

SCENE

2026

Prepared by the
Friends of Wyndham House Surgery



This newsletter will give you information about the various activities, organisations, outings and clubs that are available in the lower Exe Valley area, mostly for those over the age of 60.

We also hope it will give carers, and those with a disability, access to sources of helpful information.

We believe all the information is correct at the time of publishing. We'll try to update it if and when details change.

If you think there is anything else we should include, please leave a message at Wyndham House Surgery for the attention of the Friends, or email —

friends@wyndhamhousesurgery@gmail.com

Much of the information presented in this magazine is provided by contributors and, while every effort is made to ensure accuracy, the editors cannot accept responsibility for errors, omissions, or the reliability of the content.

This document has hyperlinks.

If you click/tap on an item in the Contents list, it will take you directly to the correct page.

If you click/tap on an email address in any of the contacts, your email app will open.

If you click/tap on a website address in any of the contacts, your browser will open at the correct website.

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Foreword

Whilst it is reassuring to still be able to pick up a copy of this magazine at the surgery or receive it through your letterbox, we would be blinkered to believe this will always be the case. There are multiple reasons why sharing information electronically is important and I urge anyone reading the paper copy to look for the electronic version. There is a link to it from the Wyndham House website. If you remain uncomfortable about websites and electronic communications, I urge you to contact Joan Povey who is our Digital Social Prescriber. You can contact her on 07958 190554, leave a message and arrange to meet her, or alternatively our reception team will be happy to put you in touch. She is an expert guide for those exploring the internet for the first time. You will never be too old to give it a go!

There is no doubt about the clear links between individual health and the opportunities available for community interactions. It is because of this that the current Government have a 10 Year Plan to base all health and social care around local neighbourhoods. This booklet shows that these are in rich supply in our area; small groups being active in a community, with the local surgery linking closely with these groups. We are a great example of how starting from the bottom and working upwards develops strong foundations on which to build an excellent health and social care system.

We owe an enormous thank you to all the people who run and support the activities advertised within these pages. However, their generosity and altruism are only rewarded by others participating, so please continue to take part. Trying something new is always a good challenge for the New Year.

Anthony O'Brien
GP, Wyndham House Surgery, Silverton

The Friends of Wyndham House Surgery

The Friends of Wyndham House Surgery generously provide funds to support many of the activities and groups listed in this booklet. They also cover the cost of items of equipment required by the surgery, but not covered by the NHS. In 2025 these included —

- a FeNO device, to help in the diagnosis and management of asthma
- a dermatoscope, to take pictures of areas of skin that look abnormal and pass these to the hospital for rapid assessment
- a defibrillator, for the urgent treatment of someone in cardiac arrest.

The Friends also —

- fund the 'Bertie' prescription delivery service
- fund the Digital Social Prescribing service
- fund the palliative care nurse service
- oversee the running of Linkup – the patient transport service.

The Friends also support many activities by covering the Hall hire cost, including —

• New Parents' Support Group	• Tai Chi
• Silverton Memory and Community Café	• Better Movement and Balance class
• Fitness Exercise Class	• Silverton Seated Chair Yoga.
• Silverton Film Club	

The activities funded by the Friends, are open to **anyone** living in the catchment area of Wyndham House Surgery.

Any patient at the surgery can be a member of the Friends. All you need is an interest in supporting health and wellbeing in the area. Membership is free. Members over 18 can vote at the AGM and will get regular updates from the Friends. If you would like to join, please collect an application form from the surgery. Return your completed form to the surgery.

If you would like to donate to the Friends, please ask at the surgery. If you are a UK taxpayer, you may wish to complete a **Gift Aid Declaration form**. This allows the charity to claim back an extra 25p tax for every £1 that you donate. Gift Aiding also gives the charity the opportunity to claim back 25p tax on small anonymous cash or card donations of less than £30.

Prescription Delivery

Wyndham House Surgery has a free prescription delivery service which we call 'Bertie'. (Bertie the Berlingo was the first van we used).

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 deliver prescriptions.

The service is sponsored by the Friends of Wyndham House Surgery but we always appreciate donations. If you are a patient of Wyndham House, are unable to collect your prescription and would like to use the 'Bertie' service, please contact the surgery.

If you are having difficulty sorting out your pills or in remembering when to take them, you can ask for a Dossette box from the surgery. Alternatively, the pharmacy staff can prepare blister packs to help organise your pills. Just ask.

Care & Caring

Local Home Care Providers

If you, or a relative, need care at home, Trish Jones has a list of local, self-employed, private care givers who all come with experience and good recommendations. You will need to interview them and ask about: qualifications, references, training, experience, liability insurance, confidentiality, current Criminal Records Bureau checks, rates/terms of payment and self-employment status.

When you employ a private carer, you will need to make it very clear:

- what tasks you expect them to undertake
- who to contact in the case of an emergency
- how and when to pay them.

Trish can be contacted —

Contact: silverwellbeing@gmail.com

07792 453231 or

leave a message at Wyndham House Surgery

There are various care agencies in Exeter and Tiverton. They will cost almost twice the hourly rate of the local carer providers. Care Direct can give more information —

Contact: [0345 1551007](tel:03451551007)

<https://www.devon.gov.uk/adult-social-care/devon-social-care/contact-us/>

Friday Day Care

Room4U, Friday 10:30am – 3:30 pm. Lunch provided.

This is a free service to support people who have memory loss or are disabled – allowing their carers to have a break. To book a place —

Contact: [07960 530758](tel:07960530758)

silvertonroom4u@gmail.com

Clyst Caring

This is a senior day care service at Hellings Gardens, Broadclyst. EX5 3EJ. It's open Tuesday, Wednesday and Friday from 10:00am – 3:00pm. It's run by skilled staff who support people to continue living independently.

For prices and more information —

Contact: [01392 464940](tel:01392464940)

clystcaringfriends@hotmail.co.uk

The Filo Project

The Filo Project is an award winning, not for profit, organisation that provides small group day care for people with early to moderate dementia, Parkinson's, stroke and other health conditions.

For further information —

Contact: **03339 398225**

email info@thefiloproject.co.uk

<https://www.thefiloproject.co.uk/>

Parklands Residential Home Day Care

Kensham Avenue, Bradninch, EX5 4RD.

They can accommodate two people per day to share activities and take meals.

Contact: **01392 881166**

parklands@parkhouseexeter.co.uk

<https://parklandsbradninch.co.uk/>

Devon Carers

Devon Carers offer support to unpaid carers to maintain their health, wellbeing and independence by providing the information and advice they need in their caring role.

They have: a helpline, webchat, website peer support, carers skills workshops, health and wellbeing checks.

Contact: **03456 434435**

info@devoncarers.org

<https://devoncarers.org.uk/>

Unite Carers in Mid Devon

Unite Carers offer support to adults who provide unpaid care. They have: befriending support, support groups, telephone outreach, IT support, counselling and help with form filling.

Contact: **01884 257511**

info@unitemd.org.uk

<https://www.unitecarers.org.uk/>

Devon Memory Café Consortium

This website focuses on support and information, especially for people who provide care for those living with dementia.

Contact: <https://dmcc.org.uk/resources/>

Dementia & Memory Loss

Admiral Nurses

Admiral Nurses are based in Hospiscare and are specialists in all aspects of dementia. They are a valuable source of help, guidance, information and expertise on the subject. They do not all work full time. To access them, you need a referral from your GP. They are very kind, understanding and knowledgeable. They will share their wisdom on all aspects of dementia.

