

**Information and Advice  
has expanded into Mid Devon**

**Page 6**

**With your wool power  
we met our target!**

**Page 12**

**Meet our Volunteers**

**Page 16**

# Welcome

In this edition of **engage** our Information & Advice service acknowledge the sad closure of Age UK Mid Devon in 2020. We have, with financial support from Age UK Mid Devon's Trustees, expanded our service into Mid Devon to ensure those in the area are able to access the support they provide.

During the pandemic we delivered virtual Cognitive Stimulation Therapy (CST) sessions for older people with mild to moderate dementia. Following the success of these sessions we secured grant funding to deliver two 24 week programmes offering face to face maintenance CST sessions later this year. Each programme will also offer support to their carers. You can read more about our new programmes on page 4.

Despite the ongoing challenges and risks of living with Covid-19, we are delighted to see the numbers of older people attending our community activities increase; details of the available activities can be

found on page 22. Our Walking Football programmes have gone from strength to strength. Since the last edition we have launched two women's programmes, in Barnstaple and Dawlish. Across our four programmes we see an average of 40 players a week enjoying the physical activity, learning techniques and enjoying the company of other likeminded older people. In the summer we are hosting a one-day Walking Football Tournament so our teams can get competitive!

We are working with Penon (South West Water) to plan a sponsored swim at Roadford Lake in July, and planning is underway for our Big Activity Week in September which will bring together a varied programme of health and wellbeing taster sessions across the county. More information on both of these activities can be found on pages 14 and 15.

Later this year, we will be reviewing our strategy to take account of our operating environment and the current

wants and needs of older people post Covid-19. If you would like to share any feedback about what we are doing well, what we could improve, or if there are any gaps in local service provision we might be able to fulfil, we would love to hear from you. Please write, call or email us using the contact details below.

I hope you enjoy reading this edition, and I look forward to seeing some of you at our forthcoming events!



Sophie Littlewood  
Chief Executive

# Contents



**12** We've successfully met our Big Knit target  
*Find out how many little hats the knitters of Devon have created and how the funds will support us.*

**04** **Active in Later Life**  
*Discover our new Cognitive Stimulation Therapy programmes starting this year.*

**06** **Advice and Wellbeing**  
*Our Information and Advice service explain their expansion into Mid Devon.*

**08** **Enabling and Home Support**  
*Welcoming new faces to our team.*

**14** **Fundraising**  
*Save the date for our latest fundraising event; an open water swim.*

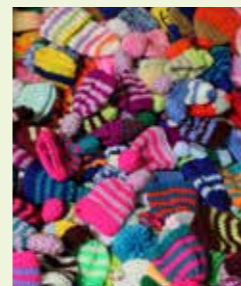
**16** **Focus on Volunteers**  
*Introducing our Volunteers Sara and Stuart.*

If you would like to receive a copy of our **engage** magazine when new editions are released please contact us on **0333 241 2340** or **info@ageukdevon.co.uk**.

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**Reg. Charity No. 1019018**

## Active in Later Life

### Age UK Devon providing support for older people living with dementia

**Age UK Devon is encouraging older people living with dementia in Exmouth and Newton Abbot to join its specialist group to help provide support and improve their wellbeing through a range of activities.**

The group sessions are designed for older people with mild to moderate dementia and involve a range of fun and interactive activities such as games, music, art, cooking and exercise classes. As well as helping with memory and mental activity, such as thoughts, emotions and behaviour, the sessions also give older people the chance to meet and socialise with people who are also living with dementia.

Sophie Littlewood, Chief Executive at Age UK Devon said: "Our sessions will open in May and we're welcoming local people living with dementia, and their carers, to come along to meet us and try out our activities. The sessions offer expert help and support, and not only are the activities

involved fun and interactive, but we also hope people can build friendships along the way."

The sessions, which are also known as Maintenance Cognitive Stimulation Therapy, is the only non-drug treatment recommended to improve memory and thought processes, independence and well-being by the National Institute for Health and Care Excellence (NICE).



