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Facebook: www.facebook.com/ageconcernnorthdevon



Benefits and Winter
Fuel Payments, how we
can help

361 energy
Stay warm and well this
winter

Community Transport,
keep independent and
stay connected

Craft a glasses case,
they make great gifts
and stocking fillers

*Newsletter
Autumn Edition
2024*

Charity Number: 1201835

AGE concern

Barnstaple & North Devon

Services for people aged 60+

Welcome

Welcome to the first Age Concern Barnstaple and North Devon Newsletter

We always have so much to share that a Quarterly Newsletter seemed like a perfect solution. Inside you will find useful information, in this issue we focus on Benefits and Winter Fuel Payments. We tell you about Age Concern and other local services which might be of interest to you or someone you know. We feature 361 Energy, who can help you to keep warm and well this winter, and Community Transport to help you get out and about. We update you on Community Activities and invite you to come along and join us.

We have included a Book Club which is provided by Barnstaple and North Devon Library staff and a Reminiscence Feature provided by the Museum of Barnstaple and North Devon. We have a Creative Section with craft, art, gardening or cooking projects and Mindfulness Colouring Sheets which we hope you will enjoy and find relaxing.

We have a page of Puzzles and always have free offers and competitions for you to enter.

We share Charity news and pictures from our Events and Training Courses, as well as news of events and training opportunities ahead.

Finally we share useful local contact details for services, utilities and emergencies.

Your Newsletter will be delivered to you by a volunteer or, if you use email it will land in your inbox. If you get a digital version but would like a hard copy you can call into the office to pick one up, or let us know and we will deliver one to you.

Do get in touch with any content for the Newsletter, as ever, we look forward to hearing from you.

Warmest wishes to you on this chilly autumn day

Amanda

PS. If you are a Facebook user please help us by sharing our Facebook page to encourage others to follow us and widen our reach.

Benefits and Winter Fuel Payments

Previously, all pensioners were eligible for Winter Fuel Payments, but now only people on Pension Credit or certain other benefits will continue to receive the payment.

An estimated 880,000 low-income pensioner households eligible for Pension Credit currently fail to claim it.

People who are eligible for Pension Credit receive an average of £3,900 a year and the Winter Fuel Payments of £200 - £300 depending on personal circumstances.

If you are aged 66 or older, you live alone, you have no or low savings and you have a weekly income below £218.15 you are entitled to Pension Credit. If you are a couple (both aged 66+) the weekly income threshold to receive Pension Credit is below £332.95. If you receive Pension Credit you may also be entitled to help with housing costs and council tax.

If you would like some help to claim Pension Credit Age Concern has a dedicated Help Desk open Monday to Friday 9.30am-1.30pm. The telephone number is 01271 445131.

If you would like face-to-face support you can make an appointment and come to one of our Benefits Clinics which are held in Barnstaple, South Molton and Ilfracombe.

If attending a clinic is difficult for you a home visit can be arranged.

Please contact Tina Harris:

Telephone 01271 445131

Email:

tina@ageconcernnorthdevon.org.uk

If you have experience of form filling and would like to help people with their benefit applications, we are looking for volunteers for our Barnstaple, Ilfracombe and South Molton Benefits Clinics.

Please get in touch with Jill Ackland:

Telephone 01271 445134

Email jill@ageconcernnorthdevon.org.uk

361 Energy



361 Energy is a local Community Interest Company that works closely with Age Concern to help people lower their energy bills by working with energy suppliers, installing LED lighting, draft excluders, radiator reflectors and insulation.

361 Energy can also provide electric blankets. They can help you to access grants to improve heating systems and install boilers. They do not sell any products and all their work is free. This free service is to help people with health conditions, low income, and who have experienced challenges such as bereavement or disability.

361 Energy is supported by Devon County Council, North Devon Council, The Big Lottery, Energy Redress and other funders.

361 Energy will visit your home and undertake a free Home Energy Assessment, making recommendations and accessing grants where necessary.

To book a home visit please:

Telephone: 01271 599361

Email: info@361energy.org

Website: www.361energy.org

Community Transport



As we get older it can become difficult to get to medical appointments, to the shops, to see friends and join in with activities and events. But getting out and about is really important for our independence, health and wellbeing. Age Concern runs a Community Transport Service to help people aged 60+ who can not use, or do not have access to, public transport. Our wonderful volunteer drivers will take you where you need to go. There is a £3 booking fee and a 50p per mile mileage charge; 2 hours of waiting time is included, escorts to medical appointments can be provided.

