



Welcome from the Chief Executive

Everything we do at Age UK Devon is focused on **improving the lives of older people in Devon**. As we continue to manage life with the COVID-19 pandemic, we respond by finding new and efficient ways of working whilst maintaining the safe, reliable, high quality services that older people deserve and expect from us.

After many months of shielding to stay safe and well, we understand now more than ever the importance of companionship, conversation and pursuing hobbies to help reduce loneliness and isolation. As we gradually reopen **community-based activities** we continue to support and encourage older people to safely return to sessions.

Our Devon-wide confidential and specialist **Information and Advice** service continues to provide advice on a wide range of issues including free benefits checks, help with applying for benefits and pension advice. For anyone experiencing a life changing event such as bereavement or deterioration in health, our co-ordinators can support them to think about what happens next. Our **Enabling and Home Support** service remains vigilant while helping with everyday tasks that become harder with age, enabling older people to live safely and independently at home for longer.

It has been a pleasure to welcome back our amazing **volunteers**, who help us so much across Devon. With new activities on the horizon we are looking for others to join our volunteering team. If you would like to become a volunteer, whether you have an hour or a day to spare, we have lots of opportunities available. More information can be found on pages 18 - 19.

Sophie Littlewood

A Message from the Chair of Trustees

Since our last edition we all had to weather another flurry of Covid restrictions but we can now begin to look forward to having a little more freedom and remember what it is to enjoy the things that are so important to us all – learning some new skills, spending time with friends and family or being able to get back to group activities, run in a safe environment by our teams here at Age UK Devon.

We are always aware of the pressures facing older people and the day to day challenges that lie ahead for many of them right now. Everyone here, from our Chief Executive and her dedicated staff through to our terrific volunteers, will continue to focus on our aim of improving the lives of older members of our community.

I and my fellow Trustees are really proud that Age UK Devon’s services genuinely make a difference and hope that you enjoy reading more about what we have to offer.

Lynn Onyett

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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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Active in Later Life



Outdoor Activity Club Celebrates Three Years!

This September we celebrated three years since the launch of our Outdoor Activity Club based at Stover Country Park.

The Outdoor Activity Club began as a 12-week project through the **Connecting Actively with Nature (CAN) programme**, funded by Sports England and managed by Active Devon. Over those 12 weeks the club gained popularity and with the help of our volunteers, the Outdoor Activity Club continues to meet regularly today.

CAN aims to inspire those over 55 to be more active in our beautiful countryside, discovering the **physical and mental benefits** in doing so along the way. The Outdoor Activity Club provides a range of activities, which does just that from themed walks to forest crafts. Being out in the fresh air at Stover Country Park helps to **improve mood** and **reduce anxiety** while the regular gentle physical activity makes a difference to health.

Tom Mack, Active Devon Programmes Manager and Connecting Actively to Nature Lead added "The Age UK Devon Stover Activity club was the first CAN project we ever funded 3 years ago and is still going strong. This means that lots of people have been able to reap the benefits of being active in a friendly, inclusive group, in a beautiful natural setting."

Our volunteer, Michael Cranmer explains how the Outdoor Activity Group has positively benefited him. "I have learned a lot about the Park, its history and inhabitants. I have also been able to share some of my interests and expertise with others which makes me feel valued. To help less able or inactive people regain confidence and fitness also helps me and adds purpose to my life. The Age UK Devon staff are hardworking and pro-active; full of innovative ideas, and great fun."

Laura Whitehouse from Stover Country Park said, "The Outdoor Activity Club has been a joy to facilitate here at Stover Country Park. It's lovely to spend time with people who are so enthusiastic about the Country Park and its wildlife. I always look forward to any involvement in the sessions and I've learnt just as much information from the group members as I've imparted - long may it continue!"

We marked the Outdoor Activity Club's anniversary by hosting a special session on Monday 13 September. We invited special guests associated with the club to join us for a gentle stroll taking in the beauty of Stover Country Park's landscape and wildlife followed by a celebratory picnic with a specially designed cake.

