



Okehampton District Community Transport Group

Newsletter 45

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.

February

1st Mrs Sylvia Marsh, Northlew
2nd Mrs Joyce Morgan, Okehampton
3rd Mrs Betty Thatcher, Okehampton

March

Mr John Florian, North Tawton
Mrs Joan Banbury, Okehampton
Mrs Audrey Richardson, Okehampton

Community Car Service Drivers

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!

Waitrose Community Matters

Thank you to everyone who placed their green tokens in our box, we are pleased to report that we received a cheque for £440

Community Car Service

Please DO NOT ring our Volunteer Drivers on their home/mobile numbers. All bookings must be made through our office, if we are not available there is always an answerphone for you to leave a message. Drivers only give out their mobile numbers for use when being collected from an appointment and we ask you not to abuse the use of these numbers at other times. Thank you.

Alzheimer's Society

If a family member or friend is suffering with a type of dementia there is a lot of useful information at www.alzheimers.org.uk They have a very useful document to download called 'This is me' which is a handy leaflet for the person to have with them when going out and about alone, so others understand and can support them, particularly in unfamiliar places. You can also order a copy by ringing 01628 529240 or seek help from their helpline 0300 200 11 22

Coffee Morning

We will be hosting an event in the Charter Hall on Saturday 30th April from 9am to 12 noon. We would be grateful for donations of books, bric-a-brac, cakes & produce and raffle prizes. We are hoping to have the following additional stalls: Lula Harka (handmade skirts), Partylite Candles and Adorabubbles (hand crafted greetings cards and tatted gifts).

Be Scam Wise

Trading Standards are campaigning to help stop people being conned by rogue traders. If you are in any doubt please do not let them enter your home. Ring Citizens Advice on 03454040506 or visit their website www.adviceguide.org.uk for more help

Saturday Trips

** Please note higher charge quoted is for those not in Okehampton or along the route of the trip.

14 th May	Lifton Farm Shop	£8/10
28 th May	Sidmouth	£12/16

11 th June	Tavistock	£10/12
2 nd July	Bude	£12/16
16 th July	Homeleigh	£10/12
6 th August	Trago Mills/Newton Abbot	£12/16
20 th August	Otter Nurseries	£12/16
3 rd September	Exmouth	£12/16
17 th September	Bernaville Garden Centre	£10/12

Midweek Trips

Dates to follow for: Castle Drogo, Tiverton Wool Museum, RHS Rosemoor etc.
Please let us know if you are interested or any other suggestions.

Sunday Lunches

These will be arranged in the near future to various locations, please let us know if you are interested and we can keep you informed.

Transport For Your Community Roadshow & New Minibus Launch

We would like to invite you to attend this event to be held on Saturday 4th June in the Co-operative Supermarket Car Park from 10 to 12noon. This is a chance for you to view our new minibus and meet some of us and discuss any requirements or suggestions.

Okehampton Food and Music Festival - Saturday 25th June

If you would like to attend this event which will be running from 09.30 to 15.30, stalls will be in the main street with a coffee morning and light lunches in the Charter Hall.



<http://everythingokehampton.co.uk/event/okehampton-festival-of-food-music/>

for more details, we can arrange transport.

Devon Sensory Bus/Outreach Service (for people with hearing and/or sight loss)

This service will be available in Fairplace Church from 12.30 - 15.00 on 21st April, 19th May, 16th June, 21st July and 18th August.

PALS The Patient Advice and Liaison Service Devon

Need advice and help? Worried? Concerned? Have a compliment or complaint?

They are there to help solve problems in NHS health and related social care services. Call 0300 123 1672 or 01392 267665 or text on 07789 741099

Drink Wise Age Well in Devon

www.drinkwiseagewell.org.uk 0800 304 7034 for expert advice on healthier drinking for the over 50's.

The biggest increase in alcohol related harm in recent years has occurred in the over 50 population. As we age our bodies change, meaning alcohol can affect us differently, or we may not be aware of the harm alcohol is doing to us.

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 and also keep you informed of extra forthcoming events/trips. Thank you.

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