

Grand Times



Cartridges

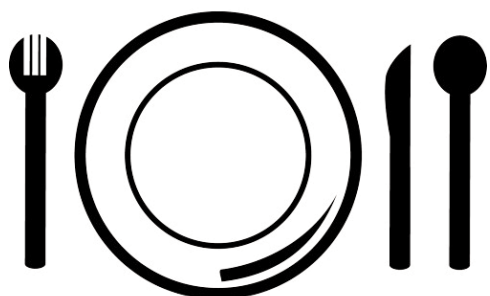
Antony Griffin
Francis Parfrey

Penny Scott
Bridget Garrod

144 Cowick Street, St Thomas, Exeter EX4 1AS
DX 89850 (St Thomas)
Telephone: 01392 256854
Website: www.cartridgeslaw.co.uk

The newsletter for Age Concern Exeter
September 2009

Kindly sponsored by . . .



The BIG Eat

October 2009

Cook a meal for four people and help older people in Exeter

Your Big Eat can be as big or as small
as you like

Invite your friends, family, neighbours, work colleagues to share breakfast, a supper, or Sunday lunch and ask for £5 donation each for the pleasure.

There's never been a better excuse to get together with your friends and family.
It really is that simple...

Please host one of these events. All the money raised will go towards supporting the Social Support Service. This vital service provides volunteer visitors, telephone support and hospital and residential home visiting as well as running social groups throughout the week. It is such an important lifeline for many lonely older people.



**So, go on ... join us and be part of
Age Concern Exeter's first ever Big Eat!**



www.ageconcernexeter.org.uk

Our phone number: **01392 202092**. Please ring this in response to any articles in this issue, unless another number should be given.

Also, our general leaflets are available on CD or cassettes, and this newsletter is available in big print. To order, please phone the above number.

Our Charity Shop in Paris Street raises about £25,000 every year in support of Age Concern. Here its manager, Freya Searle, comments about the reality TV show that looks at the world of charity shops and how they operate.

You may have seen Mary, Queen of Charity Shops on the television recently. Has it made you think about what you can and cannot give to charity shops?

You are probably clear that we do want new or unused items, and that we don't want items that you would undoubtedly put in the bin. But there are some items where it may be harder to decide which to give to charity and which to throw away.



The following guide may help. Remember the key words – **Reuse, Rubbish and Recycle.**

REUSE

We can sell for reuse new or good quality items that are clean and undamaged (e.g. clothing, bedding, books, bric a brac). Please continue to donate these.

If you are a UK tax payer you can gift aid your donations which means we can raise an extra 28p for every pound your goods sell for, at no cost to you. Just ask in the shop for details and a form if you would like to do this.

RUBBISH

We cannot sell dirty or “moist” (to reiterate the word used on TV recently) clothing/ bedding, broken toys, used or opened cosmetics, chipped or cracked glass/china. It costs us money to dispose of these items so please don't include them with your donations.

RECYCLE

There are some items that we are unlikely to sell in the shop, but from which we can make some money. Please continue to donate these. They may get reused elsewhere, or they are recycled. These items are clothing or bedding that has been washed but may be stained, worn, bobbly, damaged (e.g. button missing, zip broken, hem/cuffs frayed etc) or just “a bit past it”.

If you can't remember all that –

- if it's CLOTHING and it's CLEAN we can probably raise funds from it
- if it's NOT clothing, it has to be NEARLY perfect or 'NO thank you'!

Remember also, that your donations can make a real difference to the quality of life of older people in the city. It's also really easy to stop and drop things in at the rear of the shop by the bus station.

If you would like to find out more or consider joining our brilliant volunteer team come in and visit us at the shop at 23 Paris Street (near the bus station) or you can call us on 01392 218500. We are open from 9.30 to 4.30 Mondays to Saturdays.

Volunteers Party

WE celebrated the contribution of all our awe-inspiring volunteers with a big bash at the Bishop's Palace gardens. It was a superb do, with great food, lovely atmosphere and some silly entertainment. Some of us had a boogie, with 'Slightly Shirley' providing the live music. Colin's jazz trio welcomed people into the event and pointed guests in the direction of the well-equipped free bar!

The weather held out for us and many were heard to say it was the best party yet!