Contact: 08008 886678

<https://www.dementiauk.org/>

Cognitive Group Community Life Hub

1st and 3rd Tuesday of each month 2:15pm – 4:15 pm.

College Surgery Partnership, Cullompton.

Friday drop-in 10:00am – 12:00 noon.

Provides a service where people who have dementia can be left to enjoy a cup of tea and some activities with volunteers, while their carer has a short break. In better weather they can be outside in the lovely Chekhov Community Garden.

Booking essential.

Contact: 07707 491569

admin@communitylifehubgroup.co.uk

Alzheimer's Society

Help and advice about the illness.

Contact: 03002 221122

<https://www.alzheimers.org.uk/>

Companion Calls

Alzheimer's Society will arrange regular calls.

To receive the calls or to become a companion caller volunteer —

Contact: 03331 503456

Tiverton Forget Me Not Memory Café

Cherith Christian Fellowship Church, Blundell's Rd, Tiverton.

Between Tesco and Tiverton Hotel, ample parking.

3rd Tuesday each month, 2:00pm – 4:00pm.

Contact: 01884 257511

info@unitemd.org.uk

Uffculme Memory Café

Open on the 2nd and 4th Tuesday of each month, 2:00pm - 4:00pm in Uffculme Village Hall.

Silverton Memory & Community Café

Every Thursday, 2:00pm – 4:00pm in the Community Hall. Click [here](#).

We can often arrange transport.

Tiverton – A Different Journey Memory Café

1st Tuesday of each month, 10:30am – 12:00 noon. 4 Bridge Street, Tiverton, EX16 5LY.

Contact: Sharon Trerise, 01884 257511
info@unitemd.org.uk

Cullompton – Clickers Memory Café

Community life hub group, Culm valley Integrated Centre for Health, Willand Road, Cullompton, EX15 1FE.

1st and 3rd Tuesday of the month, 2:30pm – 4.30pm (room CH4).

Contact: Coordinator Annabel Barr, 07707 491569

Crediton Memory Café

Every Tuesday 2:00pm – 4:00pm. Lady Mills Centre, Deep Lane, EX17 2BX.

Contact: Brian Shillingford, 01363 772657
brianandkayshil@gmail.com

Friday Friends at Silverton Room4U

Friday Friends provides a day for people with a disability or memory loss, carers needing respite from their caring role and those who live alone or are just feeling lonely. All will be made very welcome. We provide tea, coffee and lunch. We are here for you! For more information or to book your place —

Contact: Sally Sleep, 07564 337321
sallysleep@hotmail.co.uk
silvertonroom4u@gmail.com

Music for Dementia

Music for Dementia is a radio station for people who have dementia. Access the music via the website. The music is grouped according to decade and available 24 hours a day, 365 days a year.

Contact: <https://m4dradio.com/>

Tiverton Singing to Remember

A singing group for people with memory loss and their carers, in St James Church Hall, Old Road, Tiverton. From 2:00pm – 3:30 pm on most Mondays. Admission free.

Contact: Jenny Evans, 07711 211456,

Alzheimer's Society Shop

This shop provides advice and information about dementia and has a variety of specially designed items for making life safer and more fun, including the following —

- around the home stickers
- easy to dress clothing
- easy to use telephone handsets and mobiles
- music players and radios
- reminder clocks
- sensor lights
- talking watches
- trackers and object locators
- tv remote controls
- unbreakable crockery and easy hold cutlery
- various games, puzzles and entertainments

Contact: 03333 660035

<https://shop.alzheimers.org.uk/>

Ice Tags

Simple, inexpensive, discrete communication for people who have dementia in case they get lost. A personalized tag with a forget-me-not on the front and the person's details on the back.

Contact: <https://www.icetags.co.uk/>

Eyes & Ears

Devon in Sight

Support for people with sight loss in Mid Devon, providing a one-to-one appointment with a sight loss advisor for lighting/magnification equipment and 'Skills for Seeing' training. They also provide an opportunity to meet with a Community Support Worker to arrange a home visit for a Sight Loss MOT. They publish a regular newsletter in large print or audio.

For more information or to book an appointment —

Contact: Devon in Sight, Splatford Barton, Kennford, Exeter, EX6 7XY, 01392 876666

British Wireless for the Blind Fund

Provide a range of audio equipment which is designed to be easy to use for people with sight loss: digital FM radios, CDs, USB players, internet radio and more. Equipment for sale, or supplied free of charge to people who meet their criteria.

Contact: 01622 754757

<https://blind.org.uk/>

Talking Newspaper - Mid Devon Messenger

This is a free service for visually impaired people or those with Parkinson's, stroke, rheumatoid arthritis, dementia and other disabilities. Newspapers can be delivered each week or via their website.

Contact: Yvonne, 07721 065008

<https://middevonmessenger.org.uk/>

Tiverton Macular Support Group

First Thursday of the month 10:00am – 12:00 noon.

Old Heathcote School Community centre, 81 King Street, EX16 5JJ.

Contact: 07977 668153

Tiverton Listening Book Club

Second Thursday of the month 2:00pm - 3.30pm at Tiverton Library, Phoenix Lane, Tiverton, EX16 6SA.

Contact: Helen, 07834 688838

Home Library Service

A free and friendly service - will deliver large print, cassette tapes and library books to housebound people.

Contact: info@librariesunlimited.org.uk/

Free Home Eye & Hearing Tests

You can get a free eye test in your home by contacting Specsavers Health if you are: housebound, have a medical condition and due for a free eye test, and can't get to Exeter or Tiverton.

Contact: 08001 981132 (eye test)

<https://www.specsavers.co.uk/home-visits/home-eye-tests/>

08000 890887 (hearing test)

There are many other companies, who advertise on the internet, offering hearing and eye tests. Check that they are reputable and find out what costs are involved.

NHS Hearing Care

Contact: <https://www.devonhearingservices.com/>

<https://www.royaldevon.nhs.uk/services/audiology-hearing-tinnitus-and-balance/>

<https://myhealth-devon.nhs.uk/news/2025/audiology-changes-in-eastern-devon/>

Batteries

If you require batteries, you can contact either **M&S Opticians** (provided by Scrivens Opticians and Hearing Centre) or **Audiological Science Ltd.** (provider for Devon Hearing Services).

Please see details —

M&S Opticians. First floor, inside the Marks & Spencer store), 212-219 High Street, Exeter, EX4 3QA.

Audiological Science Ltd. Patients may collect batteries in person at the following locations —

Tor View Clinical Rooms, 4 Kew Court, Exeter, EX2 5AZ.

The Senate, Southernhay Gardens, Exeter, EX1 1UG.

Patients may contact us for postal services —

Contact: 01392 305746

info@southwestaudiology.com

Repairs

Boots and **Specsavers** only repair their own privately supplied hearing aids. They will send an addressed, padded envelope to housebound patients for them to submit items for repair.

Help using the telephone

Help is available if you have problems with; hearing, sight, speech, language, mobility or dexterity.

Contact: **BT, 03301 234150**

<https://www.bt.com/help/here-for-you>

Teeth

Dental Services at Home

Dentists at Home is a private company which offers home visits for housebound or disabled people. Monday to Friday, 8:30am – 5:30pm. Visits cost £50.00, plus any treatment charges.