From May we will be delivering 24 weekly sessions in Exmouth and Newton Abbot for those with mild to moderate dementia aged 50 and over. We will also be offering a day trip for participants and their carers in July.

To find out more, please contact Nora Okuniek on **0333 241 2340** or email **info@ageukdevon.co.uk**.

## Introducing Knit & Chat Exmouth



**Thirteen years ago, Howard Witts a volunteer from the Retired and Senior Volunteer Programme now known as the charity, Volunteer Matters, placed an advert in the Exmouth Journal advertising a new social project for older people at Denning Court, Exmouth.**

Two or three people came along to the first session and over time the numbers have steadily grown, as has their focus on knitting. Howard's wife, Sandra also a Volunteer Matters volunteer, now runs the weekly sessions encouraging the group's keen knitters to knit for good causes such as Exeter's neonatal unit, twiddle muffs for nursing homes, and blankets and hats which are sent abroad to Moldova.

The pandemic and associated restrictions forced the weekly sessions to stop. While unable to meet face-to-face

everyone continued to knit and remained hopeful that their sessions would soon restart. Unfortunately, when restrictions eased in 2021 their previous venue didn't reopen, so they were forced to look for an alternative and that's where we came into the picture!

We identified the Wings Bar, Exmouth as a suitable venue and are paying half the rent for each week's session ensuring the group can continue to meet.

Currently members meet each Thursday from 10.00am until 12.00pm and they are always happy to meet new faces. They also stress knitting is not a requirement to join and you're more than welcome to just pop in for a cuppa and chat!

To find out more, please contact Pete Ferlie on **0333 241 2340** or email **info@ageukdevon.co.uk**.

**"I have been with the group now for over 10 years and have made so many friends. Everyone is welcome and we knit and crochet for charities local and worldwide. I joined after losing my husband and it has really kept me going. The group are lovely and very sociable."**

**Jane Ball  
Knit & Chat Member**

**"I'm delighted we can financially support Volunteer Matters to ensure this group can continue to meet. Each time I've visited members have said how pleased they are with their new venue and being back together again".**

**Sophie Littlewood  
Chief Executive**

# Advice and Wellbeing

## Information and Advice available for older people living in Mid Devon

**On 18 December 2020 Age UK Mid Devon permanently closed and ceased to operate as a charity offering services to older people across Mid Devon.**

2020 was a difficult year for everyone as the Coronavirus pandemic gripped the nation. For Age UK Mid Devon the disruption caused by the lockdowns and associated restrictions greatly impacted on their income streams and brought pre-existing financial challenges at the charity into sharp focus. Their Board of Trustees therefore made the difficult decision to close the charity.

Since the beginning of the pandemic the demand for our information and advice service has significantly increased. With pressures on statutory services, as well as the loss of other local charities including Age UK Mid Devon even more older people turned to us, and more staff and volunteer resources are needed to meet demand.

Thankfully late last year, the Trustees of Age UK Mid Devon agreed to transfer their charity's remaining assets to us. With a legal agreement in place, we will use their cash assets to support the provision of information and advice in Mid Devon and we have already increased our staffing resources to accommodate this.

Our advisers are trained to help older people on the following topics.

