



Newsletter 39

100 Club

Thank you for your support which is a great help to ensure our scheme can continue to offer as many people as possible the services they require. You may receive a written or telephone reminder when it is time for you to renew.

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. Please note new address.

Monday trips - New service

We are planning on running a trip from Okehampton to Exeter, Tavistock and Launceston on a rota basis, pick up would be from 09.15 in Okehampton and you would have 2 hours for shopping before returning. If this would be of interest please get in touch with the office ASAP so we can arrange the timetable.

Saturday Trips

We are pleased to announce that we have found a driver who is willing to do one trip a month. We will be taking bookings for these and will require clients to pay a deposit of £5 for each trip to ensure that they are viable as we will be using a driver from Holsworthy which will obviously incur us in extra costs. The higher charge quoted is for those not in Okehampton or along the route of the trip.

Unfortunately the March trip to Tiverton had to be cancelled due to lack of support, use it or lose it!!

APRIL 18 th	EXMOUTH	£11/15
MAY 16 th	BARNSTAPLE	£12/16
JUNE 13 th	SIDMOUTH	£12/16

Sunday Lunch

We will be running a Sunday lunch trip on 19th April, 17th May, 14th June, 19th July and 16th August. Please let us know if you would like to book a seat, destinations to be agreed.

Community Car Service Drivers

We welcome Robert Lawrence, Hatherleigh & John Ruane, Ashreigney to our group.

Unfortunately John Palmer, Hatherleigh has had to stop driving for us due to health reasons, we are very grateful for his service to our clients.

25 year anniversary!

ODCTG have been providing services to the community for 25 years this year! It is also the 25 year anniversary of Devon County Council setting up Ring and Ride schemes in the county. To celebrate there is to be an event at Seale Hayne, Newton Abbot on Sunday 17th May from 1 - 4pm. Seale Hayne has many attractions on site including galleries, shops, artist studios, attractive landscaped grounds. There will be a cream tea and entertainment including a live jazz and swing band which is available for drivers, staff, volunteers and passengers. We will be taking our Ring and Ride bus and if we have enough

interest may take other vehicles too. The cost of this will be £5. There will be a 'Silver' theme and everyone is asked to wear something silver as there will be a group photograph. There is also a competition for the best decorated 'silver' bus and silver table centrepiece. If you would like to join us then let us know as soon as possible as we need to book the numbers with DCC.

We will also be holding our own local celebration in the week of 8-14 June as this is Community Transport Awareness Week and the Transport For Your Community Roadshow will be visiting Okehampton on Saturday 13th June. We will be in the Co-op car park from 9am - 12noon. Further details to follow. We invite you to 'Tea in the Pavilion' on Tuesday 9th June at 3pm to help us celebrate such a milestone, please let us know if you would like to join us so that we can advise the caterers of numbers. We look forward to seeing you at these events.

Facebook

<https://www.facebook.com/pages/Okehampton-District-Community-Transport-Group/165867586926940>

Please take a look at our Facebook page, we update it regularly with news and information, if you like a post and comment on it, you will help us by interacting with us and it will enable our posts to pop up onto your page regularly to keep you up to date!

NHS Health Trainers

Health trainers provide one to one support for adults who want to make a change to improve their health. They do this by helping each individual; chose what they want to change; work out how to make the changes; build their changes into every day life; plan for and deal with any problems with achieving their goals; access other services for specialist advice. They work with other health promotion services including Community Development Workers and Stop Smoking Advisors to develop health and wellbeing in local communities, other health professionals and organisations to help you access support and services.

They are here to help you with: managing your weight; eating more healthily; drinking sensibly; being more active; stopping smoking and improving emotional health.

Thinking of making a change? You can make positive changes in your life!

'My Health Trainer loaned me a stepometer and with her support I have lost over a stone in three months' - statement from a Health Trainer Client

If you would like to speak to our local trainer please ring Akiko Brixey on 07896 995667, email her at akiko.brixey@nhs.net or look at the website for more information www.healthpromotiondevon.nhs.uk

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