

### **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 is 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 (charity number 1048253)**

**The Friends of Wyndham House Surgery** generously provide funds to support many of the activities and groups listed in this booklet. They 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
- Silverton Memory and Community Café
- Fitness Exercise Class
- Better Movement and Balance class
- Tai Chi
- Silverton Film Club
- and Silverton Seated Chair Yoga.

The activities funded by the Friends, are open to anyone living in the catchment area of Wyndham House Surgery, not only the patients of the 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 that 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 will deliver prescriptions. The service is sponsored by the Friends of Wyndham House Surgery and donations are always appreciated. 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 at the surgery.

### ***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 supplied 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 donation box towards the cost of providing this service. For bookings and more information: -

**[silvertonhallbookings@gmail.com](mailto:silvertonhallbookings@gmail.com)**

### **Care Givers Support**

#### ***Friday Day care***

Room4U Friday 10.30-3.30 pm-includes lunch.

A Free service to support people who have memory loss or are disabled, to give their carers a break. To book a place

**Email: - [silvertonroom4u@gmail.com](mailto:silvertonroom4u@gmail.com)**

**Tel:- 07960 530758**

#### ***Clyst Caring***

A senior day care service at Hellings Gardens, Broadclyst. EX5 3EJ. Open Tuesday, Wednesday and Friday from 10.00am -3.00pm. Run by skilled staff who support

people to continue to live independent lives. For prices and more information contact main office on: - **01392 464940**.  
**Email: - clystcaringfriends@hotmail.co.uk**

### ***The Filo Project***

An award winning not for profit organisation providing small group day care for people with early to moderate dementia, Parkinsons, strokes and other health conditions. For further information see website: - **thefiloproject.co.uk**  
**Tel: - 0333 939 8225 email info@thefiloproject.co.uk**

### ***Parklands Residential Home Day Care***

Kensham Avenue, Bradninch. Exeter EX5 4RD  
Can accommodate two people per day to share activities, meals and assistance with residents. Hourly rate charged from 10.00am-4.00. **Tel: - 01392881461**

### ***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.  
Helpline, webchat, website peer support, carers skills workshops, health and wellbeing checks.

**Tel: - 03456 434 435**  
**Email: - info@devoncarers.org ukdevoncarers.org.uk**

### ***Unite Carers in Mid Devon.***

Offer support to adults who provide unpaid care. Befriending support, support groups, telephone outreach, IT support, form filling and counselling.  
**Tel: - 01884 257511 email: - info@unitemd.org.uk**  
**unite-carersinmiddevon.org.uk**

## ***Local Home Care Providers***

If you, or a relative, are needing 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 and experience, liability insurance, confidentiality, current Criminal Records Bureau checks, rates and 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 and who to contact in the case of an emergency and how and when to pay them. Trish can be contacted by

email: - [silverwellbeing@gmail.com](mailto:silverwellbeing@gmail.com) or Tel: - 0779 2453 231 or messages can be left at Wyndham House Surgery.

There are also 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: -

**Tel: -0345 155 1007** **devon.gov.uk**

*Devon Memory Café Consortium*

## Carers Guide, Dementia Toolkit, and Knowledge is Power

These focus on support and information, specifically for people who provide care for people living with dementia.

**dmcc.org.uk/resources**

### **Digital Social Prescribing**

#### ***Internet / computer / Mobile Phone - help from Joan Povey***

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 Joan with a Tablet Personal Computer 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.  
Joan Povey Tel:- 07958 190554 email: -  
wyndhamdsp@gmail.com

#### ***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.

### **Defibrillators**

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

***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

See details at <https://www.defibfinder.uk/>

### ***Keeping Fit***

#### ***Better Movement and 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, held at **Silverton Community Hall**, help to improve your strength. If you would like to join the classes, or would like more information, please contact Steph on **Tel: - 07709 346428**

For spring 2026 we are exploring holding these sessions in another village, possibly **Thorverton**, for a term.

#### ***Stephacise Exercise***

A friendly class for active retired men and women

Mondays 10.30 -11.30am

Silverton Community Hall Cost :- £5.00

Contact Stephanie Bending **Tel : - 07709 346428**

**Email : -bendinghall@gmail.com**

### ***Stephacise Exercise***

Thursday Mornings 10.00-11.00am

Stoke Canon Jubilee Hall Cost :- £6.00 Contact details above

### ***Pilates***

To strengthen core muscles and help with movement

Tuesdays 18.00- 19.00 and 19.15-20.15

Rewe Parish hall Cost: - £8.00

Caroline Dodd - Level 4 Pilates Therapist

**Tel :- 07791105987 WWW.carolinedoddpilates.co.uk**

### ***Silverton Seated Chair Yoga Classes***

Takes place in the Millennium Hall on Friday mornings 10-11am beginning on January 16<sup>th</sup> . A fun, relaxing Class for older people, to help keep mind and body feeling young and strong. The cost is £5.00. Please wear comfortable clothing and bring a bottle of water. For information contact

Jane Flaxington: -

**Tel: - 07526 688083**

### ***Thorverton Seated Chair Yoga Classes***

Takes place in the Thorverton W.I. Hut, EX5 5NN. on Wednesday mornings beginning on 15<sup>th</sup> January from 10-11am. The cost is £5.00. Please wear comfortable clothing and bring a bottle of water. For more information contact Jane Flaxington: -

