



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

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we met our target!**

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Fundraising

Future Events

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/ or contact us on **0333 241 2340** or email 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/



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**

To find out more please contact us:

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www.ageuk.org.uk/devon