Beat the bogus caller

AGE Concern Exeter's home security scheme 'Safe as Houses' can supply and fit door-chains and spy holes to anyone over 50 in the city – and it's completely free.

The service works closely with Exeter's Crime Prevention Service to not only provide a range of useful security devices but also to give advice about how to stop bogus callers, distraction burglars and cowboy traders from taking advantage of vulnerable people in Exeter.

Steve Taylor, the project's handyperson, said: "Falling victim to this type of crime can have devastating results for older people. Not only may they lose out financially but also suffer a huge blow to their confidence and self-esteem.

"The Safe as Houses service aims to stamp out this kind of crime in Exeter and the more people who fit door-chains and are 'doorstep aware' the harder it will be for these con-artists to prosper". To book a free visit or to find out more phone Age Concern Exeter or visit the centre at 138 Cowick Street.

VOLUNTEER VACANCIES

Drivers

Age Concern Exeter is looking for two or three more volunteer drivers to join their team based at their Cowick Street centre. You need to have a four door car and full driving licence and be able to commit at least one regular morning between 9 and 10.30pm, or afternoon between 3.45 and 5pm each week to help local older people get to and from the centre.

Journeys are all within the Exeter city boundary and full support and training is given, plus expenses of either 40p or 45p per mile, depending on engine size. Any additional insurance costs are also met in full. Martyn Rogers, director of Age Concern Exeter, said: "Our volunteer drivers provide an invaluable life-line for local older people by enabling them to attend our day services. Our drivers develop very positive relationships with both the people they pick up and their carers and they have the satisfaction of knowing that they are making a real difference for the people they assist. The commitment can be as little as one morning or afternoon each week with cover available for holidays or when needed". To find out more, please phone (see front page) or visit our centre at 138 Cowick Street.

Visitors

We have capacity to increase this service and match more volunteers with more older people in their own homes. Penny Unitt, the service co-ordinator, would like to meet you and find out what your interests are, what you like to talk about and then she'll be able to match you with someone who likes the same things.

Advocates and hospital visitors

Home Plus is our new hospital-to-home project (See Page12). There are many issues for older people about being in hospital and about going home. We need volunteers who can help to offer a service that supports people to have a voice, to make informed decisions and to get what they want. Call Lynda Langley for more information.

Fifteen-year-old Sarah Dobinson, from QE School in Crediton, came in for a work experience week. We asked her to interview a manager, a member of staff and a volunteer.

Here's what she discovered . . .

*Nichola Weate
(Services
manager)*



What sort of work do you do at Age Concern Exeter? And where could people find you?

My work is that I look after the people who run all the different projects. So this means I know very little about an awful lot. And although I do have my own desk, I usually end up using other people's. I have to confess that I am the least computer-literate person in the building.

What would be a typical day at work for you?

My day involves, coming in and getting messages from my tray. Then I start to sort through them. So today I came in to a request from a district nurse to talk to me about a difficult situation with a patient of hers. While I'm doing that, what will happen is staff here will want to talk to me about their own problems so they can get on with their work. For example, this morning I had someone from Link 2 wanting to talk about where to find a dance teacher for an older persons contemporary dance group.

What things interest you out of work?

I do lots of things, most of them to do with keeping my family going and time spent with friends. I have to say I'm pretty lazy out of work, but I'm very good at sunbathing and watching the garden.

What is the most interesting thing about working with older people?

The ethos of Age Concern Exeter – the

ideas that underpin the way we are – is the most tailor-made, respectful of individuals, creative, problem-solving organisation I've worked with in 35 years.

If you could change one thing in Exeter involving older people what would it be?

An affordable transport system truly tailor-made to get individuals from one place to another. There're taxis but the cost is prohibitive and we have yet to find a way to meet this need affordably.



Lynda Langley

*(New employee –
Home Plus Manager)*

What sort of work do you do at Age Concern Exeter and where could people find you?

I'm the manager for Home Plus, a new hospital advocacy service. I'm just setting it up and am based in the attic on the second floor but I might be moving to the Information and Advice building across the road.

What would be a typical day at work for you?

At the moment it is spent gaining knowledge on all the different services and linking with other services and hospitals to see how they think the service can fit in. I'm also trying to recruit volunteers and train them. So just generally networking.



