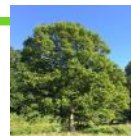




Devon Senior Voice

In Partnership with 



Issue No 27

Summer 2015

Everyone's Tomorrow

The Newsletter of Devon Senior Voice

The organisation keeping older people informed and involved in having a say about services and service delivery in the county



Keep writing to us!

Everyone's Tomorrow is the Devon Senior Voice quarterly magazine. During the last three months the Board welcomed back James Bradley who rejoined as a co-optee until the AGM which has been delayed until December (See Diary dates on the last page). Our members have been busy representing DSV on the Carers Board, The Care Act Service Users focus Group, running a Care Act meeting in Honiton (See P 3), updating and contacting users of Memory Cafes in preparation for our project to engage with those living with dementia and their carers to evaluate the services they receive. **Thank you to all those who have opted to receive their newsletter electronically and we look forward to more of you signing up to this. We can arrange hard copies to be distributed at branch meetings.** The next newsletter is due out in the late Autumn/Winter, so please let me have any news or articles by the 1st November for that edition. Many thanks to all our contributors.

Sally Lougher, Editor

A message from our Chairman, Ann McClements



It is said that "all good things come to an end" and "time flies when you are enjoying yourself". I have had a good and most interesting two years as Chair of Devon Senior Voice and by the AGM will have completed three years on the Board. I have decided that I will not be standing for a further period of time (so- watchout Culm Valley!).

It is challenging to be on the Board, but also very fulfilling, so my plea to you is to consider whether you can offer your skills. The Board needs new faces – those who have skills in Finance, Management, Marketing and Personnel, new ideas and folk who can make decisions and see them through.

Since I last wrote this introduction we have signed the Service Level Agreement with Healthwatch for one further year, selected a new Government with a commitment to more austerity, and the CARE Act has been enacted "All things come to pass".

Currently there is a feeling of Limbo. What will happen in April 2016 about Engagement, how will the Care Act impact our lives, will the CCGs drive through Transforming Community Services despite NEW Devon CCG being under the NHS England SUCCESS regime? I can't predict the future. However YOUR VOICE still matters and what happens locally in Devon is important. Devon Senior Voice continues to be represented at all levels, and long may it be so. Thank you for your continuing support.

Ann McClements, Chairman

Our Achievements since April 2015

SINCE April 2015 Devon Senior Voice has :

- Worked in partnership with Healthwatch on an Engagement Project with people living with dementia and their carers through Memory Cafes
- Arranged a Care in the Community Day at Credfest on the 9th July (See P2)
- Participated in 7 Healthwatch Gateway requests
- Held a third Rural Isolation Conference in the west of the county organised by Tavistock and Okehampton branches(See P.8)
- Launched Exmouth as a Dementia-Friendly town on the 26th June
- Is planning in partnership the third Crediton Dementia Awareness Day on 16th September
- Updated the Memory Cafes in Devon Booklet in June
- Is planning to celebrate Older People's Day on October 1st on Exeter Cathedral Green

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Editor's note: The views expressed in these articles and letters in this publication are the opinions of the writers and should in no way be attributed to Devon Senior Voice Board or staff members.



Crediton and Area Branch



The Crediton and Area group is continuing to hold its monthly meetings in the recently built Meadow Suite, a conference centre in the grounds of the Lords Meadow

Leisure Centre. We are not only benefitting from its up to date equipment and facilities, but we now have the room to accommodate our growing membership plus plenty of parking, including some disabled spaces.

For our AGM in April we were entertained by retired head teacher and Sandford resident, Charlie Werner, who gave a fascinating, and sometimes moving, talk about his life in education. Charlie, who was born in India, included stories from his childhood and school days at boarding school in the UK. After Charlie's talk, the group held its AGM, with all current members of the committee being re-elected. There was also a report on the inaugural meeting of the Devon Community Hospital Action Group (Devon CHAG), an amalgamation of campaign groups from across Devon who are opposing the closure of the beds at the various community hospitals. A crew from BBC Spotlight attended and a piece was broadcast that evening. Any members wishing to support the campaign are asked to email: DevonCHAG@gmail.com.

