



**SCENE**  
**Senior Citizens**  
**of the Exe Valley News and**  
**Events 2016**

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

**Wyndham House Surgery on 01392 860034**  
**and leave messages for Trish Jones**

## 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 Wyndham House Surgery. 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 which are underwritten by The Friends Of Wyndham House Surgery. There is a list of drivers available at the surgery and on the website.

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

## Home Visit Health Assessment

This is a service sponsored by The Friends of Wyndham House Surgery for elderly people. The aim of the visit is to help to keep you safe and healthy in your own home. It provides a visit from Sue Clarke a friendly, qualified and experienced nurse, who will check any health concerns you may have and advise you on any equipment or support to enable you to remain safe in your home. Sue will also discuss and review your medication. She may need to take a blood test and will ask you questions about any recent falls, and about your eyesight and hearing, appetite and cooking arrangements. She will also ask about family and social support and can make referrals to meet your health needs. If you would like her to visit you please contact the surgery.

## Prescription Delivery

Wyndham House Surgery has a free prescription delivery service which we call “Bertie”. This is for people who have health difficulties and are therefore unable to get to the surgery. It is run by a team of volunteer drivers who will deliver repeat prescriptions. The service is sponsored by the Friends of Wyndham House Surgery.

If you are unable to collect your prescription and would like to use the “Bertie” service, please contact the surgery.

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

For more information please leave a message for Trish at the surgery **01392 860034**

## Silverton over 60 Ladies Fitness Classes

Monday mornings 10.30-11.15am in the *Millennium Hall, Silverton*.

Cost £3

January		11 <sup>th</sup>	19 <sup>th</sup>	25 <sup>th</sup>	
February	1 <sup>st</sup>	8 <sup>th</sup>	22 <sup>nd</sup>	29 <sup>th</sup>	
March		7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	
April	4 <sup>th</sup>	11 <sup>th</sup>	18 <sup>th</sup>	25 <sup>th</sup>	
May		9 <sup>th</sup>	16 <sup>th</sup>		
June		6 <sup>th</sup>	16 <sup>th</sup>		
July	No classes				
August	No classes				
September		12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup>	
October	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
November		7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
December		5 <sup>th</sup>	12 <sup>th</sup>		

## Silverton Over 60 Mens Fitness Classes

Monday mornings 9.30-10.15am in the *Millennium Hall, Silverton*

Same dates as Ladies Keep Fit Classes

Cost £3

## Chairobics

Monday mornings 11.30-12.00 midday in the *Millennium Hall, Silverton*.

Same dates as Ladies Keep Fit Classes

Cost £2.00

This is a new class for people who have completed the Balance Classes and wish to maintain their strength, fitness and confidence.

## Do you care for someone?

If you do and you need advice please book an appointment to see Christina Dymond (a Carer Support Worker). She comes to Wyndham House Surgery on the third Wednesday of the month and can give you lots of useful advice.

## Befriending

If you know someone who is lonely or are someone who would like a regular visitor to drop in for a chat, please leave a message at the surgery for Trish who will get in touch with you.

## 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. Your local Parish Magazine is an excellent resource to discover all the services and events in your neighbourhood.

## Silverton Knit and Natter

Silverton Methodist Hall 1.30-3.30 pm every Wednesday except the 4<sup>th</sup> in the month. **(September – March)**

Bring your own crocheting or knitting –all welcome. £1 plus 30 pence for a cuppa. Call **Claire Barton 01392 860704**

Dates for 2016: January 6<sup>th</sup> 13<sup>th</sup> 20<sup>th</sup> February 3<sup>th</sup> 10<sup>th</sup> and 17<sup>th</sup> March 2<sup>nd</sup> 9<sup>th</sup> and 16<sup>th</sup>

## Line Dancing with the Cowgirl Twisters

Tuesday Afternoons.

Silverton Millennium Hall 2-4 pm

Cost £3.00

Just turn up!

## Silverton and Exe Valley Seniors

St Mary's Church Hall Silverton

<http://www.sevs.info/>

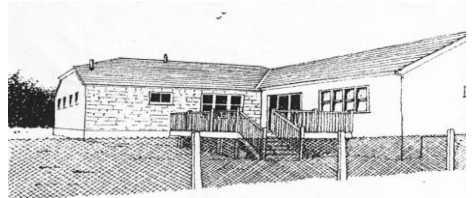
### *Whist Drives*

#### **Alternate Monday Afternoons**

2.00 – 4.30pm

Cost £2.50 includes a raffle and refreshments.

Please come along on a Monday afternoon. You will be very welcome.