**Tel:- 07526 688083**

### ***Stephacise Gentle Exercise Class***

Mondays 2.00 pm-2.45pm Cost £4.00

The Bridge, St Mary Magdalene Church, Stoke Canon

Contact Stephanie Bending

**Tel:-07709 346428**

### ***Gentle, Holistic Yoga***

St Mary's Church Hall, Silverton. Tuesdays 10.00-11.00am

Also, at Poltimore Village Hall on Mondays 10.00-11.00am  
Beginners welcome, bring your own mat.  
Poltimore Village Hall. Mondays 10.00-11.00am  
Cost £9.00per session  
Eliza Newton **Tel: -07858 508229**  
**email: elizanewton@hotmail.co.uk**

### ***Yoga Butterleigh***

Thursdays 7.00pm Village Hall  
**Tel: - 01884 253229 Email: - pat\_bell@hotmail.co.uk**

### ***Exe Valley Pilates***

Millennium Hall Tuesday: 9.00-10.00am (intermediate),  
10:00-11:00am (gentle).  
See website for details: - **exevalleypilates.co.uk**  
Booking essential.  
Beth, **Tel: - 07875 437 022**  
**email: - exevalleypilates@gmail.com**

### ***Pilates***

Cadeleigh Village Hall  
Wednesdays 10.00am (Term time only)  
Sheila Perry **sheila\_perry01@hotmail.com**

### ***Tai Chi Classes***

Enhance your energy, health and balance  
Meditation in movement.  
Tuesday 3-4 pm Silverton Community Hall. Cost £10.00  
No need to book but sometimes closed over holiday times.  
Sam Forder BSc (Hons) qualified and insured  
**taichimomentum.co.uk** **Tel: - 07554 426450**

### ***Short Mat Bowls***

Monday 10.00-12.00 Noon  
Stoke Canon Jubilee Hall

### ***Short Mat Bowls***

Tuesday evenings 7.30pm in Silvertown Community Hall  
Membership is £12.00 per year plus £3.00 per game  
Contact David Morris **Tel: - 07393 743714**

#### **Did you know walking is good for you and fun!**

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

### ***Silvertown 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. People with memory loss or early dementia are welcome.

*Wednesday Weekly Short Walks* last 30 - 40 minutes and are up to 1.5 miles. Meet for 10.15am start outside Silvertown Community (Millennium) Hall. After walk coffee at the Lamb Inn. At a cost of £1.50

### *Longer Walks*

Under normal conditions all walks are on the first, second and third Tuesdays of the month plus occasional extras. We meet at approximately 10.15 am at the start of the walk, locations available from the walks programme, or for car-pooling and local walks at 10.00 am start outside Silverton Community Hall. Walks are up to 90 minutes actual walking time but can take a little longer to admire the view, usually followed by coffee. For walks outside the village, we try to share transport.

Walkers are advised to wear suitable clothing, wear strong supportive footwear, bring money for coffee and a bottle of water on warm days. Well-behaved dogs are welcome on a short lead and all walkers walk at their own risk. Walks are very occasionally cancelled in extreme weather conditions.

The first Tuesday of every month is 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 non-members of the National Trust.

To be sure of getting a walks programme contact **silverwellbeing@gmail.com** and receive quarterly programmes and any regular updates and any changes by email.

For further information please contact

Mid-Devon Health Walks Co-ordinator on:

Tel: - **01392 824 752** email: - **healthwalks@westbank.org**

For more information and walks in other areas please contact:

**Walking for Health**

**walkingforhealth.org.uk/walkfinder** and tap in your postcode.

## **Transport**

### **Silverton Link Up**

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 Link Up may be able to help. To enquire and book transport please contact Link Up 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 issues a receipt. Link Up is always looking for additional volunteer drivers, if you require further information or are interested, please contact as below.

Please call or message

Roger Higman on the Linkup Tel: -07821 718 672

Or email [silvertonlinkup@gmail.com](mailto:silvertonlinkup@gmail.com)

#### ***Mid Devon Mobility***

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

**Tiverton 01884 242 099      Crediton 01363 773 303**

**Exeter 01392 494 001**

**[middevonmobility.org.uk](http://middevonmobility.org.uk) or**

**[info@middevonmobility.org.uk](mailto:info@middevonmobility.org.uk)**

**<https://www.middevonmobility.org.uk/services/>**

A local charity whose transport services are aimed at increasing the independence, mobility and peace of mind for older and

disabled people and help combat the problems of 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 and driven home again after your shopping for the cost of £6.50. The drivers cannot lift you but will help you to take your shopping indoors. This service covers Cullompton, Bradninch, Silverton, Rewe, Stoke Canon and Thorverton. Walking aids can be accommodated. Booking well in advance is essential.

**Shopmobility Scooters** for training and hire from the above address.

**Recycling or Rental** of medical equipment. Telephone for details. This project helps to reduce the number of used mobility items which end up in landfill. Please donate any unwanted equipment, so that it can be repaired and reused. Not for bathroom or toilet equipment.

**Community Hub** offers a social meeting place with refreshments in the address above. Open most days. Hot meals available on Tuesdays, Wednesdays, Thursdays and Fridays. £10 for a two-course lunch.

### **Bus routes**

For up to date information see the website

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

and **[stagecoachbus.com/timetables](https://stagecoachbus.com/timetables)**

A Stagecoach App can be downloaded onto your smart phone to plan your journeys, show maps, see live bus times and purchase mobile tickets.

