



KingsCare League of Friends

Newsletter February 2017

A QUICK LOOK BACK AT 2016

January - we took a stand at the Volunteers' Recruitment Day organised by Teignbridge CVS and persuaded several visitors to the stand to come and join us

February - the children of Rydon Primary School invited our Tea & Chat regulars and the KingsCare Chorus to a cream tea for grandparents. The hall was buzzing and the children were perfect hosts.

March - a party of theatre goers enjoyed a trip to the Theatre Royal in Plymouth to see 'Billy Elliot'

April - Kingsteignton Town Council awarded us a grant to undertake an inter-generational project (see page 3).

May - we had a stall at both the Kingsteignton annual Spring community events - the Street Market and the Ram Fair

June - came in with a cream tea for the volunteers on the surgery lawn - in the rain! Luckily we had bought a new gazebo thanks to a grant from Councillor Dave Rollason.

July - we took delivery of a new (to us) people carrier thanks, in part, to a generous donation from Newton Abbot Hospital League of Friends. We had a stall and manned a gate at the Town Council's Annual Craft Show.

August - working alongside Newton Abbot Community Transport we invited elderly socially isolated people to a tea party at Wood, the lovely home of Lord and Lady Julian Darling. We had a stall at the Newton Abbot Carnival Fete.

September - we produced displays for flower festivals held at St Michael's Church and the United Reform Church on 2 weekends in succession.

October - launch of the new Health & Wellbeing Project (see page 2).



A snapshot of 2016

The children of Rydon Primary School cleaned our Fiat, replanted our flower tubs and cleaned the windows at the Hub during their community week

November - Volunteers' annual party
We took delivery of some mittens knitted by the Knit & Natter group in Newton Abbot

December - we had a stall at the Victorian Evening in Newton Abbot and a presence alongside Liz Roberts, the Mayor of Newton Abbot at her carol service. The Beavers delivered food hampers.

CHRISTMAS 2016

Like many people I did some of my Christmas shopping on line and, by doing so, raised some money for KingsCare.

'How come?' you ask - by signing up to Easy Fundraising. It really is straightforward and costs you not a penny extra. Go to www.easyfundraising.org.uk and follow the instructions naming KingsCare League of Friends (hopefully) as the charity you wish to support. Every time you go shopping via the Easy Fundraising link a small %age will be given to us. We've just had a credit for £15 which, at 1.5%, means that shoppers have spent £1,000 and named us to benefit from that spend. Thank you all those concerned.

The items for the Christmas Draw were donated by many kind individuals and businesses and raised us £500. The top prize of a super hairdo was won by Lecia Swinnerton. Thanks to Jane Bearne who worked hard to get us the prizes and all the people who bought tickets. If you didn't win, don't worry, we'll be doing it again at Easter!

HEALTH & WELLBEING PROJECT

The 5 patient support groups in South Devon got together in 2015 under the umbrella of the Wellbeing Partnership in order to contract with the NHS for projects to support patients in ways not usually provided by the statutory services. Thanks to a huge amount of work done by Sue Wroe, Chief Executive of Teignbridge CVS, we soon had some funding for the Voluntary Sector Hospital Discharge Workers; in our case, Rosemary Newman, who works out of Newton Abbot Hospital.

In September a new project was launched which enabled us to employ 3 part time workers, Jane Bearne, Sharon Venning and Fiona MacCrimmon. Their role is to work with people who are 50+ and need a bit of help to make the most of their futures following a change in circumstances or a bout of illness. Part of Jane's role is also to provide much needed administrative support in the office.

These new staff are making a world of difference to our ability to see and provide help to the growing number of people who are referred to us.

SPECTRUM MUSIC



Dr Mark Clarvis, our Chair, and fellow trustee, Martin Hill, play in a wind band called Spectrum. They have chosen KingsCare as their charity of the year. The year has got off to a fantastic start with many street gigs being played in the run up to Christmas in and around Newton Abbot and the Willows. With willing helpers holding buckets and looking hopeful a fantastic £1,500 was raised.

THE NEWTON ABBOT MEMORY CAFE

The funding we received in 2015 from the Big Lottery enabled us to employ, among others, a Mental Health Support worker. Briony Enright is that worker and a tremendous asset to our team. On the 3rd Thursday afternoon of every month she leads our Memory Cafe at the Avenue Church in Newton Abbot from 2.15-4.15. The café supports people with memory problems and their carers, giving them the opportunity to mix socially with other people in the same situation whilst getting any support or information that is needed. Liz Roberts, the Mayor of Newton Abbot, has chosen the café as one of the 2 charities to support during her year in office. As there is currently no funding available from the statutory sector we are very grateful to Liz. We are also to receive the retiring collection from the late Miss Joan Sweeny because, as her niece, Judy Jolliffe, says she so enjoyed coming. Thank you, Judy.