Contact: **08081 694546**

reception@homemedical.org

<https://www.athomedental.co.uk/>

NHS Emergency Dentists:

There will be a charge for treatment as per NHS Dentistry charges, unless you hold an exemption certificate, which you will need to take with you. You will also need to take a list of your prescribed medications.

Contact: **111 or 03330 063300**

Feet

Podiatry (Chiropody)

Laura is a fully qualified mobile Foot Practitioner. Offers home visits or Wednesday morning appointments in Room4U.

Contact: 07907 112022

Ellie is also a fully qualified podiatrist and offers appointments in Room4U on Saturday mornings.

Contact: 07956 753831

thepodiatryclinic@outlook.com

Other **Podiatrists** advertise in your **Parish Magazine**, but do make sure that they are fully qualified.

Simple nail trimming can be done by appointment at **Flixx Hairdressers**, next to the Community Hall in Silverton.

Contact: 01392 861558

Extra wide Footwear

Order a catalogue or shop online.

Contact: 01458 293200

<https://www.cosyfeet.com/online-catalogue>

Clothes & Shoes for easy dressing

The Able Label.

Contact: 01622 744242

<https://www.theablelabel.com/>

Getting Around

Silverton LinkUp

Incorporated with Friends of Wyndham House Surgery (charity 1048253).

A voluntary car service for Wyndham House Surgery patients.

If you have problems getting to/from healthcare appointments at the surgery, opticians, dentists, clinics and hospitals in the local area, LinkUp may be able to help. To enquire and book transport please contact LinkUp as below. There is no charge for the service, however any donation to the charity is appreciated. Donations can be passed to the driver who will issue a receipt.

LinkUp is always looking for additional volunteer drivers. If you need more information or are interested —

Contact: **Roger Higman, 07821 718672**
silvertonlinkup@gmail.com

Mid Devon Mobility

This is a local charity that aims to increase the independence, mobility and peace of mind of older and disabled people - helping to combat loneliness and isolation. Services include —

Weekly Ring and Ride Shopping Trips to Tiverton on

Tuesdays. Collected from your home at approximately 10:30 am and taken to Tiverton, Morrisons, Marks and Spencer or the Market Car Park. Driven home again after your shopping - cost £6.50.

The drivers cannot lift you but will help to take shopping indoors. This service covers Cullompton, Bradninch, Silverton, Rewe, Stoke Canon and Thorverton. Walking aids can be accommodated. Booking well in advance is essential.

Recycle2Mobilise Project to help re-use mobility items.

Shop & Leisure Mobility enables people with limited mobility to use manual/powered wheelchairs or electric powered scooters, to access local shops and town centre facilities in Tiverton.

There is a daily charge to hire a wheelchair or compact scooter long-term.

Contact: **Phoenix Lane Multi-Storey Car Park, Tiverton. EX16 6NB**
Tiverton: 01884 242099
Crediton: 01363 773303
transport@middevonmobility.org.uk
https://middevonmobility.org.uk

ExeAccess and Exeter Community Transport Association

ExeAccess is a local charity, supporting independent mobility and offering a number of services, including a Ring and Ride bus service and mobility equipment hire.

Contact: 01392 494001

info@exetercta.co.uk

<https://www.exetercta.co.uk/>

British Red Cross Mobility Aid Service

Wheelchair hire - £22.00 per week.

Sowton Business Park, Apple Lane, EX2 7HA.

Open Monday to Friday, except holidays 9:00am -3:00pm.

Contact: 01392 353297

<https://www.redcross.org.uk/get-help/hire-a-wheelchair>

Freetrike

Freetrike of Silverton is an independent organisation, offering professional disability services on appropriate equipment and provides supervised cycling for disabled people on purpose made cycles. Their major groups of clients are affected by strokes, Parkinson's disease, multiple sclerosis, dementia, Alzheimer's disease, head injury and cancer.

An introductory voucher, to cover the cost of two outreach sessions of up to 2 hours, is available from Wyndham House Surgery for newly diagnosed patients.

Contact: Tom Pale, 07957 647675

<https://www.freetrike.co.uk/>

Drive Safer for Longer

For many older people, a driving licence is an important symbol of independence. Cars make it easier to go shopping, get to appointments and see friends. While some older drivers may be able to continue to drive into their 80s or 90s, it is important that they are doing so safely and are not a danger to others or to themselves. Most UK driving licences are valid until a person reaches the age of 70, after which they need to be renewed every 3 years. If you have concerns about your driving ability and confidence, you can book a one-to-one driving lesson and assessment. It will cost £75.00 per hour.

Contact: Devon Driver Training Centre, 07903 912923 (leave a message)

info@dd-tc.co.uk

<https://dd-tc.co.uk/courses/nervous-drivers-training-course/>

Accessible Parking – Blue Badges

People who have a disability, mental or physical, might be eligible for a Blue Badge which would enable them to use Disabled Parking spaces.

A Blue Badge costs £10.00 and will last for three years, after which time you must reapply.

Contact: <https://www.gov.uk/apply-blue-badge>

Care Direct, 0345 1551007

Buses

Silverton Bus Timetable (from 20th April 2025)

The 355 bus service serves the village to and from Exeter and Tiverton.

Most 355 buses are run by Stagecoach. The first 355 in the morning to Tiverton is run by Dartline, so is one afternoon bus to Exeter.

All 355 buses go via St Davids Station & Thorverton.

All 355 buses come through the village and stop at School Road, Hillcrest, The Meads & The Square.

In the evenings the 55 bus comes into the village **from Exeter** on its way to Tiverton.

In the **early morning** there is one 55 bus going **to** Exeter. It stops at School Road, Hillcrest and The Meads & The Square.

The 55 bus does **not** go via St Davids Station or Thorverton.

The 55 **evening** buses go **only to The Square**.

There are **no** buses to or from the village on **Sundays** or **Bank Holidays**.

For up to date information see —

Contact: <https://www.traveldevon.info/bus>

<https://www.stagecoachbus.com/timetables>

You can download the Stagecoach app onto your smart phone to plan your journeys, show maps, see live bus times and purchase tickets.

Contact: <https://www.stagecoachbus.com/promos-and-offers/national/stagecoachbusapp>

See timetable on next page —

Exeter to Tiverton**Monday to Friday (except Public Holidays)**

	355								55		
EXETER, Bus St.	0725	0845	1105	1320	1540	1705	1800	2000	2130	2300	
EXETER St. Davids	0732	0857	1114	1329	1550	1715	1809				
SILVERTON, Meads	0806	0932	1148	1403	1627	1752	1844				
SILVERTON, Square	0807	0934	1150	1405	1628	1753	1845	2024	2154	2324	
TIVERTON, Bus St.	0824	0952	1207	1422	1645	1810	1902	2039	2209	2339	
	Dart.	Stagecoach									

Saturday (except Public Holidays)

	355								55		
EXETER, Bus St.	0725	0845	1105	1320	1540	1705	1755	2000	2130	2300	
EXETER St. Davids	0732	0852	1114	1329	1548	1713	1803				
SILVERTON, Meads	0806	0926	1144	1359	1622	1747	1835				
SILVERTON, Square	0807	0927	1145	1400	1623	1748	1836	2024	2154	2324	
TIVERTON, Bus St.	0824	0942	1200	1415	1639	1804	1852	2039	2209	2339	
	Dart.	Stagecoach									

Tiverton to Exeter**Monday to Friday (except Public Holidays)**

	55	355							
TIVERTON, Bus St.	0625	0730	0835	0955	1210	1425	1650	1745	
SILVERTON, Meads	0646	0750	0855	1017	1230	1445	1710	1806	
SILVERTON, Square	0646	0752	0857	1019	1232	1447	1712	1807	
EXETER St. Davids		0827	0932	1052	1305	1520	1745	1840	
EXETER, Bus St.	0710	0835	0939	1059	1312	1528	1753	1847	
	Stagecoach								Dart.