### **Silverton Bus Timetable**

Monday to Saturday: from 20th April 2025

Service 355 (55\* Evenings)

All Exeter buses are via Thorverton and St David's Station. All daytime 355 buses from Exeter are via St David's Station & Thorverton.

Evening 55\* services from Exeter to Silverton are to the Square Only and do not serve St David's Station or Thorverton.

**From: Silverton to Exeter (355)**

**The Meads:** 0750 0855 1015 1230 1445 1710

**The Square:** 0752 0857 1019 1232 1447 1712

**From: Silverton to Tiverton (355)**

**The Meads:** 0805 0926 1148 1358 1621 1746 1843  
(1834 Sat)

**The Square:** 0934 1150 1405 1628 1753 1845  
(1836 Sat)

Evening Service 55 2024 2154 2324 (from the Square Only)

**From: Exeter Bus Station to Silverton (355)**

0845 1105 1320 1540 1705 1800 (1755 Sat)

Evening Service 55\* (does not serve St David's Station and is to the Square Only): 2000 2130 2300

**From: Tiverton Bus Station to Silverton (355):**

0730 0835 0955 1210 1425 1645

**No Sunday or Bank Holiday Services for Silverton**

### ***Bus Passes***

Free off-peak bus travel for pass holders is available on all registered local bus services in England for eligible residents when they reach their state pension age, or those with disabilities.

For terms and information contact Devon County Council  
Telephone: **01392 383 688**

**<https://www.traveldevon.info/bus/national-bus-pass>**

### **Accessible Parking – Blue Badges**

gov.uk/apply-blue-badge or

Care Direct

**0345 155 1007**

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 one must reapply.

## **Pet Care**

### ***The Cinnamon Trust***

**01736 757 900** Monday-Friday, 10am-4pm (ex. bank holidays)

**Email: [admin@cinnamon.org.uk](mailto:admin@cinnamon.org.uk)**

**Website: [cinnamon.org.uk](http://cinnamon.org.uk)**

The Cinnamon Trust is the national charity supporting elderly and terminally ill people and their pets. They seek 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 aim is to relieve elderly and ill owners of any worry concerning the welfare of their pets both during and after their own lifetime. All their volunteers help in the ways that are most appropriate to them.

Teams of volunteer walkers take it in turn to visit housebound owners, to take 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. They take any problem posed in the day to-day care of pets.

New volunteers always welcome and the volunteers can gain access to their volunteer page on their website

**cinnamon.org.uk** or by

emailing: - **[volunteer@cinnamon.org.uk](mailto:volunteer@cinnamon.org.uk)**

### ***Dog Walking and 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.

## Silverton Room 4U

*Opposite the surgery, with disabled parking)*

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

**(Silverton R4U information and booking phone)**

**Email: - silvertonr4u@gmail.com    Tel: - 07960 530758**

<b>Monday</b>	11am	<b>Senior Keep-fit</b> coffee group
	0830 - 1230 by appointment	<b>Ear Wax Removal</b> ring registered nurse Marie Taylor on <b>07590 646508</b>
	2-4pm	<b>Monica's</b> tea and chat afternoon
	2-4pm*	* First Monday of the month - <b>Grumble box</b>
<b>Tuesday</b>	10.30am-1.30pm	<b>Cafe</b>
	2-4pm	<b>Knit and Natter</b> with Claire
<b>Wednesday</b>	8.30am-12.30pm	<b>Qualified Foot Practitioner</b>
	10-12am*	<b>Patients Participation group.</b> * Variable dates (once every three months or so)
	Afternoon 1230- 6pm	<b>Counselling</b> with Emma Hogan
<b>Thursday</b>	9.30am-10.30am	<b>IT sessions</b> with Joan Povey
	10.30am	<b>Bereavement Group</b> (2 <sup>nd</sup> Thursday of each month)
	10.30am-12.30pm	<b>Art group</b> (1 <sup>st</sup> and 3 <sup>rd</sup> Thursdays of the month)
	2-4pm	<b>Scrabble</b>
	8pm	<b>Drama group</b> (Meeting once a month in the evening)
<b>Friday</b>	10.30am-3.30pm	<b>Friday Friends Day Care</b> This is a free service to support people who have memory loss or are disabled, as well as carers who need respite.
<b>Saturday</b>	8.30am-12.30pm By Appointment	<b>Podiatrist Ellie</b> <b>Phone:- 07956 753831</b>
<b>Sunday</b>	Last in the month	<b>Sewing Group</b>

## **Senior Citizens Lunches, Coffees & Teas**

### ***Coffee and 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 10.30-11.45 am. Cost £1.50.

### ***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. Your local **Parish Magazine** is an excellent resource to discover all the services and events in your neighbourhood and can be bought at your local Post Office or shop.

### ***Silverton Methodist Church Coffee Morning***

Fourth Saturday of the month in The Methodist Church Hall. Bring and buy stall and Pop-Up Shop. 10.30am – 12.00 noon. Donations welcome. Phone Sue Tucker: - **01392 860518**.

### ***Men's Breakfast***

Meet 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, 31<sup>st</sup> May 20<sup>th</sup> September and 22<sup>nd</sup> November. To book your place and for more information: -

John Kingdom. Email: -  
Andy Mathers.