For our May meeting we welcomed the Co-ordinator of the Crediton Foodbank, Sue Keogh, who gave a talk about this local organisation that gives vital assistance to people on low incomes. As well as some general background about the history of foodbanks across the UK since 2006, Sue gave some information about local supporters, including shops, businesses and her team of volunteers. The

need has grown steadily due to the economic downturn which has created a growing disparity between people's income and the rising cost of food and basic utilities. There are foodbanks in operation cross Europe and in the USA. Crediton Food Bank is currently awaiting charitable status.

Which takes us to our most recent meeting, June. Sarah Johnson, founder of the Crediton Knitwits, told us about how the group started. Having been given a spinning wheel as a birthday present by her parents in her late teens, what began as a hobby, grew into a lifetime's passion which she also taught at various tourist/craft centres. Recently two young friends of hers, Peter and Paris, found themselves in India on their Gap Year, when the devastating earthquakes in Nepal struck. They abandoned their travels and channelled all their savings into supporting the relief.

As well as our regular monthly meetings the Crediton and Area group also hosts various events in the town. This summer we are hosting a Care in the Community Day (which is part of the Crediton Festival). It will be held on July 9th, on the town square, and sixteen plus organisations have booked a stall to advertise their services. Please do come along and join us, if you can. There will be musical entertainment from 'Alhambra' an old time musical hall duo, and also a demonstration of QiGong from a local practitioner. Looking forward a little

further, we have the Dementia Awareness Day on September 16th in the Boniface Centre. So, busy times for the Crediton and area branch.



Older People's Day—1st Oct 2015

Devon Senior Voice is hoping to celebrate this day with an Information Fair on Exeter Cathedral Green from 10.00 am to 4.00 pm.

The Event will include Information Stalls with services that inform people about what is available and what support there is to help with daily living. Healthy Eating, Exercises to suit all abilities, Mobility Aids, Activities for all and many, many more ideas to enjoy life.

There will be an entertainment Gazebo and so if you like, putting on your glad rags and come along and join in. Are you a busker, can you play an instrument, sing? Our famous Teignmouth Eastern Dancing Team are coming. Have you any other performing skills? Are you a Comedian—can you tell a good story? The opportunities are

endless so why not dust off those dancing shoes, put on a smile and enjoy.

There will be a Raffle, Tombola and a Therapy Gazebo, members skills gazebo—cakes, plants, knitted or sewn articles, wood or metal Items, freely given or at cost. Come on all you men who have sheds,!

Steering Group Members are needed to help organise this event. They must be prepared to be hands on as well as sittinb round the table. Any ideas to make this an imaginative and informative day will be welcome so please get in touch with .

This promises to be an enjoyable day and will show the world we are not just grumpy old fogies in slippers forgetting everything.

Ann R.



Honiton Branch

Honiton Branch has continued to raise its members voice and press profile on austerity issues including libraries, bus services and police. We hosted a meeting at Honiton Library attended by **Cabinet member County Cllr Roger Croad** to discuss Council plans to divest the county library service to a mutual trust, as outlined in ET 26. Cllr Croad, assisted by Customer Services manager Liz Alexander repeated the mantra of 'tough choices' and maintained the proposed mutual was the best way to not only protect services but 'grow' them. They compared the plan to John Lewis and maintained there was no example of a trust failing. Both assertions proved dubious to our members, especially in the light of the failure of Wigan Borough Council trust. East Devon Senior Voice branches meeting was also unconvinced. Links are being made with library campaigns at Axminster and elsewhere.

Our **Chair Vic Bowsher** was reported in Pullman press welcoming the reversal of cuts in the towns vital 367 bus service which is used by many seniors. Even so we pointed out that 'we must be vigilant since a bus card is of little value if there are inadequate services'. Following recent visits of Police and **Crime Commissioner Tony Hogg** when we raised concerns about the use of volunteers, committee member **June Brown** has written to Mr Hogg asking him whether he plans to follow Dorset and introduce volunteers at police front desks 'which have been closed', as Honiton has.