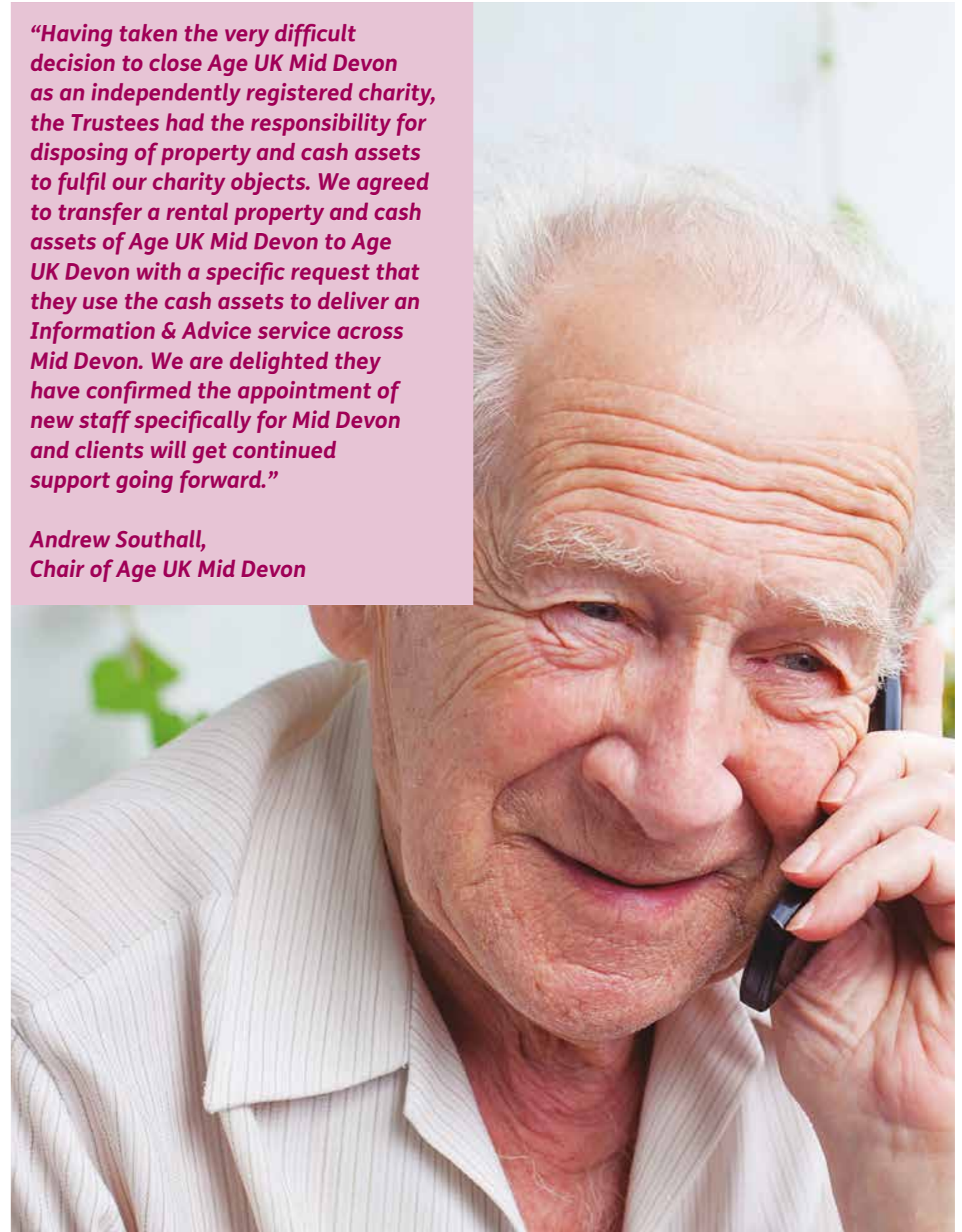
- **Social care** - such as finding a care home or getting some help at home, and how it's funded.
- **Income** - including free benefits checks and help with applying for benefits.
- **Home** - information on staying warm at home, home adaptations and staying independent.
- **Significant life changes** – support to help you explore what really matters to you and what steps you would like to take.



If you need any information and advice, our team are available Monday to Thursday, 9am to 4pm and 9am - 3pm on Friday by calling **0333 241 2340** or emailing **info@ageukdevon.co.uk**

*“Having taken the very difficult decision to close Age UK Mid Devon as an independently registered charity, the Trustees had the responsibility for disposing of property and cash assets to fulfil our charity objects. We agreed to transfer a rental property and cash assets of Age UK Mid Devon to Age UK Devon with a specific request that they use the cash assets to deliver an Information & Advice service across Mid Devon. We are delighted they have confirmed the appointment of new staff specifically for Mid Devon and clients will get continued support going forward.”*