**[john@thekingdoms.co.uk](mailto:john@thekingdoms.co.uk)**  
**[apmathers@gmail.com](mailto:apmathers@gmail.com)**

### ***Pop Up Café***

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

### ***Coffee Morning***

Tuesday Mornings 10.30am-12 Noon  
The Bridge Community Centre, St. Mary Magdalene Church.  
Stoke Canon

### ***Coffee Morning***

Second Saturday of the month. 10.30-12 Noon  
Poltimore Village Hall

### ***Poltimore Village Hall Bar***

Open every Tuesday and Friday from 8.00pm

## ***Clubs and Activities***

### ***Silverton Community Book Swap***

Situated in the Little Rec behind the war memorial in the Silverton Square. This facility enables people to collect and drop off books. There is a wide variety of books from lovely reference books to paperback novels and magazines. The service is well maintained and is free.

### ***The Silverton Community Larder***

The little grey shed situated beside the Community Hall. The larder opened in 2021 and aims to reduce food waste. This means that if you have a surplus of crops 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.

Food that is past its 'best before' date is also collected by volunteers and brought to the larder. These foods are different from food banks and are open to anyone and everyone to use. The larder is completely run by volunteers and is part of the Community Action Groups Devon who support projects to reduce, reuse, recycle, share, swap, mend and compost. If you would like to join this team of merry helpers, please contact: - **info@cagdevon.org.uk**

### ***Monday Whist Drive***

Alternate Monday Afternoons (1.30-4.00 in winter) 2:00 – 4:30 Cost £4.00. Held at St Mary's Church Hall Silverton includes a raffle ticket, prizes, tea, cake and refreshments. Why not come along and give it a try? It is fun, easy to learn and helps keep those brain cells active! Can't play? – we'll show you how! Contact: -Peter and Liz Richardson

**Email: -richardson42@hotmail.co.uk Tel: -07963 201579**

### ***Silverton Bridge Club***

Not for beginners

1.20-5pm Wednesday afternoons St Mary's Church Hall.

<https://www.bridgewebs.com/silverton/>

Contact Email: **chris.jobson@bcs.org.uk**

### ***U3A (University of the Third Age)***

Tiverton : - **tivertonu3a.u3asite.uk** Tel : - **01884 254 823**

Exeter : - **exeter.u3asite.uk** Tel : - **01392 829 822**

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 Tiverton. £22.00 in Exeter. Membership includes joining as many groups as you would like.

A monthly newsletter is on their website.

Tiverton Group 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.

Monthly meetings at 10:00 am for a 10.30am start on the 4<sup>th</sup> Thursday of each month at The Moorhayes Community Centre, Lea Road, Tiverton, EX16 6SU. Meetings usually have a guest speaker followed by refreshments.

For Exeter groups see website.

### ***Thorverton Memorial Hall***

Lots of activities including a monthly Film Club and, bingo. drama productions, and mini markets. Has a loop system for hard of hearing people.

**thorvertonmemorialhall.co.uk**

### ***Silverton Local History Society***

Meets on the third Monday each month at 7.30 pm in the Millennium Hall, Silverton. An interesting and enjoyable evening with a wide range of speakers.

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

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

**<https://devon.thewi.org.uk/>**

### ***Silverton Women's Group***

This newly formed independent group meets in the Evangelical Church Hall on the first Wednesday of each month at 7.30 pm. Open to women of all ages living in the Exe

Valley, meetings include interesting speakers on a wide range of topics and plenty of time for socialising with refreshments. Additional Subgroups include a Craft Hub, Lunch Club, Supper Club, Book Club and a Gardens and Gatherings Group. Annual subscription £25. Friends and member's partners are welcome as guests, £3 per meeting.

For more information please contact: - **07740 776533**

**Email: - [chris@thekingdoms.co.uk](mailto:chris@thekingdoms.co.uk)**

### ***Silverton Millennium Community Hall***

Holds many activities including a monthly Mini market on the first Saturday of each month except January and August.

There are many local stalls with delicious home-made produce and a hot breakfast with tea or coffee.

Many fitness activities, Tai Chi, Badminton, Pickleball, Better Movement and Balance, Silverton Film Club and Silverton Memory Café. Free parking including for disabled people and disabled access and the hall has an excellent new sound system

Disabled shower facilities in the Dorothy Granger Room by arrangement: - **[silvertoncommunityhall.co.uk](http://silvertoncommunityhall.co.uk)**

### ***Silverton Film Club***

The Film Club is held 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. but also, subtitles are used on all the films.

Admission is free and Films are advertised 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.

**There will be no film in August.**

Silverton Film Club Dates:

January	21 <sup>st</sup>	February	18 <sup>th</sup>
March	18 <sup>th</sup>	April	15 <sup>th</sup>
May	20 <sup>th</sup>	June	17 <sup>th</sup>
July	15 <sup>th</sup>	<b>August No Film</b>	
September	16 <sup>th</sup>	October	21 <sup>st</sup>
November	18 <sup>th</sup>	December	16 <sup>th</sup>

### ***Afternoon at the Movies***

Third Thursday each month at 2.00pm

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

### ***Craft Sessions at Stoke Canon***

At the Bridge Community Centre, Stoke Canon Church on  
Tuesday afternoons. 2-4 pm. A variety of different crafts  
including jewellery making and knit and natter

£3.00 which includes refreshments. Extra for some materials.

### ***Silverton Poetry Group***

The Silverton Poetry Group meets monthly, usually on the 2nd  
Monday at 7.30 p.m.