We have always made it clear we are not opposed to the proper use of volunteers, many of our members are involved in volunteer work. Congratulations to our secretary **Elaine Mumford** and her daughter Jane who (as we go to press) is raising money for **Cancer Research** by taking part in the Bath 5 km run (14th June) which coincided with the

end of Volunteer Week. Well done Elaine.

Once again we shall have a Senior Voice stall at **Honiton Charter Day, July 25th**. Charter day dates back to 1257; the market charter was granted by King John's son Henry 111. This year also coincides with the 800th Anniversary of Magna Carta. One of our members has created a special display on show at Honiton and Axminster libraries and the Honiton Beehive and local schools. If you can make use of the exhibits, which include Magna Carta facsimile and translation, please contact me.

We will be supporting **Honiton Dementia Day on September 12th** (details to follow). Our **Annual General Meeting this year is on Thursday 24th September** at Methodist Hall at 2pm. Our speaker is, newly elected Vice Chair of Honiton Town Council who will update us on Honiton's new '55+ Cafe', a community initiative following the demise of the former county council run day centre. Jackie has attended our meetings for some time along with **Cllr Henry Brown**.

Cllr Mike Allen of East Devon District Council is also a regular attender.

Also please note your calendars and diaries our pre-Christmas **Members Meeting** with coffee and mince pies which will be held on **December 2nd** at Methodist Hall. All welcome and please tell us of your concerns.

Finally we urge our members to let us have your email details if you have not already done so. Please contact our membership officer **Richard Evans** at email: rickyve777@btinternet.com.

Tony Simpson, Publicity Officer

Tavistock Branch

Tavistock hosted a meeting on skin cancer awareness in April. The main speaker was Joy Harvey from Westbank which is running a project funded by Devon County Council, to increase awareness on prevention and early identification.

It was a concern though not totally surprising that there are 4 times more cases of skin cancer in Devon than in other parts of the UK. In fact, Devon and the south-west have the highest incidence and mortality rates of skin cancer in the UK. The reasons include the facts that we are older, are predominantly white, spend time outdoors in the sun and the quality of the light. Skin cancer is the fastest growing cancer in the UK and it is often damage that is done to the skin when we are young that increases our chances of contracting skin cancer later in life. The good news is that up to 80% of skin cancers can be prevented and finding skin cancer early saves lives as it is curable and not just treatable.

We were advised to look for moles and regularly inspect our skin to see if there are any patches of skin that may have changed in size, shape or colour. Skin cancer kills more men than women, possibly because men are less likely to get any potential problems checked out.

Preventative care includes wearing a hat, staying out of the sun, wearing sunscreen and wearing sunglasses.

Jim had accompanied Joy to provide a personal testimony to the effect of skin cancer in his life. Experience has shown that individuals talking about their own personal journeys is the most effective way of making sure people are aware of the dangers and what to do about them.

Though the meeting was not as well attended as we had hoped, there were non-attenders who made contact as a result of the publicity to acquire information and offer to act as a volunteer to share her experiences. Thanks to Tim for his help in publicising the event.

When I left the building, I went straight to the surgery to make an appointment for a check-up. A powerful response for someone who has avoided making an appointment with his GP for over 5 years! I hope for a positive outcome from this precautionary response but the session was a reminder that we need to check for changes to our skin (and that of our partners in places where they cannot see) on a regular basis.

Mike Dennis, Treasurer

Teignmouth Shaldon and Bishopsteignton Branch



We had a stimulating talk on ageing well from the key note speaker at our AGM in April, Bob Jope one of the regular community matters columnists from the Herald Express and a Trustee of Torquay Community Development Trust, which with the support of Torbay C.B. was recently awarded a £6m grant, one of 16 competitive special awards in the country from Big Lottery for the awakening of voluntary community action in local authority areas with proven need.