What things interest you outside of work?

I have an allotment so I do a lot of gardening which I enjoy. I also have grandchildren so they keep me busy. I like cycling, walking and when the weathers nice I like to do coastal walks and sometimes I cycle them as well. I just like being out and about. I go to music festivals and I also do some reading.

What's the most interesting thing about working with older people? What are you looking forward to?

Just to help people have a good quality of life and to feel valued in the community. To make sure no-one feels isolated or cut off. So just really to help people and give them support so they can get out, have fun and to stop them feeling lonely. To alleviate isolation really.

How did you feel starting work at Age Concern Exeter? Do you enjoy it?

I really enjoy it here everyone is very supportive and I love the enthusiasm everyone has about the work they do. Everyone's been really helpful as I've been asking a lot of questions to find out all about the different services. They are all interested in the new scheme and have given me a lot of their time. No-one has made me feel like I'm in the way which is great.

If you could change one thing in Exeter involving older people what would it be?

I suppose to be able to provide more day care services so they can get out and enjoy themselves. Not just the basic care but to go out and meet new people and make friends. Also to offer more services to provide support for pleasurable activities, so they don't feel they have to tackle things on their own.

Lynda also said:

Age Concern is a really friendly and welcoming place to work. I was really

impressed with everyone's support and helpfulness.

(Lynda's had been working at Age Concern only two weeks when she was interviewed.)



Peter Fry
(volunteer)

What sort of work do you do and where could people find you?

I work in the Information and Advice office as a volunteer and you could find me there on Thursday mornings.

What would be a typical day at work for you?

To come in and I might have an interview, but if not I just rely on the phone calls to give advice and help people with their problems. I tend to have more knowledge on legal, investment and tax matters as that's what my previous job involved.

What things interest you outside of work?

I like gardening and playing badminton. I also have other volunteer jobs elsewhere as well. I work for Age Concern Exmouth and I'm a steward for the National Trust. Whilst volunteering in Exmouth, I also do information and advice.

Do you find being a volunteer satisfying?

Yes, it keeps your brain going.

What is the most interesting thing about working with older people?

I would have to say sorting out people's problems and the satisfaction you get from that.

Tom Spencer, a 16-year-old student from Clyst Vale Community College, volunteered at Age Concern Exeter for three days over the summer. We asked him to write a story based on the conversations he had with older people in the building. He met Ken and was inspired to write this story.

“I was born in 1920s Exeter,” Ken recalls as we sit with him in the Age Concern café. A veteran of war and life, Ken’s existence had been both eventful and exciting, though not without its perils and dangers. “After school, I was apprenticed to a bricklayer. This wasn’t my preferred profession,” he muses, as we enquire further. “No, I wanted to be a carpenter. I was a dab hand at the old wood work.” He smiles reminiscently, obviously remembering fond memories of his favourite pastime.

“The war?” he asks, as we press him for details on perhaps the most exciting story in his arsenal. “Well, you see, it started like this...It was 1940. The phoney war was coming to an end and the government had stepped up its conscription program. A lot of my friends had been whisked away into the forces and I thought, rather than sit around waiting for the inevitable letter, I would go and sign up willingly. At least this would give me some choice over my future.

“I went to the local recruiter and signed up for the Royal Air Force. Of course, I wasn’t qualified to be a pilot. Instead, I opted to join a motorboat crew, which would be deployed as a maritime unit to rescue downed pilots. This job, despite being essential, hadn’t been a very attractive option to other soldiers, and I must say the recruiter was very pleased I had chosen to join that particular service. He praised my good nature and willingness to help others. I was quite embarrassed as I left the office.

“It was up to Scotland for me next, to learn the tricks of my new trade. I was thrown head-first into the ‘Calshot course’, a hands-on tutorial detailing the rescue of individuals stranded at sea. As I trained there, I realised just how bizarre my job was. I wouldn’t be an airman, but I wouldn’t be a seaman. I also was neither a soldier nor a marine. I was a pilot on a boat. It was strange, but something about my new unique position spurred me on, and I passed out a few weeks afterwards as a first class airman.