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 (and this isn't a poetry-writing workshop). We  
mostly read out the work of established poets, and occasionally  
those written by people we know. A different theme is chosen  
each month. Cost is £2 per session towards room hire. Further  
information about venue and themes from: -

**Prue Nichols 01392 860695**

### ***Silverton Knit and Natter***

Every Tuesday afternoon 2.00-4.00pm at. Just come along with your own knitting or crocheting. Tea and biscuits are provided. Donations to Room4U.

### ***St Mary's Silverton Flower Club***

The group meets on the third Monday of the month at 7.30 pm in St Mary's Church Hall.

The programme is varied, with demonstrations most months.

A yearly subscription is £30.00 but visitors are welcome at a charge of £4.00 per session. For more information contact:

**Sally Sleep. Tel:-**

**01392 860678**

**Email: -**

**sallysleep1@hotmail.co.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 bereaved recently or a long time ago. The group offers opportunities to be in a safe place to talk, laugh or cry while sharing support and practical advice.

Meetings are held in Room4U on the second Thursday of the month from 10.30 am to 12.30.

For more information contact

Carole Allen on: -

**Tel: - 07465 448535**

### ***Daisy Chain***

Mid Devon Cancer Support Group.

Meets on the 4<sup>th</sup> Friday at 11.00-12.30

The Thorverton Arms, The Bury, Thorverton EX5 5NS

For further details contact Pam **Tel: - 07774 526561**

or Sue **Tel: - 07807 938153**

### ***Silverton Royal British Legion***

Meets 5-6 times a year. Open to anyone including ex forces people. Membership £18.00 for the year.

Contact Carrie Martin

**Tel: - 07773 516 220**

Email: - **silverton.web@rbl.community**

### ***Women's section of the Silverton Royal British Legion***

Meets in the Dorothy Granger Room 5 or 6 times a year on the third Tuesday of the month. Dates yet to be confirmed.

For information, please contact

Jean Hawkins.

**Tel: - 07855 881 340**

### ***Upton Pyne Village Hall Art Classes***

All media, all abilities, friendly group. Wednesdays 10.00-1.00  
10-week terms

**devoncommunities.org.uk/community-buildings/upton-pyne-village-hall**

John

**Tel: - 07816 846562**

email

**johnahowells@hotmail.com**

### ***Silverton Twinning***

This is a group which meets regularly to plan twinning events with the French village of St Thegonnec in Brittany. The twinning offers a chance to practice your French (though you do not need to speak the language), learn about the culture or just have fun.

For more information contact Anne Mattock: - **07899 757666**

### ***Silverton Day Trips***

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

For further information contact.

**silvertondaytrips@outlook.com**

### **Contacts for other Clubs and Activities:**

Silverton Local History Society	Graham Parnell	<b>01392 860595</b>
Thorverton Amateur Dramatic Society	Sheena Hunter-Hedges	<b>01392 860843</b>
Thorverton Bridge Circle	Graeme Culshaw	<b>01392 860203</b>
Thorverton History Society	Rob Turner ( <i>Secretary</i> ) robjturn@aol.com	<b>01392 860310</b>
Thorverton Royal British Legion	Alex Fice	<b>01392 861136</b>
Thorverton Amblers, Ramblers & Trampers Society (TARTS)	Caroline Prince	<b>07749 775304</b>
Men in Sheds	meninshedsexeter.uk	<b>07444 858992</b>
2 Trusham Road, Marsh Barton, Exeter EX2 8RB meninshedsexeter@gmail.com		

### **Other Useful Advice and Information**

#### ***Devon County Council: 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.

**Email: -** [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk)  
**phone: -** **0345 1551007**  
**devon.gov.uk/adult-social-care/**

#### ***Attendance Allowance***

This is a non-means tested benefit to help with the cost of personal care for those who need it. You can get advice and the forms from the Citizens Advice Bureau, The Town Hall. St Andrews Street, Tiverton EX16

**Tel: - 0344 111 444 or 0808 2787999**

**[citizensadvice.org.uk](http://citizensadvice.org.uk)**

**[gov.uk/government/publications/attendance-allowance-claim-form](http://gov.uk/government/publications/attendance-allowance-claim-form)**

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

-

**Tel: - 0800 6781602**

### ***My Care***

***[royaldevon.nhs.uk/patients-visitors/my-care](http://royaldevon.nhs.uk/patients-visitors/my-care)***

My Care is a personalised and secure website or 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 also need to create a password.

There is a help desk **telephone: - 01392 404664**

### ***Free Smoke Alarm and Fire Safety Advice:***

**[dsfire.gov.uk/safety/home/home-safety-visits](http://dsfire.gov.uk/safety/home/home-safety-visits)**

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 and provides tailored fire safety advice.

**[www.dsfire.gov.uk/safety/home/online-home-safety-check](http://www.dsfire.gov.uk/safety/home/online-home-safety-check)**

***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: - **[silvertonparochialtrust.org.uk](http://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 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 on

**Tel: - 07449 111663**

To donate, please contact Peter Colebrook. **Tel: - 0751 4561406**

### ***Age UK Devon***

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

- Social Care – Getting help at home and how it is funded. Finding a care home. Help with completing Attendance Allowance forms.
- Your Income-including free benefit checks. Help with applying for benefits and pension advice.
- Your Home - Information on staying warm at home. Home adaptations and how to prevent falls.

Opening times: Monday -Friday 9:30am-4:30pm.