Bob excited those present with stories of his own experience as a volunteer for the CDT in Torbay after retirement from work in the north six years ago. He vividly outlined how voluntary community organisations in the district have been energised to work together to meet their local community needs since the possibility of achieving the award of a major grant became known.

We are, however, disappointed that only 14 of our 165 members turned up for our AGM and that we have had but two new members as a result of a major leaflet drop (800leaflets) for new members in Teignmouth. The outlook though is not entirely bleak, we acquired 2 new Committee members, one of whom has taken over as Publicity Officer ('Fred' Vella) to replace our tireless Pam Martin, who has sadly had to retire for family reasons. 'Fred' is already proving her mettle by producing some new design posters for our monthly information forums and taking responsibility for our stall at a recent Fun Day on the Den. We were delighted, too, to see that she was elected to Teignmouth Town Council as an Independent the day after our AGM so establishing the fact that we now have 4

of our members as Town councillors.

We are not ignoring the question of low attendance at our AGM and one or two of our recent forums & are circulating a questionnaire to all members this month to discover the reasons for this and to welcome a current expression of their concerns and thoughts for our future programme, which we propose to discuss at a special EGM in September.

Meantime our Information programme continues as follows at Teign Heritage Centre, Teignmouth at 2.00 p.m. :
Friday 19 June 'Happy Endings' Sue Carter a local solicitor

Friday 17 July 'Good Food – Good Health' (for the older person)

Dr Wesley Trowse

No meeting in August

Friday Sept 18 Branch EGM – 'Facing the Future'

Finally look out for our full programme, available early July for our partnership with Volunteering in Health and The Alice Cross Centre Dementia Friendly Event launch of The Coastal District (Teignmouth Shaldon Dawlish Holcombe & Bishopsteignton as dementia friendly at Teignmouth Community School Arts Centre 10.00 a.m. to 3.30 p.m. on Saturday September 19. Members of neighbouring branches welcome. Bookings for places to be made in advance to Jim Corben by e-mail: jim.corben@gmx.co.uk

Jim Corben, Chairman

Dawlish Branch

Saturday 16th May saw our Information Fair which was designed to let the over 50's and disabled people of Dawlish know what facilities are available to them. Nevertheless you will see that there was much there to interest the public at large. We were somewhat doubtful about running it on a Saturday, indeed there were some groups who said that they could not have anyone available then. However we had little choice as the Strand Centre was only available on Saturdays, and was the only suitable venue that people visiting or shopping would be likely to find.

It was opened at 10.00am by County Councillor John Clatworthy and, from the number of drinks provided, we estimated that some 150 persons looked in on us. We had large displays devoted to Devon Senior Voice and Healthwatch Devon. Dawlish Local History Group, Teignmouth Neighbourhood Watch (which includes Dawlish), the South Devon Clinical Commissioning Group and Assist were all disappointed with the slow turn-over. However Open Daw, Westbank, Devon Carers, Action on Hearing, the Disability Network (including Living Options) were very pleased with the opportunity that the Information Fair provided to interact with the other groups. Particularly delighted was Tamsin of the Dawlish Neighbourhood Police who spent all her time finding out about the various organisations in her area, and enjoying engaging with the general public. Many thanks are due

to Margaret Woolacott of Okehampton who provided the refreshments and who, with her husband Derek, did much to set things up.

Perhaps the most encouraging thing was that all the groups said we should let them know and invite them along if we run another Information Fair in the future.

Peter Spackman, Chairman

Photo: Derek Woolacott



Seaton Area Branch



gummy mummy

www.heirraising.com

At Seaton Area Branch open meeting in May the speaker was Carol Gilson. Carol started by telling the story of Joe her husband's later life. Joe was a civil engineer who had been in charge of many major public projects particularly highway bridges. At the age of 58 he was diag-

has set up The Joe Gilson Mobility Scheme and has now given 106 mobility scooters, 78 wheelchairs, 38 sticks, 23 electric wheelchairs and other miscellaneous aids all free of charge. Her picture is frequently in the local paper so that donors can see where their particular item has ended up. Carol also fund raises. She has "a man with a van" who picks up and delivers the larger items free of charge but the funds pay for the fuel. A local voluntary organisation "Trip" carry out functional and safety checks.