### *Coffee Mornings*

**Usually 2nd Tuesday of each month but Afternoon Teas are arranged in July and August**

Coffee Mornings are 10.00-11.30am and Afternoon Teas 2.30 - 4.30pm

### *Day trips and Holidays for 2016*

**Please contact Martin Clough on 01392 860971 or email [martin.mcassoc@btconnect.com](mailto:martin.mcassoc@btconnect.com) for more information of trips, times and dates and to register for a newsletter.**

## **Poltimore Craft Bee**

Mondays (not Bank holidays) 1.30 – 3.30pm

Come and join us for a chat with a cup of tea while doing your knitting, crocheting, sewing, cross-stitch, card making or quilting.

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

Phone **Jill Fox on 01392 460231** for more details

## Lamb Inn, Silvertown Tuesday Senior Citizens Lunch Club Dates 2016

This is a lunch club which is open to all older people at a cost of £4.50 for a delicious two course lunch and a chance to meet up with neighbours and friends.

The lunches are served at 12 noon on the following dates. To book your lunch or find out more details please phone **Jayne Isaac on 01392 860272**. If you should need to cancel please let Jayne know before lunch on the previous day.

### Tuesdays - Cost £4.50 12.00 Noon

January	5 <sup>th</sup>	19 <sup>th</sup>		February	2 <sup>nd</sup>	16 <sup>th</sup>	
March	1 <sup>st</sup>	15 <sup>th</sup>	29 <sup>th</sup>	April	12 <sup>th</sup>	26 <sup>th</sup>	
May	10 <sup>th</sup>	24 <sup>th</sup>		June	7 <sup>th</sup>	21 <sup>st</sup>	
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## The Thorverton Arms, Thorverton

### Senior Citizens Lunch Cost £5.00

These dates are on alternate Tuesdays from **The Lamb Inn Lunch Club**

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 Alison 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 in winter and buffet in summer, with dessert and cheese and biscuits & will cost £5.00

Please book a week in advance by calling **Valerie Mills on 01392 841659**

Or email – [bmg.stoke.canon@googlemail.com](mailto:bmg.stoke.canon@googlemail.com)

### The Bridge Community Centre at Stoke Canon

Bridge Community Centre in Stoke Canon Church on 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 please ring 01392 860397 / 841085 and transport can be arranged.

### The Silvertown Evangelical Fellowship Lunch

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.

Cost £4.50

If you are retired, you're very welcome to join us for a home-cooked lunch with a short talk on the 2<sup>nd</sup> Friday of each month (during term-time). Come along and join in the fun!

Email [office@silvertonevangelicalchurch.org.uk](mailto:office@silvertonevangelicalchurch.org.uk) or telephone Andy Mathers on **01392 861340**



## UPSTREAM sponsored activities

Upstream presents an innovative and successful approach to identifying and engaging isolated adults in a rural area through stimulating, creative and social activities. Phone **01363 778366** for more details.



### *Culm Valley Memory Café*

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

Held 2-4 pm on the 4<sup>th</sup> Wednesday of each month in Cullompton Community Centre, Pye Corner EX15 1JX  
Telephone **01884 257511**

Email [info@unitemd.prg.uk](mailto:info@unitemd.prg.uk)

### *Stroke Activity Group*

For People who have had a stroke and their carers  
Arts, Crafts, Discussions and iPad 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

### *The Dolphin Discussion Group*

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 classes, bird watching and a book group.

## U3A (University of the Third Age)

If you would like to learn a new skill or improve on an existing one this will be a great organisation to join. They run courses or groups in Art / Computer / Theatre / Walking / Bridge / Creative Writing / French / German / Drama / Literature / Poetry / Drama and Tai Chi

**Tiverton**      **01884 254823**

**Exeter**        **01392 829822**

[u3asites.org.uk](http://u3asites.org.uk)

## Mobile Library

Phone **0345 1551001** for more info or to renew books

[www.devon.gov.uk/libraries](http://www.devon.gov.uk/libraries)

Place	Day	Time	Frequency
Rewe Car Park	Thursday	14.25-14.45	monthly Week 2
Upton Pyne	Wednesday	12.00-12.45	monthly Week 2
Brampford Speke school	Thursday	12.00-12.45	monthlyWeek2
Stoke Canon C/P	Thursday	14.50-15.20	monthly Week2
Silverton Wyndham Rd	Thursday	13.30-14-10	monthly Week2
Thorverton Quarry C/P	Thursday	15.35-16.20	monthly Week 2
Bradninch Guild Hall	Thursday	11.00-12.00	monthly Week2

## Bus routes

[www.devon.gov.uk/buses](http://www.devon.gov.uk/buses)

'55' Exeter to Tiverton on the main road (A396)

'55A' Calls in at Silverton on its way.

