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Welcome to our new look regular e-newsletter

We hope that you enjoy reading what Age UK Exeter are up to as we collect together news, events and information and send them directly to your inbox.

Below we have details about Christmas events and our Pop-Up Christmas Shops with Age UK Exeter Craft Group. Get all of your decorations, hand crocheted and knitted toys, gift bags and tags and cards sorted in one shop while supporting our vital services.

Look out for our 2019 Christmas campaign coming soon, Throughout the festive period year we'll be sharing stories and information about how you can help us continue to tackle loneliness and provide practical and emotional support for people with dementia and their families. We're a local charity working in your community and we hope that this Christmas people will chose to support local and remember those for whom Christmas can be difficult.

Also, there is an exciting save the date for 2020!

Budding Friends project was finalist in the National Dementia Care Awards

Budding Friends supports families and those with a recent diagnosis of dementia and runs dementia friendly activity sessions every week.

Thank you to everyone who sent good luck messages to us and to Penny Unitt. We didn't win the award but Penny had a great few days at the Dementia Congress 2019 and she told us that the awards ceremony was fantastic. She said how wonderful is to see the amazing work that's going on supporting people living with dementia. Keep up the good work Penny and thanks to all the volunteers who make Budding Friends such a special project.



The talented Age UK Exeter Craft Group (run solely by volunteers) have been working hard to make Christmas goodies for you using handmade, recycled and ethically purchased materials. Visit our Pop-Up Christmas Shop in our Cowick Street Reception and get everything you need for the festive season. 100% of the money raised from these items will go straight into supporting our vital services.

We also have Age UK Exeter Christmas cards for sale. They are £3.99 a pack but the more you buy, the cheaper they are!

These items will also be available for purchase at the following events:

- St Stephen's Coffee Mornings – 3rd December 2019
- Ottery St Mary Christmas Fair - 13th-14th December 2019
- Carols with Age UK Exeter - 13th December 2019, St. Thomas Methodist Church

Also, don't forget the Men in Sheds shop on Paris Streets sells all sorts of fantastic gifts including bird boxes, bird tables, bug boxes, trugs, cheese boards, bread boards, wellington boot pullers and stands, vegetable boxes and bags of kindling.



Conversations in Colour

A wonderful exhibition by

**Age UK Exeter's
Budding Friends Group**

**In association with
Studio 36**

**All of November at the
Boatyard Cafe
and Bakery**

**60 Haven Road, Quayside
Exeter, EX2 8DP**

Don't Miss It!

Conversations in Colour: An Exhibition

An art exhibition by Age UK Exeter's Budding Friends Group in Association with Studio 36 will be taking place during November at The Boatyard Bakery & Café.

The café is located in an old Victorian warehouse on the Quayside (60b Haven Road, EX2 8DP).

The exhibition runs from now until 30 Nov available for viewing during normal café hours.

Eat Together Event for Age UK Exeter Boatyard Café & Bakery

Boatyard Bakery and Café are hosting an Eat Together fundraising afternoon with poetry and music on Sunday 17th November between 3pm - 5pm with music and poetry in the colourful surroundings. The tickets are £7.50 and available in person from the café or you can reserve by calling them on 01392 279208. The space is fully accessible.

Christmas Cupcake Decorating Workshop with Chuckle Cakes

Saturday 30 Nov
10am - 12.30pm
Age UK Exeter, Cowick Street, EX4 1HS
£25* per head

*One child over 8 year can accompany one paying adult

£5 from every ticket will be donated to Eat Together for Age UK Exeter

Call Kath on 07876 798 499 or email Kath@chucklecakes.co.uk



CHRISTMAS CUPCAKE DECORATING WORKSHOP WITH CHUCKLE CAKES

Saturday 30th November 2019
10am - 12.30pm
Age UK Exeter, Cowick St, EX4 1HS
£25 per head*

TO BOOK CALL 07876798499 OR EMAIL KATH@CHUCKLECAKES.CO.UK

Watch demonstrations, decorate 6 cupcakes of your own to take home and then enjoy coffee and a slice of cake!

***ONE CHILD OVER 8 YEARS CAN ACCOMPANY ONE PAYING ADULT.**

£5 FROM EVERY TICKET WILL BE DONATED TO EAT TOGETHER FOR AGE UK EXETER



Charity No: 1019973



CHRISTMAS CAROL CONCERT

WITH THE EXETER POLICE AND COMMUNITY CHOIR



SPECIAL FESTIVE READING FROM JUDI SPIERS

13 DECEMBER 2019 • 7PM
ST. THOMAS METHODIST CHURCH,
COWICK STREET, EXETER

TICKETS £5
(INCLUDES HOT DRINK AND MINCE PIE)

TICKETS AVAILABLE FROM RECEPTION,
AGE UK EXETER, COWICK STREET

TEL: 01392 202092 | WWW.AGEUKEXETER.ORG.UK

Registered Charity no.: 1019973

Friday 13 December Carol Service

Join us for Carols at St. Thomas Methodist Church with Exeter Police and Community Choir and a festive reading from special guest Judi Spiers.

Tickets are £5 and include a hot drink and mince pie.

Tickets available from Reception at Age UK Exeter, Cowick Street.

Run the Exeter 10K for Age UK Exeter



Wednesday 15th & Thursday 16th July 2020

In 2020 we're collaborating with City Runs to bring you the largest 10k running event in Exeter! The Exeter Summer 10K will take place over two evenings on Wednesday 15th and Thursday 16th July 2020.

Have you thought about getting a team of friends or colleagues together for the Exeter 10K next year? There are still some discounted charity places left. Running and fundraising are always so much easier and more fun as a group and all you have to do is raise £50 each for Age UK Exeter!

*****NEW for 2020*****

Sponsored Dementia Walk - Saturday 16 May 2020

Save the Date for our brand new Dementia Walk. We'll be raising funds for our essential work with people who have dementia and their family members or carers. More information will be coming soon. Keep an eye on your inboxes and social media!

Tuesday Coffee Morning Dates 2020



TUESDAY COFFEE MORNINGS

ST. STEPHEN'S CHURCH, HIGH STREET, EXETER

10 AM - 12 NOON

5th November 2019

3rd December 2019

7th January 2020

4th February 2020

3rd March 2020

7th April 2020

5th May 2020

9th June 2020

7th July 2020

5th August 2020

1st September 2020

6th October 2020

3rd November 2020

1st December 2020

Pop in and ask us any questions you have about who we are and what we do or just relax with coffee and cake.



www.ageuk.org.uk/exeter
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Charity No: 1010973

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