“However, whilst this was going on, the German Blitz had officially begun and I was gripped with terror when I heard that Exeter had been attacked. It took a day and a half to get back to my hometown, compared to the few hours it had taken to get up to Scotland. I still don’t trust the trains to this day!

“Thankfully, my family were in good health, shaken, but not injured. I was in good spirits when I left them and made my way to Birkenhead, where my future awaited me. I reached the port and saw the gigantic liner that I would be stationed on for the next four years. It was a magnificent thing; a majestic beast of the high seas. I didn’t realise just how tempting a target it would be for German submarines!

“My unit and I travelled all the way down the west coast of Africa on our liner. There was not much call for our services here, so we spent our time doing odd jobs, such as unloading and loading items on and off the ship. It was difficult to make friends in this

I was gripped with terror when I heard that Exeter had been attacked

climate, as men came and went regularly. Some stayed with us for months, others only days. However, I did manage to form good relationships with the permanent crew of the ship. This came in handy later and our motorboat was always ready to go in an emergency, thanks to their help!

“ We stopped at Cape Town for a few weeks, soaking up the warm climate — such a change from back home! I built up quite a tan! But after that, we heard that our ship was needed in the Mediterranean. There was a hectic war going on in the clouds as we fought ‘Jerry’ for control of the North African skies, which we both needed to safely transport in supplies, be it by ship or plane. Many pilots were being shot down, and many were being lost because there simply weren't enough rescue crews in the area. Now I knew why the recruiter had been so happy to see me sign up!

“ Anyway, we made good time along the east coast of Africa, eventually passing through the Red Sea and the Suez Canal to reach the Med. We sailed into harbour at Alexandria, Egypt, which would be our base of operations for the next few years.

“ I met a lot of interesting characters during this exciting and turbulent time. I rescued a dozen Englishmen, and even had the pleasure of making the acquaintance of a fellow airman from Exeter. I also encountered a good natured American bomber crew, in the Aegean, after a disastrous raid on the German-held Romanian oilfields . Despite being shot down, they remained in high spirits and joked with me for the best part of an hour, being especially amused by my Devonshire accent. The most interesting individual was a German however. His plane had been shot down in the waters around Italy and I picked him up late into the war. He spoke a little bit of English, and – despite our differences – we still managed to enjoy a pleasant chat and share a quick cigarette. It was sobering to see that we were just fighting ordinary people.

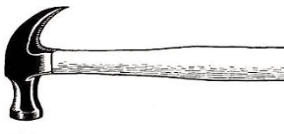
“ It wasn't all easy though. Our liner had docked at the Greek islands of Cos and Leros, and we were busy evacuating people from the area, as a German attack was imminent. Too imminent, as I was about to learn. German paratroopers assailed us from above as we were still taking on passengers. Blood pounding through my veins, I picked up one of the rifles on the ship and rushed to join the fight. It was a blur. I don't remember anything, until I saw blood erupting from my arm. I had been shot. I then noticed two of my friends dragging me back onto the ship. I was later to learn my actions, along with the rest of the ship's courageous crew, had bought enough time to allow the rest of the evacuees to board the ship. I was quite proud of myself that day.

“ After we pushed the Germans back into central Europe, the Mediterranean was safe and we departed the theatre in high spirits, making back for East Africa. It was less eventful here, but we were glad. I think we'd all had enough adventure for one lifetime. Eventually the war ended, and we sailed back to Southampton,” Ken concludes dreamily. “The government was very helpful to us former servicemen, and I was assigned to the same bricklaying firm I had been apprenticed to.”

We ask him if his experiences in the war affected the rest of his life. He laughs. “Well, I was a full time member of the model yacht club in Exeter after that! And I also got to employ my skills in carpentry here”.

We laugh along side him and shake his hand as we depart, feeling privileged to have heard just one of the amazing stories Exeter's senior citizens have to offer.