Carol also accepts items designed to help people in the home, including those that have been supplied through NHS or DCC sources and which people are told cannot be returned but should simply be disposed of. Anyone who has any form of mobility aid that they no longer need, that is still functional and that they are willing to donate should contact Carol (details at the foot of this article).

Everyone at the meeting found what Carol told us very uplifting. This was reflected in the monetary contributions and one mobility aid given at the end of Carol's talk.

Carol has been nominated for "Citizen of the Year". I can't think of anyone more deserving.

Contact Details:-

Carol Gilson – 36A Orchard Way Honiton. EX14 1HH; 01404 43341; CAROL.GILSON@HOTMAIL.CO.UK .

nosed with prostate cancer. Unfortunately the cancer spread and he had eight different forms. He then developed two brain tumours and at that stage could no longer work and was unable to drive. Next door there was a retired ex-missionary who had a mobility scooter. Carol acquired one for Joe and for the last six months of his life he was able to race the missionary down into Town. Joe always let him win as he was older. It made such a difference to the quality of Joe's last months.

Two years after Joe's death, the mobility scooter was still sitting idle in the garage. Carol decided to advertise in the local paper that she would give it free of charge to someone who could give her a good reason why they should have it. Carol had 38 responses. She decided to give it to a disabled mother to enable her to take and pick up her children from school (her husband had been doing this as well as holding down a job). It made such a difference to their lives that Carol decided to advertise for mobility scooters to be donated and she would find a good home for them.

That was the start of what is probably a unique service. Carol

Ivybridge and Area Branch

Ivybridge has had an active programme over the last three months with a speaker Diane Opuku from the Stroke Association presenting a very informative talk about strokes and how to avoid them and taking the blood pressure of members who volunteered. The following month Jutta Berger, the founder of the Ivybridge Foodbank blasted quite a few myths about who the Foodbank helps and how—no individual or family can obtain goods from the foodbank more than three times in a year and each has to be referred for assistance from a number of local agencies including schools, Ivybridge Caring and GP surgeries. Karen Squires, South West Regional Information Officer for Action on Hearing Loss gave an interesting presentation to the June meeting on the Charity raising awareness amongst the general public about the needs of those suffering hearing loss. There is a reluctance among people to do anything about hearing loss until it is too late—it can take up to 15 years for someone to seek help. Action on Hearing Loss are campaigning on a number of issues: challenging TV companies to sub-title all programmes and campaigning against the use of music in many programmes. They also support other organisations like Hearing Loop who are attempting to get hearing loops into all public buildings.

Members of the Ivybridge Branch are still very active on the Patient Participation Groups and member Tony Cannon is the Chairman of the town's medical practice PPG who have been very successful in recruiting a wide-range of participants, including young parents.

Sometimes Dad wanders off.

I'm worried one day he'll go missing or get hurt.

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Democracy In Rude Health

DEMOCRACY was in rude health in Honiton on 10 April at a special Election Hustings event organised by Honiton Senior Voice. Some 150 people, young and old, turned up at the Beehive to watch and listen to the five candidates hoping to become the next MP for the Tiverton & Honiton constituency after 7 May.

Over a lively but largely good-humoured two-hour period, under the chairmanship of Roger Trapani – of East Devon Senior Voice – the five had to deal with a wide variety of questions, on subjects ranging from what would they do for the constituency, social housing, the NHS and social care to careers advice for young people, the renewal of Trident, the likely role of the Scottish National Party (SNP) after the election, Europe and pensions. The following extracts of candidates' responses are in alphabetical order, and are also the platform order in which questions were responded to.