**Andrew Southall,**  
Chair of Age UK Mid Devon



# Enabling and Home Support

## Welcoming new staff to Age UK Devon's Enabling and Home Support team

**The COVID-19 pandemic has made lots of us reevaluate our work and personal lives. Within Age UK Devon we have seen significant changes in our workforce with staff retiring, relocating out of Devon, focusing on caring responsibilities, or wanting to explore other employment opportunities.**

Earlier this year we said goodbye to Sue Moore, our Enabling and Home Support Manager, who made the decision to embark on a new adventure, relocating to the East Riding of Yorkshire. Shortly after this, Angela DaSilva our Services Administrator left to travel to Brazil with her husband to support her in-laws with developing their small holding. The service is now managed by Daisy Peters who joined us from Devon Carers and has over three years' experience of working within the Health and Social Care Sector. Daisy is supported by Beth Sluman, our new Services Administrator.

With Daisy's guidance our Enabling and Home Support team will be working towards addressing the affects the Covid-19 Pandemic has had on the service we provide. When the time is right they will be relooking at launching the Handyman Service.

Full details of the service our Enabling and Home Support team provides can be found on our website at [www.ageuk.org.uk/devon/our-services/home-support-service/](http://www.ageuk.org.uk/devon/our-services/home-support-service/).

*"I am passionate about our clients and ensuring they have the support they need in their everyday lives. I look forward to guiding and developing the Enabling and Home Support Service."*

**Daisy Peters**  
Enabling and Home Support Manager



## Enabling and Home Support Assistant vacancies available

**Enabling and Home Support Assistants work within their local communities to help older people by providing support with cleaning and housework, shopping (escorted and unescorted), meal planning and preparation, household management, companionship and outings.**

There are Enabling and Home Support Assistant vacancies in East Devon (Exmouth, Honiton, Ottery St Mary and Sidmouth), Mid Devon (Cullompton and Tiverton) and Teignbridge (Newton Abbot).

We are looking for people who are passionate about supporting older people and finding meaningful work. If you, or someone you, know has experience of supporting older people (work or personal), excellent communication skills, an understanding of challenges facing older people and the ability to empathise this could be the perfect job!

To apply, please visit [www.ageuk.org.uk/devon/about-us/work-for-us/home-support-assistant-vacancy](http://www.ageuk.org.uk/devon/about-us/work-for-us/home-support-assistant-vacancy). Complete the application form and send it to [homesupport@ageukdevon.co.uk](mailto:homesupport@ageukdevon.co.uk) or to our office address, marked for the attention of Daisy Peters.

If you have any questions, please email [homesupport@ageukdevon.co.uk](mailto:homesupport@ageukdevon.co.uk) or call 0333 241 2340.



## We're Recruiting!

Our dedicated Support Assistants enable older people to remain independent in their own homes. They work within their local communities to support older people by providing help with cleaning and housework, shopping, meal planning and preparation, household management, companionship and outings.

£9.50 per hour plus travel time and mileage. No guaranteed hours.

For more information please call

**0333 241 2340**

email [homesupport@ageukdevon.co.uk](mailto:homesupport@ageukdevon.co.uk)

or visit [www.ageuk.org.uk/devon](http://www.ageuk.org.uk/devon)

Age UK Devon is a charitable company limited by guarantee and registered in England and Wales  
Registered charity number: 1019018  
Company Number: 2773453  
Registered office is: 1 Manaton Court, Exeter, Devon, EX2 8PF





# Seated Exercise Classes

Help loosen your joints and keep yourself active, healthy and feeling good.

**Every 1st and 3rd Tuesday  
12.30pm – 1.30pm**

For gentle basic seated exercises to help improve mobility, muscle strength, suppleness and posture.

£4 per session with refreshments provided.

Free taster session on Tuesday 12 April 2022.

For more information please call

**0333 241 2340**

email [info@ageukdevon.co.uk](mailto:info@ageukdevon.co.uk)

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

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**Dawlish Methodist  
Church Hall,  
Brunswick Place,  
Dawlish,  
EX7 9PB**

## Better Later Lives

Are you over 65?