**I don't
remember
anything,
until I saw
blood
erupting
from my
arm.
I had
been shot**



WANTED: TOOLS

We're looking for gardening or DIY tools that can be cleaned up and sharpened as good as new so they can be sent overseas and put to good use in poorer farming communities.*

WANTED: VOLUNTEERS

Folk keen to tackle the work described above

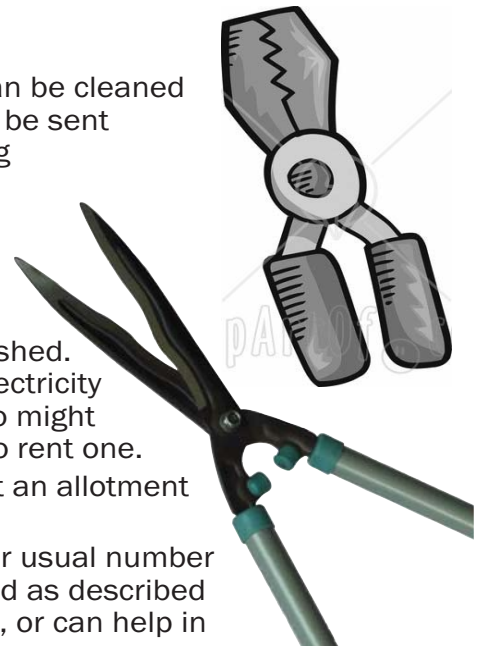
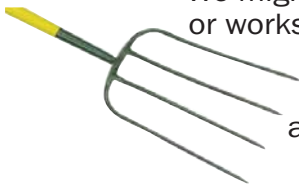
WANTED: A SHED!

We've got money to rent a garage or large shed.

It needs to be on a bus route and have electricity and water. If you can think of anyone who might have an unused garage/shed we'd love to rent one.

* We might keep some donated tools and start an allotment or workshop of our own!

Please contact **Colin Hoskins** on our usual number (see front page) if you know of a shed as described above, have any tools you can donate, or can help in any way.



Bargain organic produce

PINHOE Farmhouse Organics runs an organic vegetable box scheme and delivers vegetable boxes to customers' doors. All its produce comes from farms in Devon and

Somerset. The small box costs £9, including delivery, and large box £13 – but for people who phone and quote Age Concern Exeter, delivery is free, reducing the price by £2 a box.



WE have had several inquiries from readers wanting to try out yoga.

Well now we've got a teacher we now need you! We will arrange it on a day that suits most people and find a venue that is central and easy to get to.

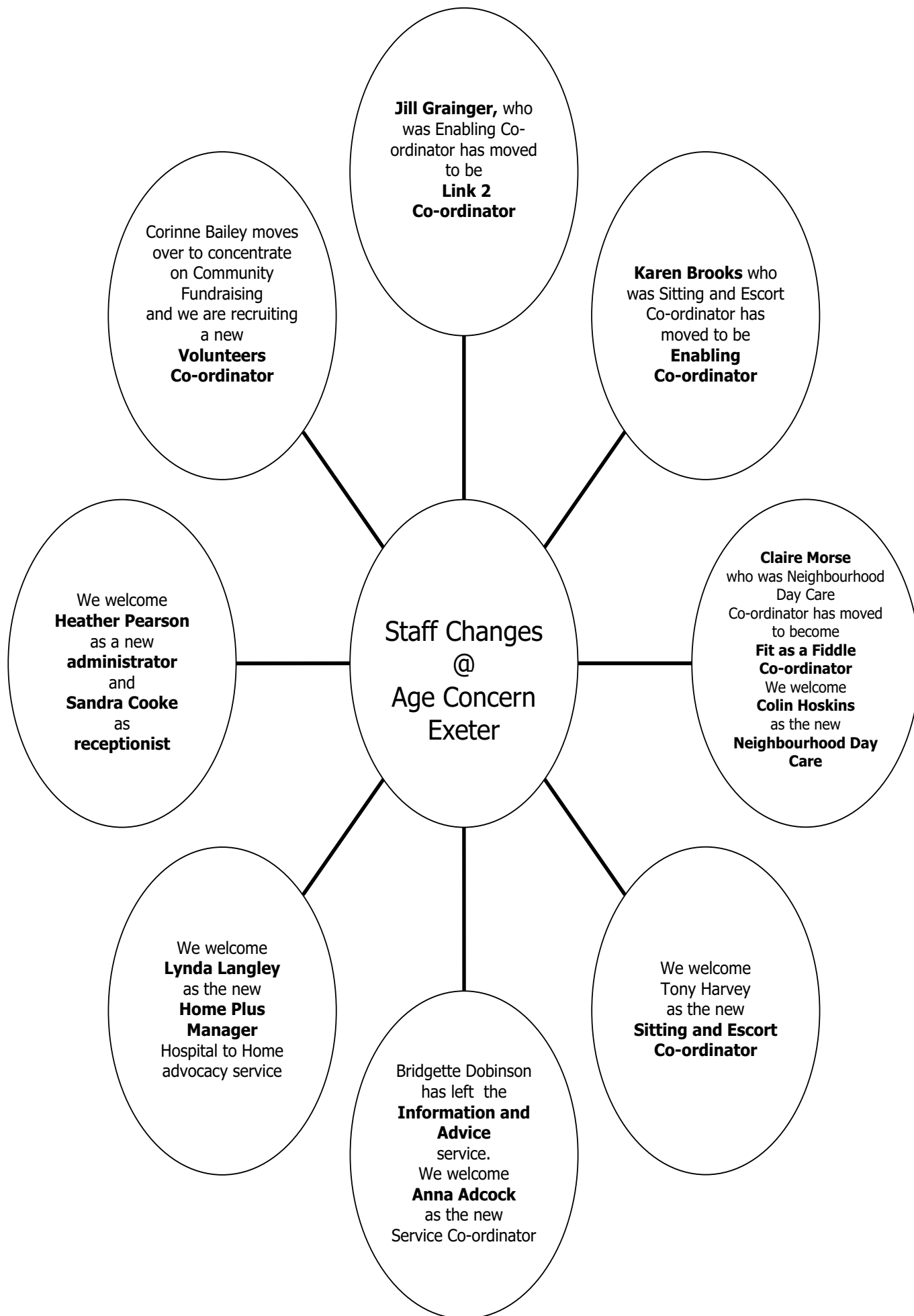
Please ring reception and leave your name and telephone number for the Yoga Class.