You can call the Community Transport Booking Desk to book your journey and they will find an available driver and let you know what the journey cost will be. Please give us plenty of notice as it can take time to find a driver and forgive us when no driver is available. We try very hard to find a driver for every journey.

Telephone: 01271 445130

If you drive and can spare a little time please do consider driving for Age Concern, we urgently need volunteer drivers.

Please telephone Jill: 01271 445134

Email: jill@ageconcernnorthdevon.org.uk

Seated Exercise



Seated exercise is an excellent way of keeping fit. It builds strength and stamina and stretches out tight muscles. It helps stop muscle wastage and improves flexibility, helping to retain movement. Seated exercise helps with blood circulation and improved heart function. It gives higher energy levels and invigorates. For people who live with pain, seated exercise helps with pain management and reduces the risk of disease. The focus on breathing is wonderfully calming.

Strength and flexibility help with balance and coordination preventing falls and injury.

Most of all, seated exercise is fun! It lifts the spirits and gives a sense of

wellbeing.

Age concern offers a weekly class on Friday afternoons in the warm and welcoming community room at the Baptist Church on Boutport Street, 2pm-3.30pm. Classes include standing options and Yoga and Tai Chi movements with expert instructors and relaxing music.

You don't need to book, just come along. The venue has flat access and accessible toilets. Classes cost £3.

After the exercise there are refreshments and time to chat.

If you would like to talk to us about seated exercise, or any of our Community Activities please get in touch with Meryl:

Telephone 01271 445133

Email

meryl@ageconcernnorthdevon.org.uk

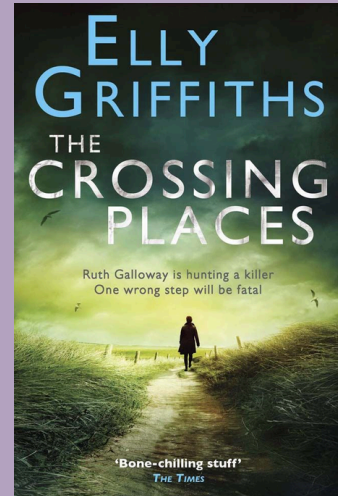
Book Club

The staff at Devon Libraries have recommended the following crime fiction books for us to enjoy:

The List of Suspicious Things by Jennie Godfrey

It's 1979, Margaret Thatcher is in power, the children play Bulldog, young girls covet fruit-flavoured lip gloss and Yorkshire has found itself in thrall to the Yorkshire Ripper. In this setting we meet twelve-year-old Miv who is struggling because of family issues and seeking solace and comfort in her Famous Five books. She overhears her father discussing a possible move away from their Yorkshire community and all that is familiar and she thinks it is because of the Ripper. Inspired by the Famous Five, Miv takes it upon herself to begin an investigation into the Yorkshire Ripper with her best friend Sharon, starting with a list of suspicious things and people in their community. What can go wrong?

An excellent debut, a fab social commentary of the time, and a great balance of the light and dark in life.



The Crossing Places by Elly Griffiths

Elly Griffiths is one of the most borrowed authors at the library.

I'm really not that into crime but I thought I'd see what the fuss was about by starting with The Crossing Places book one of the Ruth Galloway novels.... I am now most of the way through book three and am hooked!

The books flow beautifully with just the right amount of eek!

I already want to revisit Norfolk and am enjoying the history & archeological references.

You can reserve books and arrange home delivery with Devon Libraries:

Telephone 01271 318780

Reminiscence

The Museum of Barnstaple and North Devon have kindly provided these images from the 1940's of Bale's Garage in Barnstaple's Town Square.



An old black and white photograph showing a diagonal view of Bale's Garage. To the far right of the picture and situated on the corner of what is currently Diamond Street, there is a building that is presently c2006 called 'Barum House.'

A black and white photograph showing a front view of Bale's Garage, which was located in Barnstaple's town square.



Does this bring back memories to anyone?

If you would like to share any pictures from the 30's, 40's or 50's do let us know.

Make Your Own Glasses Case

They make great little gifts or stocking fillers, and they can be personalised by your choice of fabrics and decoration.



Making your own sunglass or eyeglass case is easy.

