



## Okehampton District Community Transport Group

# Newsletter 43

### 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 us at the address below.

October

- 1<sup>st</sup> Monica Harrison, Folly Gate
- 2<sup>nd</sup> Mrs H Letheren, Okehampton
- 3<sup>rd</sup> Mrs D Eales, Okehampton

November

- Mrs Trish Darken, Sticklepath
- GC Morrish, Okehampton
- Mrs Klenk, Belstone

### Community Car Service Drivers

We welcome Brian and Jane Hignett from Sticklepath, Robert Reddington from Okehampton, Jacquie Slade from Chagford and Terry Alford from Bridestowe to our team.

We are actively seeking more volunteer drivers, particularly in Okehampton itself, if you know of someone who might be available for a few hours a week then please ask them to get in touch!

### Last Chance - Christmas Shopping Trip

We still have places on our trip to Tavistock on Saturday 12<sup>th</sup> December, if you would like to book please ring the office as soon as possible.

### Christmas Lunch - 25<sup>th</sup> December

We have been asked to share this information from Jacqui and Kirsty Reynolds -

We are holding a Christmas Day lunch and tea for people who would be on their own on Christmas Day. We are catering for 60 people plus any carers and drivers. We are asking for a booking fee of £10 per person, to be paid in advance to secure place, carers and drivers eat for free but will still need a place booking so we know how many people we are catering for. If we receive enough donations for the day we will refund the money on the day. This is to be held at Fairplace Church Hall. This is open to people of all ages, single parent families, people who for whatever reason are finding themselves on their own this Christmas. The Christmas dinner will be for everyone who books but we are opening the doors at 3pm ish to anyone who wants to come down and spend some time with us.

### Christmas Holiday

Please note that the office will close at 4pm on Wednesday 23<sup>rd</sup> December. On Tuesday 29<sup>th</sup> and Thursday 31<sup>st</sup> December the office will be open for a couple of hours to pick up any messages and deal with urgent appointments and the Ring and Ride service will be running. The office opens again as normal from Monday 4<sup>th</sup> January. If you require transport over the holiday period please give us



DON'T SPEND THIS CHRISTMAS ALONE

**EAT, DRINK**  
*AND BE Together*

CHRISTMAS DAY LUNCH & TEA  
FOR THOSE WHO ARE LONESOME

FRIDAY 25TH DECEMBER 2015

FAIRPLACE CHURCH HALL, OKEHAMPTON  
OPEN FROM 12PM - 6PM

CHRISTMAS LUNCH  
SERVED FROM 12.30PM - 1PM  
WITH A BUFFET TEA TO FOLLOW

£10 PER PERSON  
CARERS & DRIVERS EAT FREE

TO BOOK CALL KIRSTY ON  
01837 54338



as much notice as possible, the answerphone will be on for messages, please speak clearly and leave your name, telephone number, date, time and location of appointment.

### **Hospital Admissions**

Please could we ask that if you are admitted to hospital that you ask someone to let us know if you have a journey booked. We have recently had a couple of instances when the driver has called to collect a client and been unable to get them to answer the door, we then tried ringing the telephone with no success. We then try neighbours, contact doctor and family if we can. Unfortunately if all this fails then we ask the Police to break in to ensure that the client is safe and well. It can be distressing for the drivers and sometimes takes a lot of time and calls to solve the situation but the health and safety of our clients is important to us and we have in the past discovered clients who have fallen and been unable to call for help so will continue to take these steps.

### **Coffee Morning**

We will be hosting an event in the Charter Hall on Saturday 30<sup>th</sup> April - further details to follow but put it in your diaries! We will be requesting donations of books, bric-a-brac and raffle prizes nearer the event.

### **Pulmonary Maintenance Group**

For people who have been diagnosed with respiratory diseases, both obstructive, like COPD, or restrictive, such as asthma, this group provides a weekly exercise programme, designed and instructed by a level 4 qualified instructor. The group is purely exercise based, not at all medical. Participants are introduced to a daily and weekly routine of exercise that will promote a better quality of life and help participants remain independent. It offers support and encouragement to continue functioning as normal despite the breathlessness. They have a few laughs in between and within this uplifting environment, participants find a social interaction that builds well-being. The group takes place at the OCRA Pavilion in the Park, Wednesdays 11.45 - 13.00. There is a £2 fee. Parking is free next to the tennis courts. If you think this group may be for you, please get in touch or go along. Please contact Lynne Rogers 07827787867 with any queries. Ideally referred participants would have been assessed and referrals to have been made by a doctor, or the Pulmonary Rehabilitation Group, as offered through NHS. They do try to give each participant their own programme individualised to allow for other medical considerations or restrictions, so receiving the referral beforehand would be preferable. Referrals can be emailed to [lynneandbrett@hotmail.com](mailto:lynneandbrett@hotmail.com) or participants can take them to the session.

### **Smoke & Carbon Monoxide Alarms/Door Safety**

We have a number of alarms, door chains and spyholes available in the office, for a donation towards our funds. Please speak to one of us if you would like further information.

### **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!

### **Legacy**

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

Registered Charity No. 1024617

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