You will need to leave a message on Pinhoe Farmhouse Organics' answer phone and quote Age Concern Exeter and the folk there will know to give you this special rate.

Please know that this is particularly aimed at older people who find carrying heavy cabbages and cauliflowers difficult or who cannot get fresh fruit and vegetables easily.

Call Rohan on 01392 66 00 00 (answer phone and he'll call you back) or mobile: 07921 645 662; or check out the website www.pinhoeorganics.co.uk.

Thank You Pinhoe Farmhouse Organics.



Heartless thieves let in the rain

CAN YOU believe it but we've had thieves up on our roof and they got away with about £800 of lead flashing?

We only noticed when rain water poured down the inside of the wall by reception and the carpets

squelched in musical manner !

We had to close the area off and get roofers up to repair all the damage. The sickening thing is it is likely that the thieves could only have sold the lead on for about £50.

We are discussing the loss with our insurers and will be painting the new lead with anti-theft paint to act as a deterrent. However, it is very disheartening to think that people can steal from a local charity. What a shame.

Running up £1,463 for funds!

A BIG thank-you to our runners in the Great Western Run. This year our seven runners plus an independent team from Thomas Westcott accountants raised £1,463 which was fantastic.

The next race isn't until May 2nd 2010, but we're starting early this year to find runners who will raise money for us. I would really like to get over 20 runners running for us this year, so if you would like to take part yourself or know anyone who might be interested in running this half marathon (13 miles) then they can contact me, Jane Moffatt. We will pay the entry fee for any runners who volunteer in return for them raising a minimum of £150 for our charity.

Walking away with £3,070 for funds!

THE sponsored walk on 7th June raised a fantastic £3,070. Many thanks to everyone who made it such a success, particularly to Simon Gay who walked it twice and raised nearly £500 on his own.

We had teams of supporters from local businesses, many many volunteers and staff who all turned out. The weather had been frightful before hand but in the end the sun shone for us and we had a very

enjoyable day, Thank you to everyone who took part and raised such a fabulous amount of money.



HE DID IT!

You may recall my article in the last edition of the Grand Times about my husband's training schedule for the Great West Run. Well, would you believe it? He completed the course in 2 hours 16 minutes. Not bad for someone who did very little training and had never done anything like this before. He didn't even get any blisters! His mum and dad were shocked too.