Saturday (except Public Holidays)

	55	355							
TIVERTON, Bus St.	0625	0730	0835	0955	1210	1425	1645	1745	
SILVERTON, Meads	0639	0751	0856	1016	1231	1446	1706	1806	
SILVERTON, Square	0639	0752	0857	1017	1232	1447	1707	1807	
EXETER St. Davids		0823	0928	1050	1305	1520	1737	1840	
EXETER, Bus St.	0659	0831	0936	1057	1312	1527	1744	1847	
	Stagecoach								Dart.

Keep Fit & Keep Moving

Better Movement & Balance Classes

Thanks to support from the **Friends of Wyndham House Surgery** we continue to run classes for Better Movement and Balance and have engaged Steph from Stefacise to help.

This class is particularly for people who have had falls or are at risk of falling. These free classes, recently held at **Silverton Community Hall**, help to improve your strength. For Spring 2026 we are exploring holding these sessions for a term in another village, possibly **Thorverton**.

If you would like to join the classes, or would like more information —

Contact: Stephanie Bending, 07709 346428

Stefacise Exercise

This is a friendly class for active retired men and women.

Mondays 10:30am – 11:30am at **Silverton** Community Hall.

Cost £5.00.

Thursdays 10:00am – 11:00am at **Stoke Canon** Jubilee Hall.

Cost £6.00.

Stefacise Gentle Exercise Class

Mondays 2:00pm - 2:45pm at The Bridge, St Mary Magdalene Church, **Stoke Canon**.

Cost £4.00.

Contact: Stephanie Bending, 07709 346428

bendinghall@gmail.com

Caroline Dodd Pilates

This will help you to strengthen core muscles and help you with movement.

Tuesdays 18:00pm – 19:00pm and 19:15pm – 20:15pm.

Rewe Parish hall.

Cost £8.00.

Contact: Caroline Dodd - Level 4 Pilates therapist, 07791 105987

<https://www.carolineddoddpilates.co.uk>

Cadeleigh Pilates

Cadeleigh Village Hall.

Wednesdays, 10:00am (term time only).

Contact: Sheila Perry

sheila_perry01@hotmail.com

Exe Valley Pilates

Tuesdays 9:00am – 10:00am (intermediate), 10:00am - 11:00am (gentle).

Silverton Community Hall.

Booking essential.

See website for details —

Contact: Beth, 07875 437022

exevalleypilates@gmail.com

<https://www.exevalleypilates.co.uk/>

Stoke Canon Pilates

Pilates with Annette.

Stoke Canon Village Hall, Wednesdays, 11:45am.

Contact: 07598 120515

annette.pilates@gmail.com

<https://pilateswithannette.co.uk/classes/>

Seated Chair Yoga Classes

Fun, relaxing classes for older people, to help keep mind and body feeling young and strong.

These take place in the **Silverton** Community Hall on **Friday** mornings, beginning on 16th January, 10:00am - 11:00am and ...

in the **Thorverton** W.I. Hut, EX5 5NN. on **Wednesday** mornings, beginning on 15th January, 10:00am - 11:00am.

Cost £5.00. Please wear comfortable clothing and bring a bottle of water.

For more information —

Contact: Jane Flaxington, 07526 688083

Gentle, Holistic Yoga

St Mary's Church Hall, Silverton. Tuesdays 10:00am – 11:00am and at Poltimore Village Hall on Mondays 10:00am – 11:00am.

Cost £9.00 per session. Beginners welcome, bring your own mat.

Contact: Eliza Newton, 07858 508229

elizanewton@hotmail.co.uk

Yoga Butterleigh

Mixed ability yoga.

Bickleigh Village Hall, Bell Meadow, Bickleigh.

Thursdays 7:00pm – 8:30pm.

Contact: Pat Bell, 1884 253229

pat_bell@hotmail.co.uk

Tai Chi Classes

Enhance your energy, health and balance. Meditation in movement.

Tuesday 3:00pm – 4:00pm, Silverton Community Hall.

Cost £10.00.

No need to book, but sometimes closed over holiday times.

The class is run by a graduate and qualified instructor.

Contact: Sam Forder, 07554 426450

https://www.taichimomentum.co.uk/

Daily Living

Soldiers, Sailors, Airmen & Families Association

SSAFA is a UK charity that provides lifelong support to servicemen, servicewomen, veterans from the British Armed Forces, their families and dependants. They will find experts to assess your needs and look for funding from charities to help you to continue to live an independent life.

Contact: 0800 2606780

<https://www.ssafa.org.uk/>

British Red Cross

Sowton Business Park, Apple Lane, EX2 7HA.

Wheelchair hire £22.00 per week. Commodes for £11.00 per week.

Single person's use potty £5.00 per week. Toilet frames available, too.

Open Monday to Friday, except holidays, 9:00am – 3:00pm.

Contact: 01392 353297

Shared Lives Plus & Homeshare

If you have a spare room and need a little extra help around the house, the Homeshare scheme could match you with someone who is looking for accommodation in exchange for companionship and help with tasks such as cooking, shopping or gardening.

Contact: 01512 273499

@sharedlivesplus.org.uk

<https://sharedlivesplus.org.uk/>

<https://homeshare.org/>

Easy Meals

Most supermarkets sell ready meals, which you can order for home delivery.

Wiltshire Farm Foods provide a free home delivery service, where they will put the meals in your freezer. They have a vast catalogue, full of different meals at reasonable prices. They cater for a variety of special diets, smaller portions or softer foods. You can cook all meals from frozen and are they are easy to open.

Contact: 08000 773100

<https://www.wiltshirefarmfoods.com/>

Keeping Safe

Personal Alarms & Key safes

The **Silverton Parochial Trust** may be able to help with the cost to Silverton Residents.

Bickleigh Benevolent Fund may be able to help Bickleigh residents.

Mid Devon Lifeline Alarm System

Access to help and support 365 days a year. Gives you more independence and peace of mind if you live on your own.

Installation cost is £40.00 with a quarterly rental fee of £80.99.

They also install key safe systems which allow people access to your home using a special code. The cost, including installation is £52.75. It's free if you're a council tenant.

Contact: **01884 255255**

lifeline@middevon.gov.uk

East Devon - Home Safeguard Alarm

Access to help and support 365 days a year. Gives you more independence and peace of mind if you live on your own.

The cost of the base unit and personal alarm is just over £8 per week. This includes installation, rental of equipment and the monitoring service.

You can buy key safes and have them fitted.

Contact: **03306 782381**

<https://eastdevon.gov.uk/>

Age Co Personal Alarms

Provided by Taking Care, approved by Which and owned by Age UK.

They supply a variety of alarm systems. No obligation home trials for 30 days.

