers offering once a month a drop in day on the first Wednesday and the third Thursday in the month, where our IT suite is open for taster sessions supervised by our IT expert. Some areas of interest to you may be: Researching your family tree, using a web cam, mobile phones, booking holidays, comparison web-sites etc. We also offer up to six lessons in a convenient location, covering computer basics. No Charge. Please phone for more information

Free Legal Surgery

Once a month we offer a free legal advice session

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

Free Financial Surgery

Once a month - please telephone for details 01884 255369



Devon Federation of Women's Institutes

Contacts

Silverton	Jill 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 Rowleron	01392 861205
Rewe Gardening Club	Christine Taverner	01392 841488
Silverton Flower Club	Sally Sleep	01392 860678
Rewe Ramblers	Jan Duke	01392 841528
Short Mat Bowles	Ken Lake	01392 860634
Thorverton Art Group	Barrie Phillips	01392 860529
Thorverton Arts Exchange	Louise Page	01392 860509
Thorverton Bridge Circle	Graeme Culshaw	01392 860203

The Royal British Legion:

Thorverton Branch	Mr W Stamper	01392 860214
Silverton Branch	Col Jim Massey	01392 860294

Other useful numbers

Out of hours medical help	111
My Devon Care Direct Information and help for older people, vulnerable adults, and their carers	0345 155 1007
Age UK –National Information Line Freephone (7days a week 7am – 7pm) Information & advice for people over 60 (24 hours) Information on Attendance Allowance/ Disability Living Allowance/Carers Allowance/ living aids and house adaptations and also personal pendant alarms	0800 169 65 65
Age UK local Support	01884 255369
Upstream healthy Living Centre Creative and stimulating activities – www.upstream-uk.com	01363 778366
Care Watch (Wyvern) Margy Bencroft - Sitting service of 3 hours per week	01884 254270
WRVS Books on Wheels – Library delivery Library books to housebound people Julia Crichton-Smith	01392 757725
East Devon Carers Support Scheme	01404 44411
Mid Devon Carers Unite	01884 257511
Devon Carers – Support for all carers	0845 6434435

UPSTREAM sponsored activities 01363 778366

Culm Valley Memory Café

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

Held 2-4 pm on the 4th Wednesday of each month in Cullompton
Community Centre, Pye Corner EX15 1JX Telephone 01884 257511
Email info@unitemd.prg.uk

Stroke Reablement Physiotherapy

Tuesdays 10.30 am-11.30 am
Tiverton Hospital, Melrose Ward
Cost £3.00 plus car parking
If you have had a stroke and need some extra physiotherapy
Contact: David Jenkin 07951 068 630
davidjenkin@hotmail.com
<http://davidjenkinfitness.co.uk/>

Stroke Activity Group

For People who have had a stroke and their carers
Arts, Crafts, Discussions and I Pad Instruction
Fourth Thursday each month from 2-4pm
Heathcoat Centre, Tiverton

Tiverton Memory Group

For people with memory difficulties and their carers
First Thursday and Third Tuesday each month from 2-4pm
Heathcoat Centre, Tiverton

Knit and Natter

Dates: January 7th 14th 21st, February 4th 11th and 18th March 4th 11th and 18th
Silverton Methodist Hall 1.30-3.30 pm every Weds except the 4th in the
month.

Bring your own crocheting or knitting –all welcome.

Cost £1.00 plus 30p for a cuppa.

Call Claire Barton on 01392 860704 for more details.

Walk and Talk

Did you know walking is good for -

Making new friends	Feeling good
Reducing Stress	Sleeping better
Having more energy	Managing your weight
Lowering Blood Pressure	Improving mobility



Wednesday, weekly, short walks.

Walks take between 30- 40 minutes and are up to one and a half miles.
Meet at 10am outside Silverton Millennium Hall.

Longer walks

All walks are on the first second and third Tuesdays of the month and meet
at 10.00am, outside Silverton Community Hall.
Killerton walks include level 2 walks.

Pick up a leaflet at the surgery for dates and meeting

For more information please contact
Penny Scoynes (Walk and Talk Co-ordinator) 01392 824752 or
E-mail: p.scoynes@westbankfriends.org

or phone Trish Brown 01392 860034 during surgery hours

Line Dancing with the Cowgirl Twisters

Tuesday Afternoons. Silverton Millennium Hall 2-4 pm
Cost £3.00 just turn up

Do you care for someone?

If you do and you need advice please book an appointment to see Christina our Carer Support Person. She comes to the surgery on the third Wednesday of the month and can give you lots of useful advice.

Carers Support Group Silvertown

The group meets in the Methodist Hall, Silvertown on the 3rd Tuesday of the month from 2-4 pm. Enjoy a cup of tea and a chat.
All carers welcome

Carers Support Group Thorverton

The group meets on the second Tuesday of the month at the WI Hall,
Raddon Road, Thorverton. EX5 5PJ
For more information or assistance with transport please call Devon Carers
on 0845 6434435

U3A (University of the Third Age)

If you would like to learn a new skill or improve on an existing one this
would be a great organisation to join.

They run courses or groups in Art / Computers / Theatre / Walking /
Bridge / Creative Writing / French / German / Drama / Literature / Poetry
/ Drama and Tai Chi

Tiverton: 01884 254823

Exeter: 01392 829822