We have 5 FREE glasses craft packs to give away to the 1st 5 callers. Further packs can be purchased at £2.50 each. Telephone Sarah 01271 445135

1 Measure and Cut Your Fabric

First measure and cut your felt and ensure that when it's folded in half lengthways the glasses will fit with an additional 2" in length. I have chosen red felt for my case but, you can chose your favourite colour, or the favourite colour of the person that you are making it for.





2 Cut Top Flap

Cut down the middle 2" (or to size of glasses) and fold down one of the flaps as illustrated.

Tips

- Mark the centre of the material with a running stitch.
- Fold the flap down and then tack.



3 Stitch the Top Edge

Once you are happy with size, blanket stitch the top edge

NOTE: Embroidery thread is composed of 6 threads, all work on the glasses case is worked in 3 threads. Divide the thread into 6 using 3 of the threads for all work.

Tip

- Separating the thread into six, stops the thread twisting.



4 Get Creative

This is the shape you are aiming for.

Now is the time to get creative and add any decoration you desire such as beads, stitching, or guipure flowers as illustrated.



5

Trim Excess and Turn Case Right Side Out

Fold the case in half. Use a blanket stitch to sew the sides together and around the edges of the top flap to finish the glasses case.

Design and Packs kindly put together by our crafting volunteer. Crafting is held on the 1st Thursday of the month, 1.30-3.30pm at the Baptist Church, Boutport Street, Barnstaple.