'55B' Calls additionally at Thorverton and St David's Station

'155' Exeter to Barnstaple

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### **There is a free bus to:**

**The Co-Operative Supermarket (Broadclyst) on Tuesdays**

Call **01392 461441** for more info

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 **01884 255369** for details of all Age UK services  
Or email [enquiries@ageukmiddevon.org.uk](mailto:enquiries@ageukmiddevon.org.uk)

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

### *Toenail Cutting service*

Cullompton Health Centre and Tiverton Hospital.

Toenail cutting £6 and fingernail £3

Phone Ali on **01884 255369** to book

### *Introduction to Computers*

We have an IT suite, with a small network of computers. 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 **01884 242054** for more information.

### *Free Wills Surgery*

Do you need to make or change a will? Age UK Mid Devon offers an independent surgery once a month, where individuals can come and ask an expert questions about wills, inheritance tax and lasting power of attorney. This is a FREE one-to-one monthly surgery given by Solicitors. You can also receive help about funeral planning from Age UK. To book an appointment telephone **01884 242052**.

### *Free Financial Surgery*

Once a month phone **01884 255369** or email [enquiries@ageukmiddevon.org.uk](mailto:enquiries@ageukmiddevon.org.uk) for details

## Devon Federation of Women's Institutes



### Contacts:

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

### Contacts for other clubs:

Rewe Gardening Club	Christine Taverner	01392 841488
Silverton Flower Club	Sally Sleep	01392 860678
Short Mat Bowles	Ken Lake	01392 860634
Thorverton Art Group	Barrie Phillips	01392 860529
Thorverton Bridge Circle	Graeme Culshaw	01392 860203
Silverton Local History Society	Graham Parnell	01392 860595

### 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** **0345 155 1007**

Information & advice for people over 60 (24 hours) Devon County Council - Information on Attendance Allowance/ Disability Living Allowance/Carers Allowance/ living aids and house adaptations also personal pendant alarms

**Age UK –National Information line** **0800 009966**  
Freephone (7days a week 7am – 7pm)

**Age UK local Support** **01884 255369**

**Devon Carers** **08456 434 435**

Helpline (open Monday-Friday 8am to 6pm and Saturday mornings 9am to 1pm)

Devon Carers is an information and support service run by eight organisations working together to improve the quality of services for all carers in Devon; give us a call to find out how we can support you.

**Care Watch (Wyvern)** **01884 254270**

Margy Bencroft - Sitting service of 3 hours per week

**East Devon Carers Support Scheme** **01404 44411**

**Mid Devon Carers Unite** **01884 257511**

**WRVS Books on Wheels** **01392 757725**

Julia Crichton-Smith - Library books delivered to housebound people

## Walk and Talk

Did you know walking is good for –

Making new friends

Reducing Stress

Having more energy

Lowering Blood Pressure

Feeling good

Managing your weight

Sleeping better

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 with Coffee at The Lamb afterwards

### *Killerton Garden Walk*

A short and delightful free walk around Killerton Gardens on the first Tuesday of the month. Meet at 10 am outside Silverton Millennium Hall or in the main Killerton car park at 10.10 am.

### *Longer Walks*

All walks are on the first second and third Tuesdays of the month and meet at 10.00am, outside Silverton Community Hall. Walks are up to 90 minutes walking time followed by coffee and are often out of the village so we share transport. Pick up a leaflet at the surgery for dates and meeting

For more information and walks in other areas please contact: **Walking for Health 0207 3398541**  
[www.walkingforhealth.org.uk/walkfinder](http://www.walkingforhealth.org.uk/walkfinder) and tap in your postcode.

## The Friends of Wyndam House Surgery

Many of the activities and groups in this booklet are sponsored or supported by the generous funds provided by The Friends of Wyndham House Surgery. They pay for The Bertie Prescription Delivery Service and the Elderly Home Visits and Assessments, and subsidise the Link Up Service, The Lamb Inn lunch Club, The Mens and Ladies Fitness Groups, Chairobics, Knit & Natter and the Balance Classes. Without their help we would be unable to offer these valuable services.

If you would like to make a donation to The Friends please ask at the surgery and don't forget that if you are a UK tax payer to complete a Gift Aid Declaration if you wish to enable the charity to claim back an additional 25p tax for every £1 that you donate.