If you are interested in finding out more about the **Outdoor Activity Club**, please call us on **0333 241 2340** or email **info@ageukdevon.co.uk**

Our Community Activities across Devon

Teignbridge

Chudleigh Knighton Friendship and Social Club

Every 2nd & 4th Tuesday of the month.
2.00pm - 4.00pm
The Village Hall,
Chudleigh Knighton,
TQ13 0HJ

Chudleigh Knighton Lunch Club

Every 3rd Wednesday of the month.
12.30pm - 2.00pm
The ClayCutters Arms,
Chudleigh Knighton,
TQ13 0EY
A 2 course lunch for £6 (booking is essential)

Outdoor Activity Club

Every 2nd & 4th Monday of the month
10.00am - 12.00pm
Stover Country Park,
Newton Abbot,
TQ12 6QG
£3 per session

An Introduction to Walking Football

For those over 50 to enjoy a slower version of the beautiful game.
Every Tuesday
10.30am - 12.00pm
Devon FA Club House,
Newton Abbot, TQ12 1EJ
£3.50 per session

Wellness in Nature Social Group

Every 2nd and 4th Thursday of the month at 10.30am - 12.30pm.
Stover Country Park,
Newton Abbot,
TQ12 6QG.
£3 per session and refreshments will be provided.

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.

South Hams

First and Last Lunch Club

The last Thursday of every month at 12.30pm
First and Last Bistro,
Church Street,
Ermington,
Ivybridge
PL21 9NJ
£10 per two-course lunch
Book direct with First and Last Bistro 01548 830671

Exeter

An introduction to walking football for those over 50

Every Friday
11.00am - 12.00pm
Wonford Sports Centre,
Rifford Road,
Exeter,
EX2 6NF
£4.00 per session

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.

Card Making

Every Wednesday
9.45am - 11.45am
Number One,
1 Harepath Road,
Seaton,
EX12 3JQ

Drop In Coffee Morning

Every Wednesday
10.00am - 12.00pm
Number One,
1 Harepath Road,
Seaton,
EX12 3JQ
Free excluding refreshments.

Knit and Natter

All levels of knitter are welcome. Bring your own project or gain inspiration from one of our patterns.
Every Thursday
1.30pm - 3.30pm
Number One,
1 Harepath Road,
Seaton,
EX12 3JQ
Free excluding refreshments.

North Devon

Tea and IT

Learn how to use technology to communicate and access services in your area. Refreshments and access to WI-FI will be provided.
Every Thursday
2.00pm - 4.00pm
Bideford Library,
New Road,
Bideford,
EX39 2HR
A donation of £3 per group session and £7 per hour for one to one sessions is requested.

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**

Advice and Wellbeing

Coping with lockdown easing

While the expectation of life returning to “normal” is a positive step in the right direction, for many it will feel quite scary – and that’s understandable. It’s perfectly natural to feel anxious and it’s important to know you’re not alone. There’s no right or wrong way to feel.



I’m anxious about lockdown restrictions being lifted.

We’ve all spent a long time following guidelines to keep ourselves and others safe. This has meant we’ve had to stop doing some of the things we enjoy, seeing some of the people we care about most and it hasn’t been easy, for anyone.

For some then, this easing of restrictions will be welcomed, even exciting – but this won’t be the case for everyone. Life is changing, it’s going to take some getting used to and it’s very natural to feel anxious about it.

But there are lots of reasons you might be feeling anxious or out of sorts as restrictions eased, and you won’t be the only person feeling this way.

I’m worried about catching or spreading coronavirus.

You might feel scared or nervous about going out and about, or be worried about your health – especially if you’d previously been asked to shield.

But just because restrictions have been eased, it doesn’t mean you have to stop doing the things you’ve been doing to feel safe. You can still wear a face covering, avoid crowded places and keep your distance where possible.

I don’t feel as confident as I used to.

After such a long period of being at home the thought of getting back into our normal routines and doing the things we used to do can understandably seem difficult. It may even be that some of the things you used to look forward to now make you a bit nervous.

Your health might have got worse over the course of the pandemic and you might not feel so steady on your feet. If your health has got worse, this in itself can leave you feeling low and less confident than you used to.

I feel more lonely and isolated than I used to.

For many, if not all of us, this period has felt isolating. Whether it’s socialising with friends and family or just a friendly chat at the supermarket checkout you’ve missed, the lack of contact with others may have left you feeling low.

It might be that as things start to open up, you’re worried that the people that have been checking in on you might not do it as much as they did before.

