

# NEWSLETTER

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Welcome to our 1st new style Newsletter

We hope to make these quarterly and will be distributing to staff, volunteers, carers, participants and supporters. We would welcome content suggestions or feedback for future editions.



## Welcome from our CEO

As we head into the Christmas period I reflect on the last few months. We have seen turbulence politically, the cost-of-living crisis is hitting huge numbers of people causing real worry. Covid is on the wane thank goodness, but it is still around, and we need to be mindful and the war in Ukraine is having a massive impact globally. So, I look to what is constant and that brings me right back to Age UK Exeter. Despite everything that is going on the staff and volunteers are still working hard, dedicating their skills and expertise to offer amazing support to the thousands of older people in the city.

We are still here ensuring that what we do focusses around what older people need to enjoy later life, to have choice, be informed and enable people to live well and in the home of their choice for as long as they can. We have our challenges but the teams of staff and volunteers working with and around me are incredible and, together, we are ready for 2023.

*Wishing you all a very blessed Christmas and thank you for all you do.*

*Nicky*

## Budding Friends

We all know December is a hectic month for everyone and our Budding Friends group will be extra busy with activities on Monday afternoons.

We will be visiting Killerton House to see how it's 'dressed' for Christmas and to indulge in a mince pie or two.

Our Christmas celebration afternoon on the 12th December includes Ron's special Christmas cake with a chocolate covering!!!

Our last session of the year, the 19th December, which will be our own carol singing session.

We look forward to seeing you all on our return on Monday 9th January.

## Singing For The Brain

Starting in October, we now have an extensive song list ranging from 'It's a long way to Tipperary' written in 1912 to Abba's Dancing Queen and Dolly singing 'Islands in the Stream' There really is something for everyone.

We have been supported by three Exeter University students Emma, Cece and Charlie as well as our very own Sophie. In establishing this group we have been learning as we go, establishing what works best.

We are looking forward to welcoming guests from a residential home this week and depending on numbers we will consider whether we make this a weekly group, in the New Year.

## Craft Group

As our Craft group goes from strength to strength, now meeting each Friday, they are in much need of additional crafting materials. Any donations would be extremely welcome



Here are some of our Budding Friends group having successfully made Christmas Wreaths for their homes.



## THANK YOU

*As ever, none of these events would be possible without the support of our wonderful volunteers who not only provide practical help but offer warm welcomes to members of our groups, a good chat and a listening ear. So, a big thank you to all our amazing volunteers, your support is greatly appreciated*

## Enabling & Home Support

Over the past few months, we have made some changes so that we can continue to provide the very best service, which is safe for both clients and staff, viable and sustainable going forward.

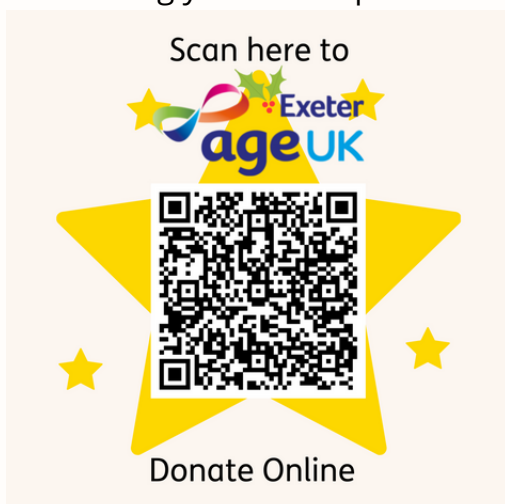
The Home Support Workers are now using mobile handsets to log the visits they make helping to save reams of paper each week and also of course, making the service even more efficient! We had a few teething issues to start with, but the Enabling & Home Support team have been fantastic, bearing with the technology, and things are now going in the right direction!

We can offer support with many tasks including shopping, social outings, getting to appointments, cleaning, gardening to name but a few!

If you know anyone who needs support, please do get them to give us a ring on 01392 455606.

## Charity Christmas Tree

You may have seen the stars below on our Charity Tree in Princesshay. Age UK Exeter were pleased to be chosen as a Charity Partner in supporting Princesshay in their 10th Anniversary celebrations. Donations can be made at any time using your smart phone.



## New Service

Our new Handyperson service is up and running and raring to go to support members of our community with those odd jobs you just can't do yourself but don't need a builder for.



### Handyperson service now available across Exeter

Open to anyone over 50, who cannot carry out the work themselves.

#### Types of repairs we can support with

- Unblocking sinks
- Taking down/putting up curtain rails and curtains
- Replacing light bulbs, fuses and plugs
- Putting up shelves
- Fitting smoke alarms
- Fitting draught excluders
- Fitting small grab/handrails
- Key safes
- and much more...



**Initial assesment charge  
may be payable - max  
£12.50**

**Work charged per hour @  
£25.00**

## Time For You

The Time For You service is designed to provide some reassurance to carers & provides companionship and care for their loved one while they are away from home for short periods.

We rely on volunteers to support this service, along with our volunteer visiting programme.

Please give Jess Cohen a ring if you'd like to find out more.



## Men in Sheds

The group members at the shed have been working hard and the project is doing well. We have welcomed Nick to our staff team and some new members to the group. Nicks' support has been invaluable to help bring continuity to the project and to help the service and the St Thomas site develop.

The shop in Paris Street has seen lots of changes recently. Our shop-based volunteers are fantastic and greatly appreciated. Over the coming weeks we will be starting work at the St Thomas site to create a retail outlet to replace the shop in Paris Street, which we only have for a limited time.

To help with the new shop preparations, we hope to have volunteers from Mitie Construction. They have also kindly offered to help repaint some of the other areas of the St Thomas site such as the Canteen area and main corridor areas.

## Christmas

Just to remind you all that our last working day for 2022 is Friday 23rd December. This applies to office staff and those staff and volunteers providing visits in the community.

We will then reopen on Tuesday 3rd January 2023.

## Coming soon



**Exeter age**  
**Sycamore Days**  
**Respite Day Service**  
Tuesdays from 10th January 2023

Would you or someone you know benefit from our new service?

Flexible respite is now available at our Sycamore Centre.

Specifically designed to support those who care for someone who is living with a mild to moderate cognitive impairment/dementia.

For further information call **01392 20 20 92**

[info@ageukexeter.org.uk](mailto:info@ageukexeter.org.uk)

The Sycamores,  
Mount Pleasant Road  
EX4 7AE  
[www.ageukexeter.org.uk](http://www.ageukexeter.org.uk)  
Charity Number 1010973

### Flexibility

Book for an hour, half day or full day.

### Reassurance

Professionally trained staff on hand.

### Empowering

A safe and stimulating environment with group based activities aiding cognitive stimulation.

### Time For Yourself

Time to pop to the shops, finish those jobs you just don't get to or pop out for coffee.

Here are a couple of photos from our Church Service. More can be found on our social media pages.



Follow us on social media for more updates on forthcoming events such as our Monthly Lunch Club & fundraising Gala Dinner, with special guest & rugby referee legend Nigel Owens MBE