Is something changing in your life?

Do you need some advice or support to get the most out of later life?

We'd like to help.

Call us to find out more on

**0333 241 2340**

email [info@ageukdevon.co.uk](mailto:info@ageukdevon.co.uk)

or visit [www.ageuk.org.uk/devon](http://www.ageuk.org.uk/devon)

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## Enabling and Home Support

Our service offers:

- Cleaning and housework
- Companionship
- Support attending appointments
- Household management
- Meal planning and preparation
- Shopping

For more information please call

**0333 241 2340**

email [homesupport@ageukdevon.co.uk](mailto:homesupport@ageukdevon.co.uk)

or visit [www.ageuk.org.uk/devon](http://www.ageuk.org.uk/devon)

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## Age UK Devon successfully meets Big Knit target of 20,000 hats

**A massive THANK YOU to the knitters of Devon who used their wool power to create 20,000 little hats to support older people through our Innocent Big Knit campaign.**

The campaign, which innocent drinks run in partnership with Age UK, needs woolly warriors to craft some little hats to sit on innocent smoothie bottles and get them to us by 30 June 2022. For every be-hatted smoothie sold, 25p will go to Age UK Devon. Reaching our target of 20,000 hats raises £5,000 helping to make a difference to the lives of older people.

The funds raised from this campaign will be used to support our Advice and Wellbeing team, who provide a free, confidential Information and Advice Service to older people, their carers and family and our Active in Later Life team, who provide community based activities promoting health and wellbeing, independence and reduce social isolation.

As the campaign doesn't end until 30 June 2022, we know many knitters will continue to create these beautiful little hats. Unfortunately, as we have now met our target, we are not able to count them in this campaign. However,

to ensure the funds remain in Devon, please continue to send them to us at 1 Manaton Court, Matford Business Park, Exeter, EX2 8PF and we will lovingly look after them ready for the next campaign.

For more information on the innocent Big Knit contact Age UK Devon on **0333 241 2340**, email **info@ageukdevon.co.uk** or visit **www.ageuk.org.uk/devon/activities-and-events/big-knit-2020/**.

**“Many older people in our area will be facing a tough time this winter, but the money raised from these little hats will help make a huge difference to those that need our support. Every hat knitted will help to fund our vital services.”**

**Sophie Littlewood  
Chief Executive**

## Roadford Lake Sponsored Swim



**10 July 2022**

A fantastic open water swimming event at Roadford Lake where you are not normally allowed to swim! Swimmers and triathletes will be able to register for one of four different distances, starting at different times, to raise funds for Age UK Devon. Participants will receive a free silicon swim hat and a medal for finishing.

Distances available are 2000mtrs, 1500mtrs, 1000mtrs, 500 mtrs.

For more information about the event including registration and fundraising requirements, please contact us on **0333 241 2340** or email **info@ageukdevon.co.uk**.

## Age UK Devon's Big Activity Week



**10-18 September 2022**

Our week-long event will offer older people a varied programme of health and wellbeing activities delivered by us and our partner organisations across Devon.

We want to encourage older people who are physically inactive and/or feeling socially isolated to come along and have a go at joining in with a local community activity. There will be nominal charges for some activities whilst others will be free-of-charge.

As plans for this week unfold, they will be published on our website **www.ageuk.org.uk/devon**.



# Focus on Volunteers

## Meet our Volunteers



**Volunteers are vital support for all our services. Without them we wouldn't be able to help as many older people as we do within the Devon community. Anyone can be a volunteer as we have a variety of roles which suit different people and different skills. We have volunteers who provide as little or as much time as they are able, and we are always grateful to them.**

In return our volunteers improve their own wellbeing with the feel good factor of helping others and feeling valued as a consequence, gain new skills and experience and meet people they wouldn't ordinarily have. Don't take our word for it here two of our Social Activities Volunteers explore the roles they play at Age UK Devon.