If you feel lonely and low, it can be particularly difficult if you know meeting up with others and getting out and about would help but you’re feeling anxious about doing so.

Someone I know died during lockdown.

For many, life has changed and you may be finding it hard to think about life going back to normal. For you, things may always be different, especially if you have lost someone over the course of the pandemic you may find it particularly difficult or upsetting to see people enjoying themselves and life moving on. If you lost a loved one to coronavirus you may worry that people will forget about them and your loss.

What can I do to feel better?

Whatever the reason for how you’re feeling, there are things that can help.

1. Talk to others about how you’re feeling.

Letting others know you’re feeling anxious, sad or a bit overwhelmed by everything going on can really help. Not only will it help take the pressure off and help you do things at your own pace, but it can provide support and understanding from those around you. You might be surprised to find those you care about most are experiencing similar feelings.

2. Go at your own pace.

Everyone will feel comfortable doing different things, but don’t feel pressured or push yourself into doing anything that makes you uncomfortable. Likewise, be sure not to pressure anyone into doing things at your pace.

3. Set manageable targets.

Although you may be tempted to avoid things altogether, this can make things more difficult in the long-term. You may want to write a list of the things you are worried about doing and try to challenge yourself to do them. Start with the easiest things, such as going for a walk or coffee, and as your confidence grows you can work up. Rather than do too much too soon or avoiding everything, take steps to make things manageable. Maybe you could adjust plans to do things outdoors? Or take a list and go to the shops at quieter times?

4. Enjoy the positives.

It’s OK to have mixed feelings – maybe you’re anxious about some things but quite looking forward to others. Focus on the things you’re looking forward to and if you set targets, celebrate reaching them. Don’t be disheartened if there are certain steps it takes longer to take, just do what you can.

5. Remind yourself that all feelings are valid.

It might be that you begin to feel better, and it’s important to allow yourself to feel this way and begin enjoying things and feeling more comfortable. However, there might be days when you don’t feel comfortable doing something you’ve been getting used to again or things might suddenly feel overwhelming – and that’s OK too.



I’m worried about my mental health and how I’m feeling.

Though these tips may help, they may not. You might have tried them and not felt much better or be finding it difficult to find the motivation or energy to get started. You may be worried about how you’re feeling or about thoughts you’re having. Again, you aren’t alone in feeling this way. The impact of lockdown shouldn’t be underestimated and it can take a real toll both physically and mentally.

If you’re worried about how you’re feeling or you’ve been feeling this way for some time, you should talk to your doctor. Your doctor will be used to talking to people about their mental health and won’t judge you. But they can help. They may refer you to talking therapies or prescribe some appropriate medication.

If it’s an emergency and you’re worried about yourself or others, call the **Samaritans** on **116 123** at any time during the day or night to talk to someone about how you’re feeling.

Age UK Devon kicks off new Walking Football Programme



Age UK Devon has launched a new walking football programme for older people in Exeter and Newton Abbot.

Football is our national game, beloved of millions, and the walking version is a **fun, friendly and safe** way of engaging in physical activity for both men and women in later life. It's open to all, whether you've played football before or not and regardless of age. It's great for the mind as well as the body and is a **sociable sport**, giving everyone involved the chance to make new friends and enjoy being part of a team.

This local scheme is part of a wider Age UK walking football programme supported by both The Football Association and Sport England to help older people in communities like Exeter and Newton Abbot to **keep active and to improve physical and mental wellbeing** through playing the game.

Age UK Devon's Introduction to Walking Football sessions are held at Devon FA in Newton Abbot on Tuesdays and Wonford Sports Centre in Exeter on Fridays. All sessions are open to anyone over the age of 50 regardless of ability or previous experience. All groups and sessions are COVID-secure and delivered in accordance with Government guidelines.

Sophie Littlewood, Chief Executive at Age UK Devon said: "We're thrilled to have launched the Age UK Walking Football Programmes in Exeter and Newton Abbot, thanks to funding from The Football Association and Sport England. Being active is good for physical and mental health whatever your age and it's especially important as we get older. It can improve confidence and wellbeing, help older people live independently for longer, and reduce isolation and loneliness. It's been a difficult time for older people in our community during the pandemic, and our walking football programme will be a great opportunity for older people to feel active and socialise again in a safe and fun environment."

