



## Newsletter 26

### 100 Club

Thank you for your support, in the year to October 2012 we raised £1049 which is a great help to ensure our scheme can continue to offer as many people as possible the services they require.

Congratulations to the winners of our recent draws - Thank you for your support. You can join the 100 Club at any time during the year, just send a cheque, payable to ODCTG for £12 to me at the address below.

November

1 <sup>st</sup>	Mrs Lil Jenkins, Okehampton
2 <sup>nd</sup>	Mr John Hooper, Okehampton
3 <sup>rd</sup>	Mrs Pat Wonnacott, Hatherleigh

December - Christmas Bumper Draw

1 <sup>st</sup>	£50	Mrs M Devonald, Okehampton
2 <sup>nd</sup>	£40	Mrs D Grierson, Okehampton
3 <sup>rd</sup>	£30	Mrs G Marshall, Okehampton
5 <sup>th</sup>	£20	Mrs J White, Halwill
6 <sup>th</sup>	£10	Mr H Pirwany, Okehampton

### Newsletters

With the increasing costs of printing and postage, if you or your family have an email address, please let us know so that we can send information to you electronically to cut down on our costs. Thank you.

### Saturday Trips (Ring and Ride Bus plus Peugeot when numbers require)

26 <sup>th</sup> January	(re-arranged venue) Homeleigh, Launceston	£9/13
2 <sup>nd</sup> February	Bude	£10/14
9 <sup>th</sup> February	Trago Mills/Newton Abbot	£10/14
16 <sup>th</sup> February	Atlantic Village, Bideford	£11/15
23 <sup>rd</sup> February	Puss in Boots Matinee at 2.30 Belstone Village Hall	£10/14
2 <sup>nd</sup> March	Lifton Farm Shop	£9/13
9 <sup>th</sup> March	Teignmouth	£10/14
16 <sup>th</sup> March	Tavistock	£9/13
23 <sup>rd</sup> March	Castle Drogo	£8/12
30 <sup>th</sup> March	NO TRIP - EASTER	

### Trips with the Peugeot

Please let us know if you have any special requests for trips.

### Drivers

We have said goodbye and thank you to Selby Johns from Folly Gate who has driven on occasion for us for a number of years. We are glad to report that following our recent campaign to recruit more drivers that we welcome Mrs Gillian Dannan from Lewdown, Mr Dave Gillings from Okehampton, Mr Graham Reynolds from Okehampton and Mr Graham Brown from Sourton to our team of drivers.

We are always looking for new drivers to join our team, we particularly need drivers who are willing to undertake wheelchair training to drive our two wheelchair accessible vehicles which are being kept very busy. Please contact the office if you would like to know more. We would like to recruit drivers in Okehampton and Chagford areas to help with the increasing demand on our services.

### Help with travel costs

Patients (and sometimes their escort) who are under consultant care or who have been referred by a GP or dentist may be entitled to help with travel and parking costs and toll charges relating to health appointments. The refund, if granted, will be for the costs of the cheapest form of transport available. Help is available to anyone who receives (\*or is named on): Income support; income based Jobseeker's

Allowance; Pension Credit Guarantee Credit; an NHS Tax Credit Exemption Certificate. Many other people on a low income with savings below £16,000 can also receive help with costs, but need to apply for a certificate to confirm this, using form HC1. To find out more, ask for leaflet 'Help with Health Costs HC11 April 2009 from 0845 8501166 or visit [www.nhsbsa.nhs.uk/HelpWithHealthCosts.aspx](http://www.nhsbsa.nhs.uk/HelpWithHealthCosts.aspx). Refunds of costs for those eligible can be reclaimed at the time if you can show proof of entitlement and receipts/tickets, or by post up to three months after your journey using form HC5(T). You can collect forms HC1 and HC5(T) at hospital general offices.

### **Trussell Trust Christmas Box Appeal**

Thank you for everyone who sent items or boxes to Chrissie, 145 boxes were completed and sent. They will be trying to beat this figure next year so remember to save suitable boxes and items during the year ready for collection!



### **Bringing tasty meals and groceries direct to your door**

The shopping, preparation and cooking of a tasty and nutritious meal, day-in day-out, is for some a little tedious and for those with mobility difficulties, almost impossible. Imagine the luxury of selecting your weeks meal requirements from a 100 page full colour menu, placing your order by a simple local phone call and then having it delivered direct to your door by a friendly driver who will even pack it away for you. For many people, this dream has long been reality, as for the past eleven years Oakhouse Foods have been providing a weekly delivery of their superb range of frozen foods throughout the west country. Offering a huge variety of complete meals, from traditional favourites like Roast Beef and Yorkshire pudding or Cottage Pie, through to the new 'Chef's Choice Meals' featuring such delights as Salmon Platter and Duck Breast in Orange Sauce. For those with a smaller appetite, the range of 'Mini Meals' are a popular option. With over fifty hot and cold desserts to tempt, those with a sweet tooth are also well catered for. All meals are simply reheated in minutes in an oven or microwave. A number of specialist diets are catered for including diabetic, low fat and gluten free. There is a delivery charge of £1 for orders under £30. This charge is only applicable to the frozen food and grocery orders. The service also now includes a huge range of essential everyday groceries, delivering everything from Corn Flakes to Pet Food along with the frozen meals. As a family run business, Oakhouse Foods strive to offer the very best in quality food, old-fashioned reliable service and value for money.

**If you would like a free colour brochure or further information, simply telephone, free on 0800 074 6075 or visit us at [www.oakhousefoods.co.uk](http://www.oakhousefoods.co.uk)**

### **Website**

Please see our website at [www.odctg.co.uk](http://www.odctg.co.uk) for up to date information, photos and more.

### **Legacy**

If you have had good service, please remember us in your will. Thank you.

Registered Charity No. 1024617

**Sue, ODCTG, Railway Station, Station Road, Okehampton, Devon  
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