### Sara Williams

Sara joined us in November 2021 as our Social Activities Volunteer supporting our Social Café in Dawlish. All our Social Cafes across Devon aim to breakdown the isolation caused by the Covid-19 lockdowns and help those over 50 improve their mental health and wellbeing by connecting with others in their community. Alongside our Active in Later Life Co-ordinator Sara has helped this group not only grow in numbers but also evolve to include weekly activities such as bingo for those who regularly attend to enjoy.

#### What does Volunteering mean to you?

I've only been a volunteer for a short time, but it has had a massive positive impact on my life. I moved from London (just prior to the pandemic) to Dawlish because I craved being part of a community. I wanted to live in and be a contributing member of a place that still upheld the value of caring for and supporting 'thy neighbour'.

As a cause of the pandemic, I spent months at home on my own. It was lonely and made me realise how much pleasure a simple conversation could bring. So, when the opportunity arose with Age UK Devon, I jumped at it as it gave me an opportunity to give my time to a cause I feel passionately about.

That said, I don't feel like a volunteer because I don't feel like I'm giving up any of my time. Instead, I feel like I have everything to gain, and consider the people I have met through the social café as friends.

In short what volunteering means to me:

- Allows me to give my time to a cause I feel passionate about
- Being a part of my community
- Socialising with new and interesting people
- Being a supportive ear to listen to any frustrations or worries



*"I don't feel like a volunteer because I don't feel like I'm giving up any of my time"*

**Sara Williams  
Social Activities  
Volunteer**

## Stuart West

Stuart West is an Age UK Devon Social Activities Volunteer, who supports and participates in our Introduction to Walking Football sessions based at Newton Abbot.

### What do you enjoy about Walking Football?

The enjoyment of playing walking football takes in all aspects of being involved in a sport that one loves. To be buying boots and kit in your sixties to wear yourself and not just buying it for grandkids is a great pleasure. Even if the shop assistant has a strange look on his face when you're trying on boots! The pleasure walking football brings from just walking out onto the modern 3G pitches is exhilarating. When sharing a pitch with other clubs it's amazing how age seems to disappear, with all age groups having mutual respect. Of course, the thrill of scoring a goal, making a great save or tackle never leaves you.

Another aspect of walking football I enjoy is promoting the sport and it's great to see someone who has not played football before or believes they cannot play anymore take to the pitch and thoroughly enjoy it.

### What do you see as the health benefits to playing Walking Football?

The health benefits are huge, playing walking football has given me enthusiasm to train outside of sessions. I am spurred on to train for sessions in the form of long walks that I probably wouldn't do if the goal of playing walking football was not there. I know I would soon become a couch potato instead I aim for a minimum of 10000 steps up to 20000 steps a day all because of walking football.

Also, a huge thing walking football helps is one's mental health. I'm now a carer for my mother and would interact with practically nobody if I didn't play walking football. It's great to meet up with your club mates, have a chat, get out of the house and socialise with like-minded people.

### How did you get into Walking Football?

I got into walking football a few years ago in my early fifties after I had seen it was being played elsewhere in the country. I searched on the internet to find a session near me, at the time I was around Torquay and there was a session in Barton, so I went to it and enjoyed it. It was indoors but enjoyable. I then had other commitments and for a while I couldn't make the morning sessions.



*"It's great to see someone who has not played football before or believes they cannot play anymore take to the pitch and thoroughly enjoy it."*

**Stuart West**  
Social Activities  
Volunteer



Unfortunately, once my time freed up again the session had been stopped. However shortly after Teignmouth started at a time that suited and I played there until they also changed their times. Luckily Newton Abbot 66 play when I can attend so I moved clubs again. With other commitments, work etc, people have, the timing of sessions become very important.