**[ageuk.org.uk/devon/](http://ageuk.org.uk/devon/)**

**Tel: - 0333 241 2340**

**[ageuk.org.uk/exeter/](http://ageuk.org.uk/exeter/)**

**Tel: - 01392 455 614**

### ***NHS quicker App***

**nhsquicker.co.uk**

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. It can be downloaded onto your computer, iPad, or other tablet or smart phone.

### ***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:

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

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

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

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.

### ***Drive Safer for Longer***

For many older people, a driving license 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 licenses are valid until a person reaches the age of 70 and then 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.

### **Devon Driver Training Centre**

**<https://dd-tc.co.uk/courses/nervous-drivers-training-course/>**  
**[info@dd-tc.co.uk](mailto:info@dd-tc.co.uk)**

**Tel: - 07903 912923 (leave a message)**

### ***NHS Hearing Care***

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

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

Also

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

### **Batteries**

If you require batteries, then 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 below:

**M&S Opticians** (provided by Scrivens Opticians and Hearing Centre) (First Floor, inside the Marks & Spencer store) 212-219 High Street, Exeter, EX4 3QA.

**Audiological Science Ltd.** (provider for Devon Hearing Services)

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:

**Tel: -: 01392 305746**

**Email: [info@southwestaudiology.com](mailto:info@southwestaudiology.com)**

### ***Free Home Eye and Hearing Tests***

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

**Tel: - 0808 239 8718**

or go to: [specsavers.co.uk/home-eye-tests](https://www.specsavers.co.uk/home-eye-tests)

or for hearing tests, **Tel: - 0800 023 2894**

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

**There are many other companies who advertise on the internet offering hearing and eye tests. Do check that they are reputable and what costs are involved.**

### ***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.

**Tel:- 0808 169 4546**

**Email: - [reception@homedental.org](mailto:reception@homedental.org)**

**Website [athomedental.co.uk](http://athomedental.co.uk)**

**NHS Emergency Dentists:**

**Call 111 or 03330 063300**

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.

***Podiatry (Chiropody) at Home or in Room4U***

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

**Tel: - 07907 112022**

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

**Tel: - 07956 753831**

**Email: - [thepodiatryclinic@outlook.com](mailto:thepodiatryclinic@outlook.com)**

Other Podiatrists will advertise in your Parish Magazines but do ensure that they are fully qualified.

Simple nail trimming can be done by appointment at Flixx

Hairdressers next to the Community Hall in Silverton: -

**Tel: - 01392 861558**

***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:

**middevon.gov.uk:**

**Tel: - 01884 255 255**

**eastdevon.gov.uk:**

**Tel: - 01395 571 770**

***Re-engage***

A free national organisation which helps people who are on their own and aged over 75 years, in getting out of their houses and back

in touch with 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.

**Freephone: - 0800 716543**

**reengage.org.**

### ***Citizens Advice***

Tiverton Office -Town Hall, St Andrews Street EX16 6PG

Open Wednesday & Thursday 10.00am-1.00pm and 2pm-3pm.

Advice on Benefits, Work, Debt and Money, Consumer, Family, Housing, Law and Courts, Immigration and Health.

Wheelchair accessible. Telephone advice.

**Tel: - 0808 278 7999**

**[citizensadviceetnmwd.org.uk](http://citizensadviceetnmwd.org.uk)**

Exeter Office – Dix’s Field, Exeter. EX1 1QA

Open Monday & Wednesday 10.00am- 1.00pm.

**Tel:- 0808 278 7845**

**[exetercab.org.uk](http://exetercab.org.uk)**

**<https://www.citizensadviceeastdevon.org/>**

### ***The Silver Line***

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 a letter friendship scheme to match trained 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.

**[thesilverline.org.uk](http://thesilverline.org.uk)**

**Tel: - 0800 4708090**

***Home Library Service:***

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

email: - **[info@librariesunlimited.org.uk](mailto:info@librariesunlimited.org.uk)**

***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.

Phone supporter services: **0344 800 1895**

email: **[enquiries@nationaltrust.org.uk](mailto:enquiries@nationaltrust.org.uk)**

***Sight Loss Support***

***Devon in Sight***

Support for people with sight loss in Mid Devon which provides a one-to-one appointment with a sight loss advisor for lighting and 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

**[devoninsight.org.uk](http://devoninsight.org.uk)**

Helpline Monday – Friday 10am -2pm **Tel: - 01392 876 666**

Devon in Sight, Splatford Barton, Kennford, Exeter, EX6 7XY

***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, CD, USB players, internet radio and more. Equipment for sale or supplied free of charge to people who meet their criteria.

**Tel: - 01622 754 757**

**[blind.org.uk](http://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. It can be delivered each week or via their website.

**Call Yvonne: - 07721 065008    [middevonmessenger.org.uk](http://middevonmessenger.org.uk)**

### ***Tiverton Macular Support Group***

First Thursday of the month 10am-12MD Old Heathcote School Community centre. 81 King Street EX16 5JJ

**Tel: - 07977 668153**

### ***Tiverton Listening Book Club***

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

Contact Helen on **Tel: - 07834 688838**

## ***Daily Living Support***

### ***Soldiers, Sailors, Airmen and Families Association***

SSAFA is a UK charity that provides lifelong support to service men and women and veterans from the British Armed Forces and 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.

**Tel: - 0800 260 6780**

**[ssafa.org.uk](http://ssafa.org.uk)**

### ***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.

**Tel:- 0151 2273499.**

**[homeshareuk.org](http://homeshareuk.org)**

***Help using the telephone when you have an Impairment:***

Hearing, sight, speech and language, mobility or dexterity.