To sign up to Age UK Devon's walking football programme, or for more information, please contact **0333 241 2340** or email us at **info@ageukdevon.co.uk**.

Age UK Devon is also looking for volunteers to support with its walking football sessions. If you have any free time to help then please contact **0333 241 2340** or email us at **info@ageukdevon.co.uk**.



Introduction to walking football for those over 50

Newton Abbot

Every Tuesday
10.30am - 12.00pm
Devon FA Club House, Newton Abbot, TQ12 1EJ
£3.50 per session

Exeter

Every Friday
11.00am - 12.00pm
Wonford Sports Centre, Rifford Road, Exeter, EX2 6NF
£4.00 per session

Enabling and Home Support

Welcome Angela

We would like to welcome Angela to our Enabling and Home Support Service team as our new **Service Administrator**. Angela will be working alongside our current Service Administrator, Tracey. Together they are supporting the day to day running of the service across **Teignbridge, East and Mid Devon**.

Angela has experience in helping clients over the phone having previously worked for the British Red Cross and Pluss. Both Angela and Tracey will be the **first point of contact** for anyone enquiring about our service, our existing clients and their families and our Home Support Assistants. They will be working closely together to ensure the **high-quality service** our clients experience is maintained as the service is developed over the coming year to include our new Handyman Service.

If you would like to know more about our **Enabling and Home Support Service** and how they could help you to remain independent in your own home please contact them on **0333 241 2340** or **homesupport@ageukdevon.co.uk**.



Left to right : Enabling and Home Support Manager, Sue and Service Administrators, Angela and Tracey.

Where is our Service today?

Our Enabling and Home Support team worked hard to provide a service which met our clients' needs as safely as possible during the Covid – 19 pandemic. As lockdown restrictions eased, we were able to restart elements of the service we had put on hold such as taking clients out. We are now at a point where we are **operating as normal** except for the decluttering package, which will remain on hold until next year.

With the stresses of the last 18 months easing, we have begun to look forward again to the future of the service. Therefore, from the beginning of August we expanded our operating area into parts of **Mid Devon**, accepting new clients in the Cullompton to Tiverton area. We are also again exploring and preparing for the launch of our **Handyperson Service** which unfortunately had to be put on hold last year.

Throughout the pandemic we followed Government guidance for the **safety of both our clients and our staff** and, as restrictions were lifted, we continued to remain cautious. Our Home Support Assistants wore **facemasks** at every visit until mid-August when wearing a facemask was no longer required by law. We made the decision to consult our clients and staff individually and follow their wishes as some found communicating difficult. Consequently, should a client or Home Support Assistant be more comfortable wearing facemasks during visits **we will support them** and will for the foreseeable future provide facemasks to our staff.

We understand the Covid -19 pandemic and subsequent lockdowns left many older people feeling **isolated and lonely**. Through our Enabling and Home Support service, we are working with our clients to help them **regain their confidence** in venturing out into their local communities again. Our Home Support Assistants can escort clients to their local shops, garden centres or for a gentle walk perhaps to a local café. Clients must be mobile and able to easily get in and out of the car. For those not ready or perhaps less mobile, we also provide **companionship** at home, possibly as part of a combined service to include some cleaning or other household tasks.

For full details about our service and costs involved please contact our team by calling **0333 241 2340** or email **homesupport@ageukdevon.co.uk**.



Our Future Plans

Walking Programme in Exeter

A qualified walk leader will support up to 20 older people over twelve 1-hour weekly sessions to gradually build up their walking ability to eventually walk 5km without stopping.

A variety of **short weekly walks** will commence from the ISCA Centre in Exeter which is accessible by bus or car, has plenty of free parking and is located on level ground. The centre has a range of facilities which can be used by participants including a café where they can **meet socially** before or after each walk.

The first session commencing on Monday 11 October 2021 will be offered **free-of-charge**. Thereafter, there will be a small charge of £1 per person per session for the next eleven sessions.

Walking is simple, free and an easy way to get more active, lose weight and become healthier. It's an activity that doesn't require a lot of equipment just comfortable shoes or trainers and waterproofs in case of bad weather. Joining this programme is a great way for inactive older people to **re-engage** in physical activity, make **new friends** and be encouraged to **stay motivated**.