### What is your Role as a Walking Football Volunteer?

My volunteer day starts with checking the kit we need and making sure the footballs are inflated. I then arrive at least 30 to 40 minutes before the session starts. First task is to get the gates to the pitch opened and liaise with the Devon F.A. official as to any issues regarding our time there. This could be anything from pitch sharing to moving our post-match drinks venue. The lads did like it when we used the Devon F.A. boardroom due to the clubhouse being decorated and having tea amongst the trophies. Next, I prepare the pitch by moving the portable goals to an appropriate position for our games and training and using our markers set out any warm up drills. Hopefully the participants are now starting to arrive, and I finally adjust the size of the pitch to accommodate 6,5 or 4 aside depending on numbers.

If we have new participants attending the session, we assemble and start with a get to know each other name call and then we're off. Before any match we run our warm up drills, which I use to analyse the participants aiming to equally distribute players fairly when matching the two teams. We've found our games work best split into 10-minute sessions with quick drinks break in between. After our matches we go into the clubhouse to refill our fuel tanks with tea, coffee and biscuits. It is also the opportunity to take any payments and have a social catch up with one another.

My last task at the ground is to make sure all the footballs, the markers and the bibs are back in the kit bag. Once home my only task left from the session is to wash the bibs ready for next time.

If hearing from our Social Activities Volunteers has inspired you to explore volunteering with us details of all volunteering opportunities can be found on our website at [www.ageuk.org.uk/devon/get-involved/volunteer/](http://www.ageuk.org.uk/devon/get-involved/volunteer/) or contact us on **0333 241 2340** or email [info@ageukdevon.co.uk](mailto:info@ageukdevon.co.uk).

## Other News

# Getting ready for the New Liberty Protection Safeguards Legal Framework

### The Deprivation of Liberty Safeguards are being replaced by a completely new system; Liberty Protection Safeguards (LPS).

LPS were introduced in the Mental Capacity (Amendment) Act (2019) and the Government are due to announce when they will come into force, following a public consultation on the new Code of Practice in 2022.

These significant changes will impact on the way we all work, when considering whether a person is experiencing a deprivation of their liberty and how this will be authorised.

#### What are the Liberty Protection Safeguards?

- They will provide protection for people aged 16 or over, who lack mental capacity to consent to their care and treatment and are deprived of their liberty.
- The LPS will apply to individuals experiencing a mental disorder which includes but is not limited to; Dementia type illnesses, Autism, a Learning Disability or an Acquired Brain Injury.
- The Liberty Protection Safeguards have been designed to put the rights and wishes of the individual concerned at the centre of all decision-making.

#### The LPS applies in a variety of settings.

The Liberty Protection Safeguards will apply to individuals residing in hospitals, Care Homes and domestic settings who need to be deprived of their liberty.

Domestic settings include:

- the person's own home and family home
- shared lives
- supported living

This change ensures that all individuals who need to be deprived of their liberty will have their rights protected under the Liberty Protection Safeguards, regardless of where they reside.

#### What assessments are needed to authorise a deprivation of liberty under Liberty Protection Safeguards?

1. a capacity assessment
2. a 'medical assessment' to determine whether the person has a mental disorder
3. a 'necessary and proportionate' assessment to determine if the arrangements are necessary to prevent harm to the person and proportionate to the likelihood and seriousness of that harm

#### There is greater involvement for families.

There will be an explicit duty to consult those

caring for the person and with those interested in the person's welfare.

There will be an opportunity for a family member or someone else close to the person, if they are willing and able, to represent and support the person through the process as an "Appropriate Person".

Family members or others close to the person will also be able to raise concerns throughout the process and in response to any authorisation of a deprivation of liberty under LPS.

#### The LPS introduces the 'Responsible Body'.

The 'Responsible Body' is responsible for authorising a deprivation of liberty. There will be different Responsible Bodies in different settings. It could be an NHS Trust or Clinical Commissioning Group and in other cases it could be the Local Authority.

#### The LPS introduces the Approved Mental Capacity Professional (AMCP).

Where the person objects to their care and treatment at the specified place, (or the care is provided in an independent hospital), the case must be considered by an Approved Mental Capacity Professional (AMCP).

This provides an additional protection. The Responsible Body may also refer other cases to the AMCP. The AMCP can accept those referrals and consider those cases too.