Call Taking Care —

Contact: **08000 858032**

Find which is best for you by answering the questions here —

Contact: <https://personalalarms.ageco.co.uk/collections/compare>

CPR Guardian

Offer a selection of trackers, (for people who might become lost) fall detectors, medication reminders and personal alarms.

Contact: **01792 398239**

<https://www.cprguardian.com/>

Message in a Bottle

This is a system for storing a person's medical details in a plastic bottle in the refrigerator or in the glove box of a vehicle. You fix matching labels near the front door and outside the refrigerator or car glove box, so that emergency services can find them easily. You can ask for one of these bottles at your GP's surgery, pharmacy or Age UK.

Free Smoke Alarm & Fire Safety Advice:

Devon & Somerset Fire Service offer home safety visits for the most at-risk members of our community. We will come and visit your home at a convenient time to see what we can do together to make you safer.

Our online home fire safety check takes around 15 minutes and is a convenient way to help you look at areas of your home. It provides tailored fire safety advice.

Contact: <https://www.dsfire.gov.uk/safety/home/home-safety-visits>
www.dsfire.gov.uk/safety/home/online-home-safety-check

Nuisance and Scam Phone Calls

BT has a call protect service which is free to BT customers and easy to set up. You can buy Call Guardian phones which can block incoming nuisance calls.

Contact: https://www.bt.com/landline/calling-features/?s_cid=con_FURL_callprotect

Charities

Silverton Room4U

We are opposite the surgery and have disabled parking.

Room 4U is a facility for the whole of the Silverton community.

Monday	11:00am	Senior Keep-fit coffee group
	8:30am – 12:30pm by appointment	Ear Wax Removal phone registered nurse Marie Taylor: 07590 646508
	2:00pm – 4:00pm	Monica's tea and chat afternoon
	2:00pm – 4:00pm	Grumble box 1 st Monday of the month
Tuesday	10:30am - 1:30pm	Café
	2:00pm – 4:00pm	Knit and Natter with Claire
Wednesday	8:30am – 12:30pm	Qualified foot practitioner
	10:00am - 12:00noon*	Patients' Participation group* variable dates, once every three months or so
	12:30pm – 6:00pm	Counselling with Emma Hogan
Thursday	9:30am - 10:30am	IT sessions with Joan Povey
	10:30am	Bereavement Group 2 nd Thursday of each month
	10:30am - 12:30pm	Art group 1 st & 3 rd Thursdays of the month
	2:00pm – 4:00pm	Scrabble
	8:00pm	Drama group meet once a month in the evening.
Friday	10:30am – 3:30pm	Friday Friends Day Care A free service to support people who have memory loss or are disabled, as well as carers who need respite.
Saturday	8:30am – 12:30pm by appointment	Podiatrist Ellie phone: 07956 753831
Sunday	Last in the month	Sewing Group

Silverton R4U information and booking —

Contact: **07960 530758**

silvertonr4u@gmail.com

Silverton Parochial Trust

If you need financial help and live within the Parish of Silverton, you can apply for help. The Trust is a charity and raises its income from the rental of its properties.

Application forms are obtainable from The Spar shop, Wyndham House Surgery and The Meads. Also from —

Contact: <https://www.silvertonparochialtrust.org.uk/>

Bickleigh Benevolent Fund

If you, or someone you know, need financial assistance you can apply to this fund in strictest confidence. All requests will be considered.

Please write to —

Contact: Susan Chamberlain, Marriots, Bickleigh. EX16 8RH

Lucy's Larder

For those in the local community with difficulty accessing food and other essential items. Pick up a slip from the Thorverton Church porch or —

Contact: Rev'd Tim Collins, 07449 111663

To donate, please —

Contact: Peter Colebrook, 07514 561406

Age UK Devon

Age UK offers a free and confidential information and advice service for older people, their families and carers.

Advice on help at home and how it's funded, help finding a care home.

Help with completing Attendance Allowance forms.

Help with applying for benefits and pension advice.

Information on staying warm at home. Home adaptations and how to prevent falls.

Contact: 0333 2412340 (Devon)

<https://www.ageuk.org.uk/devon/>

01392 455614 (Exeter)

<https://www.ageuk.org.uk/exeter/>

Re-engage

An organisation which helps people, who are on their own and aged over 75 years, to get out of their houses and back into their local communities. They can arrange Call Companions to give you a regular telephone call from a person who has similar interests. They offer monthly tea parties and friendship.

Contact: 0800 716543 (Freephone)

<https://reengage.org.uk/>

The Silver Line

Operates a confidential, free helpline for older people across the UK. It is open 24 hours a day and seven days a week. It also offers a telephone and letter friendship scheme to match volunteers with older people who have similar interests. It offers —

- information friendship and advice
- links callers to local groups and services
- regular friendship calls
- protection and support to older people who are suffering abuse or neglect.

Contact: **08004 708090**

<https://www.thesilverline.org.uk/>

Bereavement Drop in Group

This is a new group supported by Wyndham House Patient Participation Group (PPG) and the Friends of Wyndham House Surgery. You are welcome if you have been recently bereaved or have been bereaved for some time. The group offers opportunities to be in a safe place to talk, laugh or cry while sharing support and practical advice.

We hold meetings in Room4U on the second Thursday of the month from 10:30am to 12:30pm.

For more information —

Contact: **Carole Allen, 07465 448535**

Daisy Chain

We are a Mid Devon Cancer Support Group. We meet on the fourth Friday of each month from 11:00am – 12:30pm, at The Thorverton Arms, The Bury, Thorverton, EX5 5NS.

For further details —

Contact: **Pam, 07774 526561 or**

Sue, 07807 938153

Clubs & Activities

Silverton Walk & Talk

All walks are risk assessed and led by trained walk leaders. They are a great way to be more active, meet other people and the walks usually end with refreshments. We welcome people with memory loss or early dementia.

Wednesday Weekly Short Walks last 30 - 40 minutes and are up to 1.5 miles long.

We meet, ready for 10:15am start, outside Silverton Community Hall.

After our walk we have coffee at the Lamb Inn, at a cost of £1.50.

Did you know walking is good for you and fun?

make new friends

manage weight

sleep better

reduce stress

improve mobility

have more energy

feel good

lower blood pressure

Longer Walks

Under normal conditions all walks are on the first, second and third Tuesday of the month -with occasional extras.

Walks maybe local or further afield, with about 90 minutes walking time. The total time will be longer to allow for taking in the views and for coffee.

For **local walks around Silverton** we meet at 10:00am at the start of the walk, outside Silverton Community Hall.

The walks programme has the locations for **walks outside the village**. For these walks we meet at about 10:15am at the start of the walk. We encourage car sharing, so those sharing a car will meet at the Silverton Community Hall at 10:00am, ready to travel on to the start for 10:15am.

We advise walkers to wear suitable clothing and strong supportive footwear.

Bring money for coffee and a bottle of water on warm days. We welcome well-behaved dogs on a short lead.

All walkers come at their own risk. Very occasionally, owing to extreme weather conditions, we have to cancel walks.

On the first Tuesday of every month we have a walk at Killerton Estate. We have permission, from the National Trust, for less able walkers to walk in the gardens free of charge. There is, however, a car parking charge for those who are not National Trust members.

To be sure of getting a walks programme contact silverwellbeing@gmail.com.

You'll receive quarterly programmes, regular updates and any changes by email.