We are also developing:

- Social cafés in Dawlish, Exmouth, Honiton, and Newton Abbot
- Swim to the Sea sessions at Dawlish Warren and Teignmouth
- Women's Walking Football sessions in Exeter and North Devon



Cycling Programme in Exeter and Dawlish

We are currently planning two programmes where qualified cycle instructors will support up to 8 older people over nine 1-hour weekly sessions to gradually **build up their cycling ability** to eventually cycle 10km without stopping.

The nine-week programmes will offer a **variety of cycle routes** and the first session will be offered **free-of-charge**. Thereafter, there will be a charge of approximately £2.50 per person per session for the next eight sessions.

Cycling is ideal for an older person who has been inactive for some time as it can be done at a low intensity initially until **confidence, cardio fitness, stamina, and strength improves**.



Big Activity Weekend

Following our successful Loving Later Life events, we plan to deliver our first Big Activity Weekend in mid-September 2022. Our weekend event will host a varied programme of **sport, fitness, volunteering and healthy lifestyle** activities throughout Devon taking place at partner organisations facilities, local parks, community venues, existing social cafes, care homes and speciality sports clubs.

Whilst we have lots of planning still to do, we envisage that the sorts of activities available will include group walks, sea swimming, walking football, yoga, seated exercise, craft and cooking sessions, social activities etc.

We know some older people are **not as active** as they get older and can also be **lonely** or **socially isolated**. This event will provide an opportunity for older people to try new activities, improve their **physical** and **mental health** and get connected within their community.

Focus on Volunteers

Volunteers Wanted



We could not make such a **tremendous difference** to the lives of older people and their carers without the continued **help and support** of our **amazing volunteers**. We understand that people have different reasons for wanting to volunteer, so we offer a variety of volunteering opportunities.

Trustee

We have a opening on our board of trustees for an individual who would like to share their personal skills and experience with Age UK Devon to ensure we are solvent, well run, efficient and delivering our charitable outcomes.

The Trustee role can be very rewarding and enjoyable offering an opportunity to **serve the community whilst learning new skills**. Our Trustees focus on the strategic direction of Age UK Devon to ensure effectiveness and accountability. Day-to-day operational decisions are delegated to the Chief Executive.

Trustees need a **broad outlook** and to be able to commit to up to four meetings a year. There are additional committee meetings for elected trustees.

For an informal chat about this role, please contact **Sophie Littlewood**, Chief Executive on **0333 241 2340** or email **info@ageukdevon.co.uk**.

“The trustee’s role within Age UK Devon is to ensure the charity is carrying out its purpose and following its rules. We are a friendly board who communicate with each other between emails.”
Trustee

Benefit Advocates

All our benefit advocates play an integral role within our Information and Advice team and in 2020 - 2021 helped us to **identify over £1.75 million** for older people in the county. This money improves **quality of life**, helps to maintain **independence**, and supports local services.

“You provide practical help at a time when people maybe struggling and it usually feels like you have done something positive.”

Benefit Advocate

We are looking for volunteers who are **patient, sensitive and reliable** to visit older people and their family or carers, to help complete benefit forms in **Exeter and East Devon**.

For an informal chat about this role, please contact **Sarah Gunn**, Advice and Wellbeing Manager on **0333 241 2340** or email **info@ageukdevon.co.uk**.

Social Activities Volunteers

We are looking for **enthusiastic and dedicated** people to support the delivery of social activities for older people in **Teignbridge and East Devon**. The role can involve helping to run social activities, welcoming clients at social activities and promoting the social groups within the community.

“Its been very rewarding to see the group dynamic develop from complete strangers to friends.”

Social Activities Volunteer

We are particularly looking for Social Activities Volunteers to support the following community activities:

- **Age UK Walking Football programme** in Newton Abbot (Tuesdays) and Exeter (Fridays).
- **Drop in Coffee Morning** (Wednesdays) and **Knit and Natter** (Thursdays) at Number One in Seaton.
- **Brand New Social Cafe** (Mondays) in Exmouth due to launch in October.

For an informal chat about this role, please contact **Peter Ferlie**, Active in Later Life Manager on **0333 241 2340** or email **info@ageukdevon.co.uk**.

Other News



If you look after someone, who looks after you?

Since COVID-19, the number of unpaid carers in Devon has increased by almost 50% to approximately 130,000 (source: Devon County Council). It has never been more important to identify and support carers than now. Devon Carers are passionate about helping those who support others.