The AMCP will review the information on which the Responsible Body relies, meet with the person if appropriate and practicable, and complete consultation if appropriate and practicable.

#### What is Devon County Council Adult Social Care doing in preparation?

Devon County Council has set up an LPS Project Group to ensure the Local Authority is prepared for LPS and its new statutory duties. Importantly the group are looking at what the change to LPS means for the person themselves, staff, providers and wider services.

For further information and updates please visit the Devon County Council website at [www.devon.gov.uk/care-and-health/adults/mental-capacity/deprivation-of-liberty/](http://www.devon.gov.uk/care-and-health/adults/mental-capacity/deprivation-of-liberty/)



# Our Community Activities

## Teignbridge

### Outdoor Activity Club

Every 2nd & 4th Monday of the month

10.00am - 12.00pm

Stover Country Park  
Newton Abbot  
TQ12 6QG

£3 per session

### Social Cafe

Every Tuesday

10.00am - 12.00pm

The Strand Centre  
32 The Strand  
Dawlish  
EX7 9PT

### Seated Exercise Classes

1st & 3rd Tuesday of the month

12.30pm - 1.30pm

Dawish Methodist Church  
Brunswick Place  
Dawlish  
EX7 9PB

£4 per session with refreshments included

## An Introduction to Walking Football

Every Tuesday

10.30am - 12.00pm

Devon FA Club House  
Newton Abbot  
TQ12 1EJ

£4 per session

## Women's Walking Football

Every Wednesday

4.30pm - 5.30pm

Dawlish Leisure Centre  
Sandy Lane  
Dawlish  
EX7 0AF

First session free then £4 per session

## Swim to the Sea

For anyone aged 55 and over to learn how to safely swim in open water at Teignmouth Beach, with qualified trainers and lifeguards.

Each wave is £40 including refreshments

Next wave is due to begin on Thursday 9 June 2022

## East Devon

### Body Moves

Every Tuesday

11.30am - 12.30pm

Seaton Methodist Church  
3 valley View  
Seaton  
EX12 2JN

£3 per session with the first session free

### Drop In Coffee Morning

Every Wednesday

10.00am - 12.00pm

Number One  
1 Harepath Road  
Seaton  
EX12 3JQ

### Knit and Natter

Every Thursday

1.30pm - 3.30pm

Number One  
1 Harepath Road  
Seaton  
EX12 3JQ

## Social Cafe

Every Thursday

10.30am - 12.00pm

Zest Cafe  
9 Black Lion Yard  
Honiton  
EX14 1ES

## Knit and Chat

Every Thursday

10.00am - 12.00pm

Wings Bar  
33 -35 Imperial Road  
Exmouth  
EX8 1DB

£1 per session

## North Devon

### Women's Walking Football

Every Wednesday

10.30am - 11.30am

Tarka Tennis  
7 Brethren Bank  
Barnstaple  
EX31 2AS

First session free then £3 per session

### Tea and IT

Every Thursday

2.00pm - 4.00pm

Bideford Library  
New Road  
Bideford  
EX39 2HR

£3 per group session

## Exeter

### An introduction to walking football for those over 50

Every Friday

11.00am - 12.00pm

Wonford Sports Centre  
Rifford Road  
Exeter  
EX2 6NF

£4 per session

### Chatty Walk

Every Monday

10.00 - 11.00am

Isca Bowls Centre  
Summer Lane  
Exeter  
EX4 8NT



For more information about any of our **community activities** and to book a place, please call us on **0333 241 2340** or email **info@ageukdevon.co.uk**

# Our Services

We provide a wide variety of services and activities including:

- **Information and Advice**
- **Help with completing complex benefit forms**
- **Foot care**
- **Support following a life change**
- **Enabling and Home Support**
- **Help when family are on holiday**
- **Physical activities**
- **Social groups**
- **Training**

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To find out more please contact us:

**0333 241 2340**

[info@ageukdevon.co.uk](mailto:info@ageukdevon.co.uk)

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