Further information —

Contact: Mid-Devon Health Walks Co-ordinator, 01392 824752
healthwalks@westbank.org

Information on walks in other areas —

Contact: <https://blessedcbd.co.uk/pages/walking-for-health>

National Trust Essential Companion Pass —

This is for disabled visitors and allows them to take one or two companions for free.

The disabled person can be a National Trust member or a paying visitor.

Contact: 03448 001895
enquiries@nationaltrust.org.uk

Silverton Day Trips

These are coach trips to beautiful and interesting places, organised by a group of volunteers.

For further information —

Contact: silvertontdaytrips@outlook.com

Silverton Twinning

This group meets regularly to plan twinning events with the French village of St Thegonnec in Brittany. If you can speak French, you will have the chance to practise it. You will learn about the culture and enjoy yourself.

For more information —

Contact: Anne Mattock, 07899 757666

Silverton Local History Society

The Society meets on the third Monday each month at 7:30 pm in the Community Hall, Silverton.

It's always an interesting and enjoyable evening with a wide variety of speakers.

Contact: <https://www.silvertonlocalhistory.co.uk/calendar.htm>

Afternoon at the Movies

This runs on the third Thursday each month at 2:00pm

The Bridge Community Centre, St Mary Magdalene Church, Stoke Canon.

Silverton Film Club

We hold The Film Club on the **third Wednesday of each month except August**, in the Community Hall, Silverton. The doors open at 2:15 pm and the film starts at 2:30 pm. There is a half hour intermission for delicious refreshments at the cost of £2.50.

Admission is free. We use subtitles on all the films.

We advertise films on the notice board in the Hall lobby. Printed lists of future films are also available.

The Hall has good wheelchair access, and the club is dementia friendly. Do come along as anyone is welcome. The seats can be a little hard, so bring a cushion if you wish.

Silverton Film Club dates 2026

21 st January	18 th February	18 th March
15 th April	20 th May	17 th June
15 th July	No film in August	16 th September
21 st October	18 th November	16 th December

Thorverton Memorial Hall

We have lots of activities, including a monthly Film Club, bingo, drama productions, and mini markets. We have a loop system for those who are hard of hearing.

Contact: <https://www.thorvertonmemorialhall.co.uk>

Craft Sessions at Stoke Canon

This runs at the Bridge Community Centre, Stoke Canon Church on Tuesday afternoons, 2:00pm-4:00pm. We have a variety of different crafts including jewellery making and knit & natter.

The cost is £3.00, which includes refreshments. There may be an extra cost for some materials.

Upton Pyne Village Hall Art Classes

This is a friendly group, suitable for all abilities. We use a wide variety of media. We meet on Wednesdays 10:00am - 1:00pm and have terms lasting 10 weeks.

Contact:	John Howells, 07816 846562
	johnahowells@hotmail.com
	https://devoncommunities.org.uk/community-buildings/upton-pyne-village-hall

Silverton Knit & Natter

We meet every Tuesday afternoon 2:00pm - 4:00pm at Room4U. Just come along with your own knitting or crocheting. We provide tea and biscuits. We welcome donations to Room4U.

St Mary's Silverton Flower Club

We meet on the third Monday of the month at 7:30 pm in St Mary's Church Hall. We have a varied programme, with demonstrations most months.

Our yearly subscription is £30.00, but we welcome visitors at a charge of £4.00 per session.

For more information —

Contact: **Sally Sleep, 01392 860678**
sallysleep1@hotmail.co.uk

U3A (University of the Third Age)

This is a self-help, self-managed co-operative for people who have stopped full time working. It provides opportunities for people to share a wide range of learning and skills for enjoyment. It also provides an excellent social medium to meet new people.

Annual subscription £10.00 per person for Tiverton, £22.00 for Exeter.

The **Tiverton** groups include —

Book reading, creative writing, crosswords, cribbage, croquet, Devon bus travel, economics, folk dancing, German conversation, industrial heritage, line dancing, local theatre, Mah Jong, philosophy, photography, railway, ramblers, short trek, skittles, snooker, strollers, table tennis, Thursday lunches, trad jazz and Wednesday pub lunches.

Membership includes joining as many groups as you would like.

Monthly meetings at 10:00 am for a 10:30am start on the 4th Thursday of each month, held at The Moorhayes Community Centre, Lea Road, Tiverton, EX16 6SU.

Meetings usually have a guest speaker followed by refreshments.

For **Exeter** groups see website.

Contact: **<https://tivertonu3a.u3asite.uk/>**
01884 254823
<https://exeter.u3asite.uk/>
01392 829822

Silverton Poetry Group

The Silverton Poetry Group meets monthly, usually on the 2nd Monday at 7:30pm.

We are a very informal group, sharing the poems we enjoy amidst lots of chat and laughter. There's no need to write your own poems - this isn't a poetry-writing workshop. We mostly read out the work of established poets, and occasionally those written by people we know. We choose a different theme each month. The cost is £2 per session, towards room hire.

Further information about venue and themes —

Contact: Prue Nichols, 01392 860695

Silverton Community Book Swap

Our stand is in the Little Rec, behind the war memorial, in the Silverton Square. The Book Swap allows you to collect and drop off books. We have a wide variety of books - from lovely reference books to paperback novels and magazines. Our service is well maintained and free.

The Silverton Community Larder

The larder is in the little grey shed, next to the Community Hall. We opened in 2021 and aim to reduce food waste. This means that if you have a surplus of produce on your allotment, which you will be unable to eat, then you can donate it to the larder so that someone else can enjoy it.

Volunteers also collect food that is past its 'best before' date and bring it to the larder. Our larder is different from food banks and is open to anyone and everyone to use. The larder is run entirely by volunteers and is part of the Community Action Groups Devon. They support projects to reduce, reuse, recycle, share, swap, mend and compost.

If you would like to join this team of merry helpers, please get in touch.

Contact: info@cagdevon.org.uk

Devon Federation of WIs

Contact: https://devon.thewi.org.uk/

Silverton Women's Group

Our newly formed independent group meets in the Evangelical Church Hall on the first Wednesday of each month at 7:30 pm. We are open to women of all ages, living in the Exe Valley. Our meetings include interesting speakers on a wide range of topics. We have refreshments and plenty of time for socialising. Additional subgroups include a Craft Hub, Lunch Club, Supper Club, Book Club and a Gardens and Gatherings Group.

Our annual subscription is £25. We welcome friends and members' partners as guests with a small charge of £3 per meeting.

For more information —

Contact: 07740 776533
chris@thekingdoms.co.uk

Silverton Royal British Legion – Women's Section

We meet in the Dorothy Granger Room 5 or 6 times a year, on the 3rd Tuesday of the month. We haven't yet confirmed dates for this year.

For information —

Contact: Jean Hawkins, 07855 881340

Silverton Royal British Legion

We meet 5-6 times a year and are open to anyone, including ex forces people. Our membership fee is £18.00 for the year.

Contact: Carrie Martin, 07773 516220
silverton.web@rbl.community

Short Mat Bowls

Monday, 10:00am - 12:00 noon.

Stoke Canon, Jubilee Hall.

Tuesday evenings, 7:30pm in **Silverton** Community Hall.

Membership is £12.00 per year, plus £3.00 per game.

Contact: David Morris, 07393 743714 (Silverton)

Silverton Bridge Club

Our club is for experienced players only, not for beginners. We meet at St Mary's Church Hall, 1:20pm – 5:00pm on Wednesday afternoons.