**bt.com/help/here-for-you    Tel: - 0330 1234150**

To block unwanted calls on a BT landline, dial **1572** then press

1. Some telephones have a call blocking button.

To make using the telephone less complicated:

**Tel: - 0333 150 3456**

**alzheimers.org.uk**

***Easy Meal Preparations***

Most Supermarkets sell a selection of 'ready meals' which can be ordered for home delivery.

Wiltshire Farm Foods provide a free home delivery service, where they will place the meals into your freezer. They have a vast catalogue, full of different meals at reasonable prices, which cater for a variety of special diets, smaller portions or softer foods. All meals can be cooked from frozen and are easy to open. Meals can be ordered over the telephone or online.

For more information call: - **0800 077 3100**

Or website: - **wiltshirefarmfoods.com**

***Personal Alarms and Key safes***

***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 and 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.

**Tel: - 01884 255255. Email: [lifeline@middevon.gov.uk](mailto:lifeline@middevon.gov.uk)**

### ***East Devon District Council - 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.

Key safes can be purchased and fitted.

Contact East Devon District Council on:

**Tel: - 0330 678 2381. [eastdevon.gov.uk](http://eastdevon.gov.uk)**

### ***Personal Alarms and Tracking Devices***

*The Silvertown Parochial Trust may be able to help with the cost to Silvertown Residents. Bickleigh Benevolent Fund may be able to help Bickleigh residents.*

### ***Age Co Personal Alarms***

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

Two levels:

- Classic Personal Alarm - water resistant pendant. Works in your home and up to 75 metres in your garden.
- Taking Care Anywhere Package – water resistant pendant, keyring or belt clip, works at home, in your garden or when you are out and about. Pendant or watch, latter can be used for GPS tracking.
- Digital fall alarms automatically call for help from home or garden when a hard fall is detected.

For personal alarms press the button in an emergency day or night to get help and advice. Suitable for all people especially those who live alone who are deaf, blind, visually impaired or have dementia. Can be worn in the shower where many accidents can happen. Prices and details on request:

No obligation home trials for 30 days. [ageco.co.uk/alarms](http://ageco.co.uk/alarms).

### ***CPR Guardian***

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

**Tel: - 01792 398 239**

**[cprguardian.com](http://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. Matching labels are stuck near the front door and outside the refrigerator or car glove box so that emergency services can find them easily in the event of an accident or sudden illness. You can obtain these bottles from your doctor's surgery, pharmacy or Age UK.

### ***Wheelchairs for Hire***

**Mid Devon Mobility**

Tiverton Tel: - 01884 242 099 Crediton Tel: - 01363 773303

**[middevonmobility.org.uk/services/](http://middevonmobility.org.uk/services/)**

Phoenix Lane Multi-storey Car Park, Tiverton. EX16 6NB

There is a daily charge starting from £3. Please book in advance.

### ***British Red Cross Mobility Aid Service***

**Tel: - 01392 353 297**

**[redcross.org.uk](http://redcross.org.uk)**

Sowton Business Park, Apple Lane. EX2 7HA

Wheelchair hire - £22.00 per week.

They also hire commodes for £11.00 per week plus £5.00 for single person's use potty. Also have toilet frames.

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

### ***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.

Tom Pale      **Tel: - 07957 647675.**      **freetrike.co.uk**

### **Home repairs and adaptations**

#### ***Mid Devon District Council Handy Person Scheme***

Will offer you a quote using qualified workmen to people in privately owned properties including installing grab rails, simple repairs and DIY jobs. **Tel: - 01884 255 255**

#### ***Home repairs and adaptations for people living in council owned property.***

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

**Email:**                      **repairs@middevon.gov.uk**  
**Tel:**                          **0800 0232281**  
**Tel:**                          **01884 255255 (emergencies)**  
**A-Z directory:**           **my.middevon.gov.uk**

#### ***Clothes and Shoes adapted for easy dressing***

**The Able Label.**

**Tel: - 01622 744242**                      **theablelabel.com**

### ***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 – 2pm Bradninch Guildhall

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

### ***Extra wide Footwear***

Order a catalogue or shop online.

Tel: - 01458 293200 [cosyfeet.com/online-catalogue](https://cosyfeet.com/online-catalogue)

### ***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 and prices excessive and often increase unexpectedly. If you need work done it is best to get quotes from Mid Devon District Council Tel: - **01884 255255** or recommended reputable local businesses, many of which advertise in your local Parish Magazines. **Do not let strangers into your home and never give your bank details or PIN number, if you are asked for them, on 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: - **101** or email: - [101@devonandcornwall.pnn.police.uk](mailto:101@devonandcornwall.pnn.police.uk).

### ***Nuisance and Scam Phone Calls***

BT has a call protect service which is free to BT customers and easy to set up. [bt.com/callprotect](https://bt.com/callprotect)

Call Guardian Telephones can be purchased which can block incoming nuisance calls.

## **Dementia & Memory Loss Support**

### ***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. In order to access them, you need a referral from your GP. They are very kind, understanding and knowledgeable and impart their wisdom on all aspects of dementia.

helpline [\*\*dementia.org\*\*](http://dementia.org)      Tel: - 0800 888 6678

### ***Cognitive Group Community Life Hub***

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month 2.15pm-4.15 pm

College Surgery Partnership, Cullompton

Friday Drop-in 10am -12 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.

