

Covid -19

On 23rd March we 'celebrated' 12 months of Covid-19 lockdowns and restrictions. These, added to the incredibly successful vaccination roll out, are leading to a relaxation of the rules and there is a scent of our old freedoms in the air.

A huge vote of thanks is due to our local NHS who continue to meet the roll out challenge every day with great efficiency. An equally huge vote of thanks is also due to the local Rotary Clubs and the volunteers who never seem to tire of undertaking marshalling duties whatever the weather or day of the week.

Maggie Bonnell, Manager

Moving on.....

Life with KingsCare never stands still. We have continued with welfare calls, shopping, benefits advice and meetings of all sorts on Zoom. We are hoping to be able to start up some face-2-face groups before long and have booked Kingsteignton Swimming Pool for an hour every Thursday morning for the rest of the season from 11.30 to 12.30, starting on 3rd June. We will need to minimise our time in the changing rooms, are not likely to be able to offer coffee and cake afterwards within the confines of the pool but we can swim again and that's the important bit. Many thanks to Kingsteignton Town Council for giving us a grant towards the cost of the sessions and their support throughout the pandemic.

The Avenue Monday group are already meeting in Forde Park and we're hoping that a walking group will be able to start soon as well. Following on will be the first face2-face HOPE course and some support groups. Keep an eye on the website, our Facebook page and the Hub window for further announcements of reopenings as we go along. Unfortunately we are not allowed to display posters in the surgery any more



David and Jackie have been running Cognitive Stimulation Therapy sessions on Zoom on Monday afternoons, supported by Memory Matters. They've gone really well and they are planning another of these 14 week courses later in the year.

Contact: KingsCare League of Friends, Kingsteignton Medical Practice, Whiteway Road, Kingsteignton, TQ12 3HN

Tel: 01626 357090

Email: office@kingscare.co.uk

The Hub

Our fantastic volunteers in the Hub have worked all the way through this last year putting low cost items out on the pavement on dry days. Each time I go there passers-by tell me how grateful they have been for this, the opportunity to buy books and toys and enjoy a good browse. Many items are now being sold on-line via such sites as Vinted and MusicMagpie. Meanwhile we have a wheelchair that was only used once and a shopper's mobility scooter for sale, both at very reasonable prices.

The shop is now open again on Mondays and Thursdays, volunteers permitting. We really could do with some more volunteers then we could be open more. We have an excellent range of goods for sale, come and see for yourself.

The one bit of bad news is that the fly tippers are back so we are going to have to install CCTV to try to capture the number plates of the irresponsible people who are doing it.



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Supporters must be 16 years of age or older. See website for T&Cs. Closing date for entries: 5th June 2021

Thank you all who pay into our weekly draw through OneLottery. We only need a few more players and one of us is guaranteed a pay back of £20 each week. Perhaps the latest offer will encourage you to join?

Just visit www.onelottery.co.uk and search for KingsCare

 #DoltForDeaks

Mental Health and...

Briony and Maggie C have been running HOPE courses and supporting many on-line and on the phone and are looking forward to being able to see clients face-2-face again soon. In the meantime, Briony and one of her volunteers are to undertake walk leader training so that they can get a new walking group going. 'Dog Walk and Talk' will be open to everyone with or without a dog.

The project with Network Rail is coming along with 'Happy to Chat' benches being installed at railway stations and noticeboards adorned with artwork produced by schoolchildren and words written by a local poet.

The #doitfordeaks project is busy as ever giving information, support and guidance to those looking for the right help at the right time. Barratt Homes were very supportive of this project but their support had to be time limited. Nevertheless, they were able to add £1,300 into the pot for the project at the end of their year. They had already put in £8,000. Costcutters, Newton Abbot chose the project to be the beneficiary of the sale of carrier bags and this amounted to £747.90. David Besant, who was the Chair of Kingsteignton Senior Citizens Club for several years, sadly passed away recently but asked for his retiring collection to go to this project. This amounted to £671.12

These generous donations demonstrate how important this project is to our community and we're very grateful.

KingsCare Cookbook

Do you have an old family recipe that you would like to share with others?

Do you have a story to go with the recipe?

If so please send the recipe, a photo of the completed dish plus the story of the recipe and family photo to manager@kingscare.co.uk and we will include it in the cookbook which is being funded by the Teignbridge Covid Recovery Fund

Home Help Scheme

We are putting together a list of service providers that have signed up to our Customer Charter to prove that they are responsible and trustworthy. They are the sort of providers that can offer the range of help that you might need, especially if you have just come out of hospital and want some assistance to get back on your feet but find the gardening or housework for instance too much to cope with for the time being.



The intrepid residents of Southlands Care Home in Highweek are off on their virtual cycles again on 4th May. Their plan this time is to cycle from the source of the Thames at Kembel in Gloucestershire to where it reaches the sea in Southend. They'll be stopping off at all sorts of exciting places along the way such as Oxford and Windsor, taking a detour to Welwyn Garden City to see a performance of 'Cats' at a theatre there. The whole trip is 258 miles long and they aim to complete it by 18th May. Last year they cycled from Newton Abbot to Lands End with a target of £500 to reach in sponsorship for KingsCare. They actually raised 3x that amount and a bit more. This year they have kindly chosen KingsCare again and set themselves the same target of £500. If you would like to support them please go to www.virginmoneygiving.com/fund/southlandscycle21

...and finally



It's what we do

Don't forget we are still being supported by the Coop as one of their chosen charities. The money raised through members' contributions is going to support the craft workshops we're planning to set up to get people out of their houses and learning new skills as the pandemic (hopefully) fades into history.