For more information telephone Meryl **01271 445133**

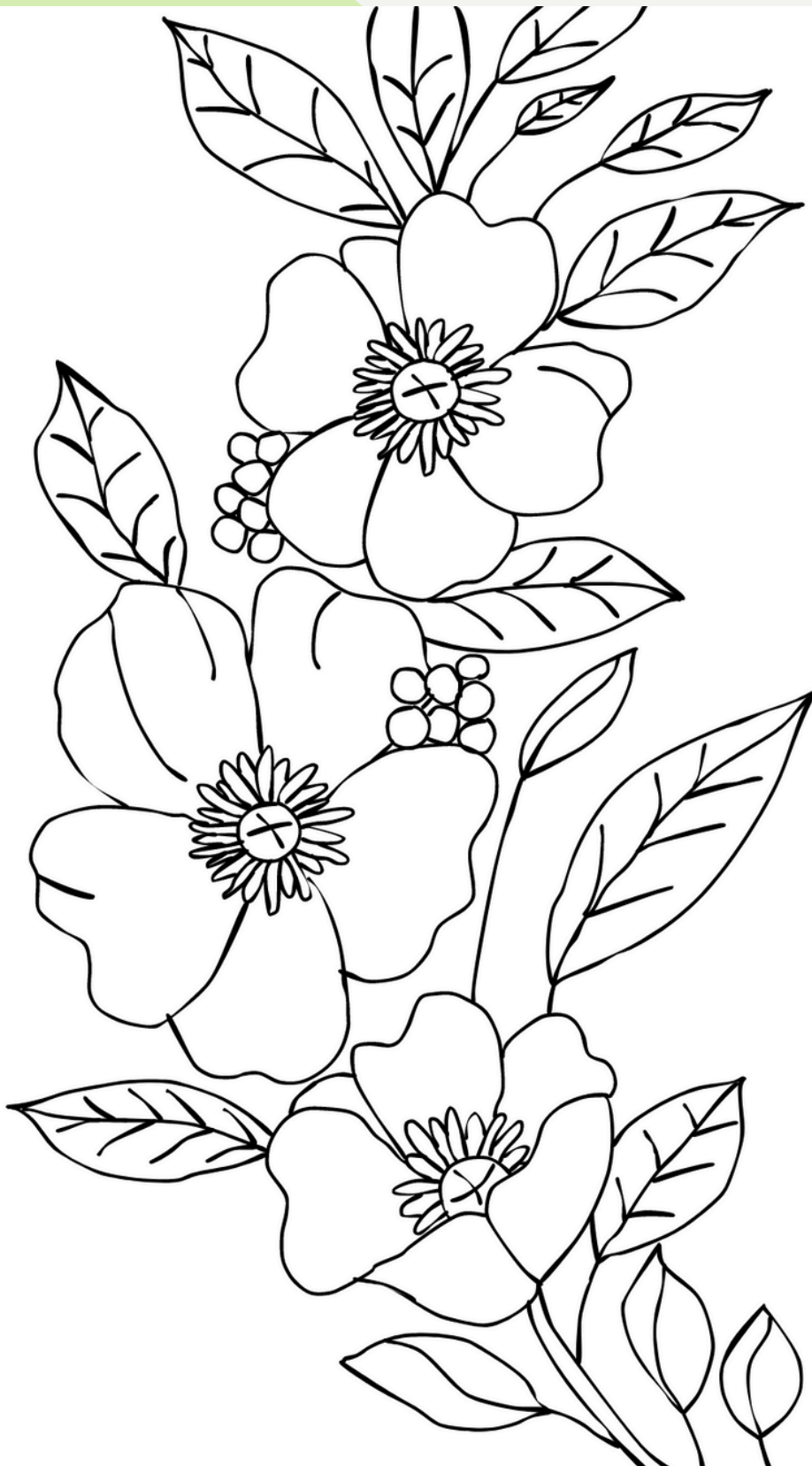
Mindfulness Colouring



The first three people who send/show us their completed mindfulness colouring sheets will receive a FREE set of Staedtler Colouring Pencils



Mindfulness Colouring



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Puzzle Page

Wordsearch

K	A	E	T	S	B	A	E	C	U	T	T	E	L
R	T	A	E	A	U	L	A	E	R	E	C	S	S
V	E	L	I	T	T	E	H	G	A	P	S	A	H
E	N	N	A	H	T	O	F	D	N	B	A	L	A
G	A	A	T	U	E	G	A	A	L	U	E	A	M
E	D	T	N	P	R	E	S	E	A	R	A	D	I
T	I	U	R	F	A	E	T	R	I	G	O	N	H
A	O	N	I	O	N	B	F	B	T	E	O	G	O
B	O	T	A	V	K	R	O	P	D	R	D	R	T
L	L	S	E	L	D	O	O	N	A	S	S	A	D
E	F	N	T	U	N	A	D	C	A	T	H	V	O
S	L	E	U	E	M	T	A	L	G	N	A	Y	G
R	O	L	L	S	P	M	R	V	G	A	M	M	S
R	A	D	I	S	H	T	V	D	I	N	N	E	R

ONION
PORK
BURGERS
FAST FOOD
RADISH
MACARONI
LETTUCE
VEGETABLES
NOODLES
BREAD
CEREAL
HAM
FRUIT
TUNA
SALAD
SPAGHETTI
BUTTER
ROLLS
TV DINNER
HOTDOGS
STEAK
GRAVY

	6	8			9	2		
9			2		1	8		4
4				8		7		
	5		9			1	7	3
	2	9					5	
	8		1		6	9	4	
2	9		5		4	3	8	
	4		3			5		1
5	3				2	4		6

Sudoku

Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

Answers to puzzles are on the back page.

Good Luck!

Events

Volunteer Get Togethers

Every quarter Age Concern volunteers are invited to an event. We get together at pubs and cafes, restaurants, tea rooms and in community spaces. It's lovely to catch up with friends and share news.



**Spring and Summer
Volunteer Events**

Our next volunteer event is at The Rolle Quay Inn, Barnstaple where we will be enjoying a cooked breakfast, Wednesday 16th October 10am-12noon. Please let Jill know if you can make it, telephone 01271 445134 or Email: jill@ageconcernnorthdevon.org.uk

Training Opportunities

At Age Concern we offer training to our volunteers, carers and staff team. Training is offered at least 6 times a year and we focus on courses that are useful both at Age Concern and for life in general. Training includes Dementia Awareness, First Aid, Safe Moving and Handling, Vulnerable Adult Safeguarding, Warm and Well and much more. Our next training opportunity is Domestic Abuse in Older Persons, on Friday 18th October from 10am until 12 noon, at the Age Concern office in Diamond Street. Places are limited so please book by contacting Jill Ackland: Telephone 01271 445134 Email jill@ageconcernnorthdevon.org.uk