Contact: chris.jobson@bcs.org.uk
<https://www.bridgewebs.com/silverton/>

Monday Whist Drive

We hold this at St Mary's Church Hall, Silverton on alternate Monday afternoons: 1:30pm-4:00pm in winter, 2:00pm – 4:30pm at other times of the year. The cost is £4.00, which includes a raffle ticket, tea, cake and other refreshments. Why not come along and give it a try? It's fun, easy to learn and helps keep those brain cells active! Can't play? We'll show you how!

Contact: Peter and Liz Richardson, 07963 201579
richardson42@hotmail.co.uk

Silverton Community Hall

We hold many activities, including a monthly Mini-Market on the first Saturday of each month (except January and August). Hot breakfasts and tea/coffee are available. There are many local stalls selling a variety of items and delicious home-made produce.

Many fitness activities use our Hall, including: Tai Chi, Badminton, Pickleball, Better Movement and Balance, Silverton Film Club and Silverton Memory & Community Café. We have free parking, including parking bays and access for the disabled. Our Hall has an excellent new sound system

Silverton Shower Facility for Disabled People

The Dorothy Granger Room, Silverton Community Hall.

A purpose-built wheelchair accessible wet room with a secure seat, safety rails, non-slip flooring and an adjustable shower is available for people who have no suitable facilities at home. There is a heated changing room with a portable commode and plenty of space for manoeuvring your wheelchair or for carers to assist you. You will need to bring your own towels and toiletries and leave the facility clean and tidy after use. We advise you to have someone with you.

The disability equipment has been recommended and checked by the NHS Occupational Therapy Department at Cullompton and funded by the Friends of Wyndham House Surgery. Silverton Community Hall has generously donated and adapted part of the Football Teams Shower unit. The Premises can be accessed using a Key Safe. There is also a box for donations to help towards the cost of providing this service.

Contact: <https://www.silvertoncommunityhall.co.uk>
silvertonhallbookings@gmail.com

Contacts for other Clubs & Activities

Thorverton Amateur Dramatic Society	Sheena Hunter-Hedges	01392 860843
Thorverton Bridge Circle	Graeme Culshaw	01392 860203
Thorverton History Society	Rob Turner (Secretary)	01392 860310 robjturn@aol.com
Thorverton Royal British Legion	Alex Fice	01392 861136
Thorverton Amblers, Ramblers & Trampers Society (TARTS)	Caroline Prince	07749 775304
Men in Sheds 2 Trusham Road, Marsh Barton, Exeter, EX2 8RB		07444 858992 meninshedsexeter@gmail.com https://meninshedsexeter.uk/

Lunches, Coffees & Teas

Local Events

The local Churches, village halls and pubs hold coffee mornings, lunches, teas and other social events throughout the year - too many to mention them all. Your local **Parish Magazine** is an excellent resource to discover all the services and events in your neighbourhood. You can buy it at your local Post Office or shop.

Silverton St Mary's Coffee & Chat

Everyone welcome, for a social get together over a coffee or tea in St Mary's Church Hall, Silverton every Monday, including Bank Holidays, 10:30am – 11:45am. Cost £1.50.

Silverton Methodist Church Coffee Morning

Held on the 4th Saturday of the month in The Methodist Church Hall.

Bring and buy stall and Pop-Up Shop. 10:30am – 12:00noon.

Donations welcome.

Contact: Sue Tucker, 01392 860518

Men's Breakfast

Meets four times a year for breakfast, often followed by a topical discussion, at the Evangelical Church Hall. The meeting aims to encourage fellowship, social interaction, and an open exchange of views and experiences on faith. Men of all faiths welcome. Provisional dates are: 1st March, 31st May, 20th September & 22nd November. To book your place and for more information —

Contact: John Kingdom, john@thekingdoms.co.uk

Andy Mathers, apmathers@gmail.com

Silverton Pop Up Café

4th Tuesday of the month 10:00am – 12:00noon. Cake with special coffee. Suggested donation of £2.50, Silverton Evangelical Church, School Road, Silverton EX5 4JH.

Stoke Canon Coffee Morning

Tuesday Mornings 10:30am-12:00noon.

The Bridge Community Centre, St. Mary Magdalene Church, Stoke Canon.

Poltimore Coffee Morning

2nd Saturday of the month. 10:30am - 12:00noon.
Poltimore Village Hall.

Poltimore Village Hall Bar

Open every Tuesday and Friday from 8:00pm.

Mid Devon Mobility Community Hub

Offers a social meeting place with refreshments at the **Tiverton** address.
Open most days. Hot meals available on Tuesdays, Wednesdays, Thursdays and Fridays. Cost £10 for a two-course lunch.

Contact: **Phoenix Lane Multi-Storey Car Park, Tiverton. EX16 6NB**

Tiverton: 01884 242099

Crediton: 01363 773303

transport@middevonmobility.org.uk

https://middevonmobility.org.uk

IT, Internet, Computer & Mobiles

Digital Social Prescribing

Are you 'internet shy'? Do you have a mobile phone, laptop/tablet or iPad that you don't quite know how to use?

If that's you and you would like help to do things online such as shopping, order prescriptions, facetime friends & family then please call me. Or drop into Silverton Room4U on a Thursday morning. The Friends of Wyndham House Surgery have kindly provided me with a tablet PC and a smart phone, which you can borrow if that helps you to get started! Please call me to arrange a session or a home visit if needed.

Contact: **Joan Povey, 07958 190554**
wyndhamdsp@gmail.com

My Care

My Care is a personalised and secure website/mobile phone app which allows you to look up parts of your medical records.

- summaries of previous appointments
- view upcoming appointments
- view certain test results
- view RDUH prescribed medication
- view allergies and medical history.

You can download the app, which has easy to follow instructions. You will need your address, date of birth, NHS number, email address and a contact telephone number. You will need to create a password.

Contact: **Help desk, 01392 404664**
<https://www.royaldevon.nhs.uk/patients-visitors/my-care>

NHS quicker App

This free app provides live waiting times for emergency departments (A&E) and urgent care services in Devon and Cornwall.

The app also helps you to find the most appropriate health care services (pharmacies, dentists, opticians, GP surgeries, minor injury units etc.) based on your location. It gives opening times of these services and the approximate travel times and distances. You can download it onto your computer, iPad, or other tablet or smart phone.

Contact: **<https://nhsquicker.co.uk/>**

Home Repairs & Adaptations

Staying Safe in your home

The police advise that you don't have any work carried out by cold callers. The risks can be high, prices excessive and often increase unexpectedly. If you need work done, it is best to get quotes from Mid Devon District Council, or recommended reputable local businesses - many of which advertise in your local Parish Magazines.

Contact: Mid Devon District Council, 01884 255255

Do **not** let strangers into your home and **never** give your **bank details** or **PIN number**, if you are asked for them over the telephone. Scammers will often ask you to transfer money into another account for safety reasons. Do not be taken in by them as they can be very persuasive. **Your bank will never ask for your PIN number.** If you are suspicious, you can call the non-urgent crime number —

Contact: 101 (non-urgent crime)

101@devonandcornwall.pnn.police.uk

Mid Devon Handy Person Scheme

Will offer a quote, using qualified workmen, to people in privately owned properties. Work includes installing grab rails, simple repairs and DIY jobs.

Contact: 01884 255255

Home repairs/adaptations for council property.