A carer is someone who provides **unpaid** support to family, friends or neighbours who could not manage without their help on a regular basis. Anyone can become a carer at any time - It may happen gradually as a person's health deteriorates or instantly, as a result of an accident or unexpected health condition. Quite often a person does not recognise themselves as a carer, even though they have a caring responsibility. No matter who a person is caring for and whether they have the same condition as somebody else, their situation is unique to them.



Devon Carers is an organisation who support unpaid carers to maintain their own health, wellbeing and independence to care safely, confidently and effectively. The support is **free** and available to **all** unpaid carers, irrespective of any input by Health and Social Care agencies. The service is provided by Devon based charity Westbank and has been commissioned jointly by Devon County Council and NHS Devon Clinical Commissioning Group. They provide a range of services to over 20,000 carers across Devon, excluding Plymouth and Torbay. These include:-

- Website – an excellent information resource – visit www.devoncarers.org.uk
- Carers Passport – all the information you need about you and your role in one place. It includes a Devon Carers ID card, which you can use to access a range of benefits and discounts through the Carer Friendly Devon scheme
- Quarterly magazine – with the latest news, carer stories and training courses
- Helpline and webchat – available Mon-Fri 8am-6pm Sat 9am-1pm. 03456 434 435
- Emergency Plan – a record containing important and useful information to help others if a carer is unexpectedly unable to carry out their caring role
- Alert Card – to alert others if they become unexpectedly ill or taken to hospital that they are unable to care for their loved ones and to summon help for them
- Training – opportunities to learn skills to assist with their caring role
- Peer Support – connecting carers to mutually support each other
- Hospital services – additional support following an admission to hospital
- Carer assessments – a personalised assessment of how caring affects your health and wellbeing and how we can support you with one-to-one assistance if required.

Devon Carers treat each carer as an individual, taking time to find out what's important to them, and work out together how they can support them in their caring role. The challenges carers face in different parts of the county can vary greatly, so having local teams enables them to provide specific advice and support. The teams also liaise closely with health and social care services and have strong links with voluntary and community organisations.



If you think you are an unpaid carer, or know someone who is, please get in touch with Devon Carers to find out more: <https://devoncarers.org.uk/> or **03456 434 435**.

Our Services

Age UK Devon has many services and activities across Devon, and we support many more independent activities. Call us on **0333 241 2340** to see how we can help you.

Digital Support

Group sessions, and/or one to one support (including home visits) for older people wanting to learn more about computers, iPads and getting online.

Physical Activities

Gentle exercise to music classes, fitness with friends, walking basketball, walking football, guided walks and much more.

Lunch Clubs

Two-course meals and company at local restaurants and bistros.

Social Groups

Opportunities for older people to meet and make new friends, have a chat, share hobbies and enjoy social activities.

Training

Bespoke training packages available for care homes, domiciliary care agencies, community groups and individuals.

Enabling and Home Support Service

One to one support with cleaning and housework, shopping (escorted and non-escorted), companionship, planning and preparation of light meals, support with attending appointments, organising household paperwork, and time off for carers.

Benefit Help Service

Face to face or telephone support to assist with completing complex benefit forms.

Better Later Lives

Support for older people who may have experienced a significant life changing event.

Foot Care

A home visiting service to improve older people's foot health operating in parts of East Devon.

Information and Advice

Our core areas include: money and benefits, social care, housing and signposting to local resources.

Holiday Support Package

Support at home whilst family members are away on holiday.

Focus On...

Foot Care

Looking after our own feet becomes increasingly difficult as we get older. You might struggle to trim nails due to either poor sight or inability to reach your feet. This can lead to overgrown thickened nails, **discomfort** and stop you from being active on your feet.

We work in partnership with our **foot care specialist**, Claire, to deliver a foot care service in **East Devon**. Claire will visit you in your own home to take care of your nails as well as check the overall **health of your feet**. With a diploma in foot health, she is qualified to work in the private sector to undertake routine clinical work necessary to maintain the health of the foot. Claire has undergone a **DBS** (Disclosure and Barring Service) check.

To find out more, including charges, and to book your appointment, 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:

0333 241 2340

info@ageukdevon.co.uk

www.ageuk.org.uk/devon