Places must be booked

[\*\*admin@communitylifehubgroup.co.uk\*\*](mailto:admin@communitylifehubgroup.co.uk)

**Tel: - 07707 491569**

### ***Alzheimer's Society***

Help and advice about the illness.

**Tel: - 0300 2221122.**

**[alzheimers.org.uk](http://alzheimers.org.uk)**

### ***Companion Calls***

Alzheimer's Society will arrange regular calls to either receive the calls or become a companion caller volunteer.

**Tel: - 03330 1503456**

***Devon & Torbay Advisory Service***

**devon@alzheimers.org.uk.**

**Tel: -0300 1232029**

***Uffculme Memory Café***

Open on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday between 2 and 4 pm in  
Uffculme Village Hall

***Silverton Memory and Community Café***

Every Thursday 2-4pm in Community Hall. See inside back  
cover for full details. Transport can often be arranged.

***Tiverton Forget Me Not Memory Café***

Cherith Christian Fellowship Church, Blundell's Rd, Tiverton.  
(Between Tesco and Tiverton Hotel, ample parking)

Third Tuesday each month 2-4 pm

Telephone: - **01884 257511** email: - **info@unitemd.org.uk**

***Tiverton – A Different Journey Memory Café***

First Tuesday of each month 10.30am -12 noon. 4 Bridge  
Street, Tiverton. EX16 5LY. Contact Sharon Trerise.

**Tel: - 01884 257511**

**Email: -info@unitemd.org.uk**

***Cullompton – Clickers Memory Café***

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

1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month 2.30 – 4.30 pm (room CH4)

Co Ordinator Annabel Barr. **Tel: - 07707 491 569**

***Crediton Memory Café***

Every Tuesday 2-4pm. Lady Mills Centre, Deep Lane. EX17  
2BX. Contact Brian Shillingford **Tel: - 01363 772657**

**Email: - brianandkayshil@gmail.com**

### ***Friday Friends at Silverton Room 4 U***

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

Email: - **silvertonroom4u@gmail.com**

Telephone: - Sally Sleep: - **07564 337 321**

Email: - **sallysleep@hotmail.co.uk**

### ***Music***

Music 4 Dementia is a radio programme for people who have dementia. Apple devices have a free app for one touch access to the music via the M4D radio App. The music is themed and available 24 hours a day 365 days a year. **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. Starts at 2pm and finishes at 3.30 pm on most Mondays. Admission Free

Contact Jenny Evans on: - **Tel: - 07711 211 456**

### ***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 potentially useful items:

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  
**shop.alzheimers.org.uk.                      Tel: - 0333 3660035**

### ***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 persons details on the back.  
**[icetags.co.uk](http://icetags.co.uk)**

## ***Parish Magazines***

Your local Parish Magazine is issued monthly and is full of local information and advice. It can be delivered to your door or purchased in your Village Shop, Post Office or Farm Shop.

Silverton- Butterleigh, Cadeleigh and Bickleigh – **Silverleigh**  
Bickleigh – **Bickleigh Bugle**  
Thorverton - **Focus**  
Stoke Canon, Rewe, Huxham and Poltimore – **Forum**  
Brampford Speke and Upton Pyne – **Speke Up**

## Emergency and Other Useful Numbers

<i>Fire, Police or Ambulance:</i>	<b>112 or 999</b>
<i>Police – non-urgent:</i>	<b>101</b>
<i>Crimestoppers:</i>	<b>0800 555 11</b>
<i>Southwest Water Emergency:</i>	<b>0344346 2020</b>
<i>Western Power Emergencies:</i>	<b>0800 678 3105</b>
<i>Gas Emergencies:</i>	<b>0800 111 999</b>
<i>Out of hours medical help:</i>	<b>111</b>
<i>Samaritans</i>	<b>01392 496649</b>
<i>RD&amp;E</i>	<b>01392 411611</b>
<i>Tiverton Hospital:</i>	<b>01884 235400</b>
<i>Devon Care Direct:</i>	<b>0345 1551007</b>

This Devon County Council helpline provides info & advice for people over 60 (24 hours). Attendance Allowance/Disability Living Allowance/Carers Allowance/living aids and house adaptations also personal pendant alarms and care needs assessments.

<i>Action On Elder Abuse (Hourglass)</i>	<b>0808 8088141</b>
<i>Wyndham House Surgery</i>	<b>01392 860034</b>
<i>Silverton</i>	
<i>Redlands Primary Care</i>	<b>01363 727111</b>

*Press 2 for direct line to Thorverton Surgery*

<i>Pinhoe &amp; Broadclyst Medical Practice</i>	<b>01392 469666</b>
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*Priority Person during a Power Cut:*

Customers with medical dependencies on electricity because they use essential medical equipment: - **0800 0320311**

We have produced SCENE to give you information about various activities, organisations and clubs that are available in the Exe Valley area. Many of these are for older people; others are for those people with particular health issues. The list isn't exhaustive, and we believe all information is correct at the time of going to print.

If there is any information that you feel we should include or correct in the next issue, please email: -  
**[friendsofwyndhamhousesurgery@gmail.com](mailto:friendsofwyndhamhousesurgery@gmail.com)**

This Booklet will also be available on Wyndham House Surgery website: -  
**[www.wyndhamhousesurgery.co.uk](http://www.wyndhamhousesurgery.co.uk)**

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