Contact **Mid Devon District Council** who offer reliable qualified help with electrical, building work, plumbing, key safes and safety adaptations to your home including grab rails and ramps.

Contact: 08000 232281

01884 255255 (emergencies)

repairs@middevon.gov.uk

https://my.middevon.gov.uk/ (A-Z directory)

Bradninch Repair Café

Volunteer repairers meet every other month on a Saturday morning. Items include small electricals, clothes, bikes, sharpening, furniture repair and computers.

10:00am – 2:00pm at Bradninch, Guildhall.

Contact: https://sustainablebradninch.co.uk/

Pet Care

The Cinnamon Trust

The Cinnamon Trust is a national charity, supporting elderly and terminally ill people and their pets. They aim to keep owners and pets together for as long as possible with the help of a national network of volunteers who assist when day to day pet care poses a problem.

The charity's purpose is to relieve elderly and ill owners of any worry about the welfare of their pets, both during and after their own lifetime. All their volunteers help in the most appropriate ways.

Teams of volunteer walkers take it in turn to visit housebound dog owners and take their dogs for daily walks. Volunteers can also foster pets as one of their family when owners face a spell in hospital. They take pets to the vet, clean the budgie's cage out ... and deal with any problem posed in the day to-day care of any pet.

Contact: **01736 757900**

admin@cinnamon.org.uk

https://cinnamon.org.uk/

New volunteers always welcome and the volunteers can gain access to their volunteer page on their website or by email —

Contact: **volunteer@cinnamon.org.uk**

Dog Walking & Pet care

There are several local dog walkers and people who will take care of your pets if you are no longer able or become unwell. They all advertise in the Parish Magazines.

General Advice & Help

Devon Care direct (Social Services)

Adult social care is available to help with: care and support, health and wellbeing, help living at home, keeping safe, paying for care, housing options and care needs assessments.

Contact: **03451 551007**

caredirect@devon.gov.uk

<https://www.devon.gov.uk/>

Power of Attorney

It is never nice to think that there might come a time when you are no longer able to make your own decisions. Having a Power of Attorney set up can make things much easier, if that time ever comes.

Get advice if you tick any of these boxes —

- feel that you need help to organise your finances
- are worried about future health decisions
- are finding it difficult to get out to the bank
- would like someone to make decisions on your behalf because you are ill
- have memory problems.

If you have a condition which is likely to get worse, it is a good idea to make these arrangements while you are still well enough. You can also get advice from your solicitor.

Age UK has a very useful leaflet '**Power of Attorney**'. They also offer free legal advice and assistance with filling in the forms.

Contact: <https://www.ageuk.org.uk/information-advice/money-legal/legal-issues/power-of-attorney/>

Help with Council Tax

If you live on your own, or live with a partner who has been diagnosed as having dementia, you can get a reduction in your council tax. You will need to inform your local council and give them the details.

Contact: **01884 255255 (Mid Devon)**

<https://www.middevon.gov.uk/>

01395 571770 (East Devon)

<https://eastdevon.gov.uk/>

Citizens Advice

Advice on benefits, work, debt, money, consumer issues, family, housing, law & courts, immigration and health.

Tiverton Office: Town Hall, St Andrews Street, EX16 6PG.

Open Wednesday & Thursday 10:00am – 1:00pm and 2:00pm - 3:00pm.

Contact: **08082 787999**

<https://citizensadvicetnmwd.org.uk/>

Exeter Office: Dix's Field, Exeter, EX1 1QA

Open Monday & Wednesday 10:00am – 1:00pm.

Contact: **08082 787845**

<https://www.citizensadviceexeter.org.uk/>

East Devon

Contact: **08082 505703**

<https://www.citizensadviceeastdevon.org>

Attendance Allowance

This is a non-means tested benefit to help with the cost of personal care for those who need it. **Many people do not realise they are eligible for this.** You can get advice and the forms from the Citizens Advice Bureaux, see above for contacts, or go to the website —.

Contact: <https://www.gov.uk/government/publications/attendance-allowance-claim-form>

Age UK will also give advice and help you to complete the forms.

Contact: **08006 781602**

Social Prescribing

Wyndham House Surgery is part of the Culm Valley Network which provides a Health and Wellbeing Service. If you have concerns about housing, money matters, care, social isolation or are living with a long-term health condition and need some advice or support, you can discuss it with your GP or Practice Nurse who will be able to make a referral.

Parish Magazines & Community Newsletters

Your local Parish Magazine/Community Newsletter is issued monthly and is full of local information and advice. You may have it delivered to your door or you can buy it from your village shop, Post Office or farm shop.

Silverton, Butterleigh, Cadeleigh & Bickleigh	Silverleigh Parishes Magazine
Thorverton	Focus
Bramford Speke & Upton Pyne	Speke Up
Bickleigh	Bickleigh Bugle
Stoke Canon, Rewe, Huxham & Poltimore	Forum

Emergencies

Defibrillators

We are fortunate to have defibrillators in many communities. They all come with very clear instructions and could save a life.

Contact: <https://www.defibfinder.uk/>

Silverton

Outside the Spar shop in the square. 2 Newcourt Road, EX5 4HR.
At Wyndham House Surgery during working hours.

Ellerhayes

Opposite 8 Ellerhayes on Community Park fence, EX5 4PU.

Thorverton

Thorverton Cricket Club, EX5 5LX.
Women's Institute, Cleaves Close, EX5 5NN.
New Valley Practice, The Bury, EX5 5NT.

Brampford Speke

The Agricultural Inn, EX5 5DP.

Rewe

Rewe Parish and Community Hall, EX5 4EU.

Stoke Canon

Jubilee Hall, EX5 4AN.

Bickleigh

Bickleigh Village Hall, Bell Meadow, EX16 8RD.

Butterleigh

Village Hall, Forge Lane, EX15 1PL.

Emergency & Other Useful Numbers

Fire, Police or Ambulance	112 or 999
Police - non-urgent	101
Crimestoppers	0800 555111
South West Water emergency	03443 462020
Western Power emergency	08006 783105
Gas emergency	0800 111999
Out of hours medical help	111
Samaritans	01392 496649
RD&E	01392 411611
Tiverton Hospital	01884 235400
Devon Care Direct	03451 551007
Action on elder abuse (Hourglass)	08088 088141
Wyndham House Surgery	01392 860034
Redlands Primary Care	01363 727111 Press 2 for Thorverton Surgery
Pinhoe & Broadclyst Medical Practice	01392 469666
Priority Person during a power cut. Customers with medical dependencies on electricity because they use essential medical equipment.	08000 320311

SILVERTON MEMORY & COMMUNITY CAFÉ



**2:00pm until 4:00pm
every Thursday afternoon in
The Community Hall,
Wyndham Road, Silverton.**

**Come along for a warm welcome.
Entry, tea, coffee, biscuits & cake - all free of charge.**

The Café provides a weekly meeting place for people from Silverton and the surrounding areas who have concerns over memory loss or who just want some company, along with carers and anyone who wishes to join in or volunteer.

It provides support and opportunities to stimulate social interaction and memory through reminiscences, games, quizzes, puzzles, singing, music & other activities.

For further enquiries, please contact the Chairperson, Secretary, or leave a message for Trish at Wyndham House Surgery.

Chairman - Trish Jones
07792 453231
silverwellbeing@gmail.com

Secretary - Annette Emmerson
01392 860983
annettespc@hotmail.co.uk