A big thank you to all those who sponsored Darren, including The New Inn, Alphington, (where he had a pint afterwards!). He raised a total of £407.

I've hold him he can do the race again next year and try to get his time under 2 hours – I won't tell you his reply!!

Karen Brooks, Co-ordinator

A Chance to Dance

WE MAY not be as young as we were but many of us have harboured an ambition to dance – a chance to dance without worrying that you'll look a fool.

No matter how fit, or old, or never danced before, come along and give it a try.

Creative dance is not about knowing the steps and getting it right. It's not about having a partner and you don't have to come each week.

If you're 60+ give Claire a ring for venue. The sessions start Tuesday 15th September 2pm – 3pm.

ISCA CENTRE INDOOR BOWLING

Summer Lane, Whipton, Exeter EX4 8NT
Tel: 462833

- Friday morning session for people with disabilities and wheelchair users from 11.30am to 1.30pm
- Special bowling buggy which is similar to a wheelchair and has larger wheels, needs to be pushed by a helper— no hire charge
- Flat shoes to be worn – no hire charge
- Charge is £2 per session – no charge for helper if they do not play
- Meals and drinks available in the restaurant if required
- Bowling buggies available during all bowling sessions
- A friendly, welcoming group!

COACH TRIPS

Wed 14 Oct: Goosey Fair at Tavistock
(tickets available 07.09.09)
£7.50

Tues 24 Nov: Xmas Shopping at Clarks Village (tickets available 19.10.09) £7.50

MEMBERSHIP

WOULD you like to support our work by becoming a member of Age Concern Exeter? If so, please complete and return this membership form to the address below. In return you will receive your own copy of this Newsletter, sent to your home, a copy of our Annual Review and the opportunity to attend our AGM and have your say in the work of the charity. Thank you.

Name

Address

Post Code

I apply for membership of Age Concern Exeter and enclose my £5 annual Subscription (please make cheque payable to Age Concern Exeter)

Signed

Date

AGE CONCERN EXETER

138 Cowick Street, Exeter, EX4 1HS

Phone: 01392 202092

Fax: 01392 204113

Email: reception@ageconcernexeter.org.uk

Reg Charity No. 1010973

From hospital to home – a new service



HOME PLUS is a free, independent and confidential service which can support people 50+ living in Exeter who are in hospital but due to be going home soon.

Sometimes people need a bit of extra support when they are going home after a stay in hospital. Sometimes people's lives are turned upside down following a hospital admission.

This new service supports those who

would want to talk through their situation. Our trained volunteers are respectful, non-judgmental and sensitive to peoples needs.

These skilled volunteers can listen to your concerns and help make the transition from hospital to home much easier for you or someone you care for.

For more information call Lynda Langley on our usual number.

Events Calendar 2009

September

Duck Race.

October

Thursday 15th St. Margaret's School Concert. Profits to Age Concern Exeter. Tickets £5 / £2.50 conc.

Monday 19th – Therapy Night. An evening of alternative taster therapies. £10 for 2 taster treatments. Refreshments and fun.

The Big Eat. This event can be as big or as small as you like and don't even have to be a dinner. Invite your friends, family or work colleagues to share a supper, or Sunday lunch and ask for £5 donation each for the pleasure.

Pub Quiz. Teams of 6 people. £20 per team entry. Prizes and raffle.

November

20th "Come dance with me". An evening of classical music and spoken word around the theme of dance at the Central Library. 7pm. Tickets £8.00

Gorgeous Gran Window competition. £5 per entry. Send us a photo of your Gran and tell us why she's so gorgeous and special to you. Celebrity judge will pick a winner 21st December

Please call Corinne on 454384 to confirm the details.

There are many more events lined up for the New Year. We will always publish the forthcoming events in the Grand Times but if you would like to become a Fundraising Friend

of Age Concern Exeter, please complete the cut-out form, left. This is different to becoming a member of the charity. If you can help with distributing leaflets and posters then please call me, many thanks

I would like to become a Fundraising Friend of Age Concern Exeter

I can help distributing posters and leaflets

I can help with organising and running events

I've got a good fundraising idea that you might be able to use

My Name is Address

Phone numberemail.....