

## Newsletter Spring/Summer 2023

KingsCare Manager, Maggie Bonnell writes:

It's hard to believe that we are nearly at the half way point of 2023, a year that started as, I have no doubt it will continue, extremely busy!

### Funding

We took Sarah Lakey on last Summer to raise funds for the Sorting Office. When we had to shelve the project due to the current economic climate, we were able to redeploy her to raise funds for other projects. And she's doing an excellent job. She's been talking to primary schools about Dementia and they've been holding non uniform days which have raised funds for our Dementia work.

She has also raised funds from the National Grid, the Elm Grant Trust, SWW, Newton Abbot Town Council, Newton Abbot Hospital League of Friends, Exeter Chiefs, ASDA, Sport England, the Veronica Awdry Charitable Trust, the Benefact Group and more. Some of these funds were quite substantial, others smaller but all of them are helping us to maintain current projects and to plan new. Read on for more details.

### Coronation celebrations



On Friday 5<sup>th</sup> May Kingsteignton Town Council kindly let us take over the marquee that they had erected for their Coronation celebration to hold a cream tea to thank our wonderful volunteers for all the hard work they put in to enable KingsCare to brighten the lives of so many people. The volunteers came from all our different areas of work and it was so good to be able to treat them for a change!

Many thanks to the Town Council for allowing us to use the marquee and to the Coop for providing the scones and milk.

The following day Sarah ran a raffle at the Town's Celebration Day and raised just under £400 for our mental health project, 'Walking Alongside'.

## Activities

As people get used to the post Covid world and realise that it's good to have company again, all our activities have grown in popularity and it's so good to see so many out and about again, making new friends, having new experiences.

## Walking Groups

We've been very lucky to have volunteers Graham and Judy Warren leading walks on Monday mornings for many years. We also now have trained walk leaders among our staff. David Garland leads a dementia friendly walk every other Tuesday morning, assisted by volunteer Leigh Nicholson, very locally. The Wellbeing Coordinators, Sue, Sharon and Sharon take Walking for Health walks farther afield, also on Tuesday mornings. These have become so popular that there is a waiting list so we are encouraging volunteers to get trained up so that we can lay on even more walks.



## Swimming

After much uncertainty about whether the gorgeous open air pool in Kingsteignton would be able to open this year, all is well and it has. Wonderful news for the town but especially for our group who get so much out of our weekly session. The added good news is that Sarah has raised some funds from Sport England who are subsidising the costs to make it easier for our clients to come. Our sessions started on Thursday 8<sup>th</sup> June and run an hour earlier than in previous years - from 10.15 to 11.15. The charge we make is still the same as last year - £5 a session.



## Dementia news

Newton Abbot Memory Café has been going from strength-to-strength. And so, towards the end of 2022, a decision was taken to open a new monthly Memory Café in Kingsteignton. This has proved to be increasingly popular since its launch.

Each month has a different theme.

In December we were entertained by the choir from St Michael's School. We weren't sure who enjoyed it more, the children or the adults!

In March we had a very entertaining talk about 'The Movies of South Devon' presented by historian Dr Kevin Dixon. People are already asking when he is coming back. To celebrate



the Coronation, we had an indoor 'street party' with lots to eat including a Coronation cake made by one of our

volunteers. Once again, the choir from St Michael's School came to entertain us. We were also joined by Jackie Edwards, Kingsteignton's Town Crier, shown cutting the cake.



The Memory Cafe is for anyone living with memory loss and their Carer. It is run by Jackie Milan, KingsCare's Dementia Carer's Support Worker, assisted by experienced volunteers. It is held on the second Tuesday of every month at the United Reformed Church Hall in Church Street from 2pm to 4pm. If you would like to know more or would like to attend, please call the office, or email [jackie.milan@nhs.net](mailto:jackie.milan@nhs.net).

**This Memory Café is in addition to all the other dementia support David and Jackie do - one-to-one support, walking group, Carers support and the Memory Café at the Avenue Church in Newton Abbot.**

### Writing Group



Sarah Hopkins has been running our writing group sessions for 9 years. A small but very keen group meet on Wednesday afternoons at the Avenue Church for 6 weeks at a time and absolutely love the inspiration that she gives. There are not enough of them to make the group financially viable and we really need to watch the pennies these days so it looked like the group might have to close. Enter Sarah Lakey who has found the funds to maintain this really important group for 12 months with a grant from Devon County Council. I visited them for the last of their current sessions and these are some of the comments they made.

*"Different topics make you dig deep into yourself to be creative. A regular stimulating meeting is good and meeting people of like minds evokes memories ". C*

*"I just wrote sci-fi when we started. Now I'm into poetry and have been the 'poet in residence' at the museum". D*

*"When I first came to the group I couldn't lie! Now I have a lot more confidence, a lot more imagination." J*

## The Newton Abbot Rotary Firewalk

On 23<sup>rd</sup> May Briony and I attended a cheque presentation at Dainton Golf Club to receive the funds raised by the intrepid group of people who braved the hot coals to raise funds for our suicide prevention project, #doitfor deaks. We received an extra £50 as the group that raised the most money so the cheque totalled £1,390. A huge thanks has to go to James (featured), Briony and all her team.

Other supporters have taken on the 3 Peaks challenge for the cause and it will also benefit from the Kingsteignton Football Club's Ramfest Weekend on 11<sup>th</sup> & 12<sup>th</sup> August.



## New vehicle



We loved having the taxi to help transport patients to appointments during Covid but it was pretty impractical, not everyone's cup of tea to drive and pretty tatty. However, our need to transport patients with mobility problems is on the increase. Sarah has raised funds from various sources including Exeter Chiefs and Newton Abbot Hospital League of Friends. Sylvia Jenkins also contributed and we may name our new Ford after her! Andy picked this, our latest addition to the fleet, on 14<sup>th</sup> June.

## Minibus trips

These are now more popular than ever. Unfortunately, without more volunteers we can't do any more trips than we are doing but we are doing all we can to accommodate all those who want to go out every week.

## Coming up

- Yes, we have a new vehicle but we desperately need more volunteer drivers as the number of requests for transport is constantly growing and we hate letting patients down. If you can only spare an hour or 2 a week, we'd love to hear from you.
- Don't forget that we are one of the charities that is currently being supported by the Coop for our mental health project, 'Walking Alongside'.
- Talking of mental health - there is a Baton of Hope walk leaving from the Fountain in Kingsteignton on Thursday 29<sup>th</sup> June at 9.15 going to a mental health awareness event at the Courtenay Centre from 10-12 that morning. Do come along.
- There is a Classic Car Show on Oakford Lawn on Sunday 2<sup>nd</sup> July and KingsCare is the charity chosen to be supported at the event.

For more details of our activities, please ring the office on 01626 357090 or visit our website, [www.kingscare.co.uk](http://www.kingscare.co.uk) or follow us on Facebook.