Finally we're delighted to announce that the café also now has a patron, Major George W. Braden BS MBA OStJ Lord of the Manorial Borough of Newton Bushel and the Manor of North Bovey.

TRANSPORT

Early in 2016 we were sad to lose Mike Cooke, our first dedicated Transport Coordinator due to ill health. Soon after, we welcomed Ian Whyte (previously a Trustee) to take up the role. We are increasingly being asked to arrange transport to hospital appointments and needing to use our wheelchair accessible vehicles more frequently to do so. We have a terrific band of volunteer drivers who do all they can to help the patients get to their appointments in good time. If you are one of these patients please give Ian as much notice as possible. I know this is often quite difficult as appointments are can be made with little notice following a cancellation but the jigsaw of patient transports is so much easier to complete with a little time in hand.

Our charges have remained the same since 2013 but we will need to review them this year. Although it is now much quicker to get to Torbay, it is also a longer journey and our charge does not reflect the mileage very adequately.

INTERGENERATIONAL PROJECT

From the end of January there will be a short term project of monthly sessions at Rydon Primary School with the children asking a group of older people questions on a wide range of subjects. If you would like to be a participant do let us know.

GARDENING

It may be cold and dreary now but the days are lengthening and Spring will soon be upon us. We have a great little gardening group so, if you have green fingers or would like some, do come and join us. We'll be planting up seedlings soon and will need some help to do so and to grow them on.

For more details contact Briony at the KingsCare office.



BUS TRIPS

We are so lucky in that we have a growing number of men keen to drive our minibuses. Just as well as we now have 2! Over the last year there have been many trips out and about and, with the arrival of our new 8 seater, we are able to collect more people to enable them to come to our groups in Newton Abbot or lunch at the British Legion Hall.

We are hoping to get back to the way we used to do things before we got so busy i.e. produce a list of trips planned for the next few weeks, circulate it and give more people a chance to plan and book in advance. If there's anyone out there who would like to take this task on, we'd love to hear from you.

...and more good news

Just before Christmas we received a very welcome cheque for £500 from the Hayley Group. Thank you.

NEWTON ABBOT GROUPS

Under the leadership of my assistant, David Clifford, and with the help of a great band of volunteers the groups held at the Avenue Church are continuing to grow and flourish. So much so that the Monday morning activity group is now being repeated every Thursday morning from 11-1pm. Every Thursday, except the 2nd, when David and Rosemary run a group for carers.

CARERS

Under the leadership of Rosemary Newman, our Hospital Discharge worker, we provide a range of support services for carers. On Carers Rights Day on 25th November she organized a Coffee Morning at the surgery which I found myself advertising live on Radio Devon a few days before. Not sure how that happened!

WHAT'S NEXT?

Swimming is next. We are in discussions with Kingsteignton Swimming Pool about booking a regular slot in their timetable each week this Summer to encourage people who haven't swum for a while/at all to get in the water. There will be lifeguards and swimming tutors on hand to help.

STOP PRESS

Date for your diary

The Police Choir will be performing at a concert for us on Friday 7th April at 7.30pm at St Michael's Church, Kingsteignton

COMING SOON

2017 marks the 20th anniversary of the existence of KingsCare. We plan to mark this with various events. Some will be musical. The well renowned Police choir will be holding a concert for us in April and Spectrum Music in May. Keep an eye out for details.

DON'T FORGET

...that:

- our shop at 29 Fore Street, Kingsteignton, is keen to recycle unwanted Christmas gifts
- Tai Chi classes are now running at the Community Centre in Buckland on Tuesday afternoons as well as in Kingsteignton on Fridays
- singing is still on Mondays; walking groups Mondays and Wednesdays
- a variety of groups in the Avenue Church run on Mondays, Tuesdays and Thursdays
- Volunteers are always wanted

For details of all our activities please call the office on 01626 357090 or email us at office@kingscare.co.uk or find us on line at www.kingscare.co.uk and follow the link to our Facebook page.

This newsletter has been compiled by Maggie Bonnell, the manager at KingsCare