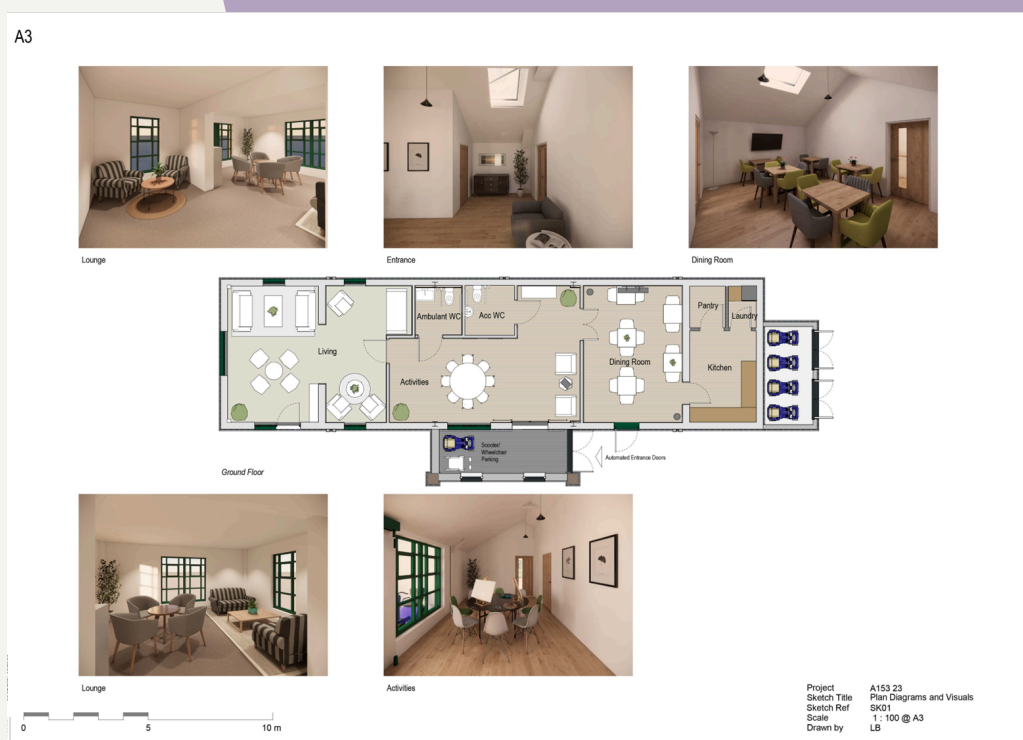
Charity News

Service Developments

We have had many requests for a Day Club and are working to open one at the old Go North Devon Building in Barnstaple Bus Station. We have rented the building from North Devon Council and are very grateful for their support. We have architect's plans and planning permission and are just waiting for Building Control. We will then ask builders for quotes. Next we need to raise around £100,000 to convert the building from garage and office space to a beautiful Day Club with a fully equipped kitchen, dining and film room, activity space and relaxing lounge.

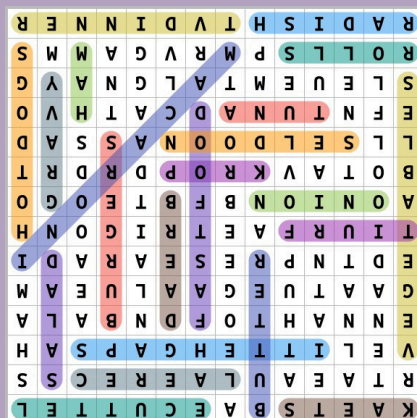
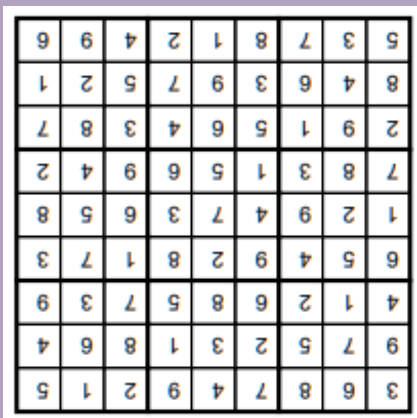
The Day Club will offer a fully catered day with delicious home-made food, good company and plenty of activities; a relaxing space to rest and unwind and a film and current affairs viewing area.

The Day Club is part of the Age Concern charity and will charge a charitable rate to enable as many people as possible to benefit from the project. There will be two staff members running the Day Club with support from volunteers. If you are interested in attending the Day Club or volunteering to help us run the project do let any staff member know and we will keep you informed of progress.



Useful Contacts

Age Concern Barnstaple and North Devon.....	01271 324488
North Devon District Council	01271 327711
North Devon District Hospital	01271 325577
Barnstaple Town Council	01271 373311
South Molton Town Council	01769 572501
Ilfracombe Town Council	01271 855300
Pension Credit	0800 991234
Attendance Allowance	0800 7310122
Blue Badge	0345 1551006
Care Direct	0345 1551007
Citizens Advice	0800 1448848
361 Energy	01271 599361
Emergency Dentist and Healthcare	111
South West Water	0344 346 1010



Answers to puzzles
on page 13