Paul Edwards (Green Party) said the Greens would embark on a programme of building council-owned eco-houses available for people to rent on long leases, particularly targeting brownfield sites. An enhanced state pension should be introduced, along the lines of the old SERPS (State Earnings-Related Scheme) system.

Stephen Kearney (Liberal Democrat) said that MPs should facilitate what people wanted. He was 'sick and tired' of hearing what parties thought, when all too often they were controlled by people who didn't pay tax. Leaving the European Union would leave Britain 'dead in the water'.

Caroline Kolek (Labour), referring to renewal of Trident missiles, agreed with a questioner who said that nuclear bombs were 'immoral'. But she added that Labour was

committed to continuing the at-sea deterrent – though perhaps not the same number of warheads – since the instability in Ukraine and the Middle East suggested the world was still a dangerous place.

Neil Parish (Conservative), asked about the prospects of the SNP holding the balance of power after the election, said that Scotland had voted to remain in the UK and 'it isn't for the SNP to decide who ran the country – rather it was whichever party had the largest number of MPs'.

Graham Smith (UKIP) defended his party's anti-immigration stance and said that the party felt that apprenticeships should be taught in schools, and that they should work with local businesses to find out where shortages were. Rural communities should push GCSEs in agricultural industries, to help keep young people in the district.

Tim Hall, Publicity Officer



Tiverton Branch Election Hustings

Tiverton Branch, working with Tiverton Churches Together, held a very successful Election Hustings event at Tiverton High School's Community Arts Theatre on 24 April. The event attracted a lot of interest, with the hall well filled. The five candidates for the Tiverton & Honiton parliamentary constituency – Neil Parish (Conservative), Caroline Kolek (Labour), Stephen Kearney (Liberal Democrat), Graham Smith (UKIP) and Paul Edwards (Green Party) – all attended, and



Tiverton High School Head Andrew Lovett chaired the debate. An interesting range of questions was asked on a wide number of topics, including how the candidates would ensure a fair share of funding for Devon, whether the parties would prefer a coalition or a minority government if there were no overall majority, climate change, social inequality, engaging young people in politics and pensioners' benefits. Each candidate responded to each question in turn, and there was a lively debate with Neil Parish, the sitting MP, facing some tough challenges from the other candidates and the audience. The event was attended by a reporter and photographer from the *Tiverton Gazette*, which published a good article with photographs the following Tuesday, resulting in some useful publicity for Devon Senior Voice. The hall was provided to us free of charge and the candidates were organised by Churches Together. Stewarding was done by High School students, so we had a successful event at little cost to DSV!

Tiverton Branch is still looking for volunteers to join our committee, so if you are interested in getting involved in running the branch please contact Jose Kimber on 01884 252460.

'What I do Matters' - DSV Assembly June 2015



The theme of the summer Assembly at the Isca Centre in Exeter was wellbeing, and what we can all do individually to affect things – in other words, taking personal responsibility.

As a GP in Budleigh Salterton, the first speaker, Dr Richard Mejzner, had a strong interest in the issues affecting older people. Richard emphasised how people could help themselves to stay healthy in a number of ways: by stopping smoking, lowering blood pressure, losing weight, following a low-fat diet, using statins, exercising and reducing alcohol intake. There was good evidence that happy people lived longer, that social isolation was more harmful than smoking, and that a role or purpose were the things that made us happy. There were five ways to wellbeing: connect, be active, keep learning, give, and take notice. He advocated the use of 'social prescribing', encouraging patients to take part in one or more of a range of activities, physical, creative and social.

Louise Greaves and Angela Conibeare, of NEW Devon CCG, spoke of the multi-million-pound cost of wasted medicines each year, money that could be better spent elsewhere.

Louise highlighted a campaign aimed at us all that was designed to address the problem:

Check look at what is supplied and only order what is actually needed.

Listen to advice from your doctor or nurse, and take all medicines as instructed on the label.

Tell your doctor or nurse if your medicines are not agreeing with you, or you have stopped taking them.

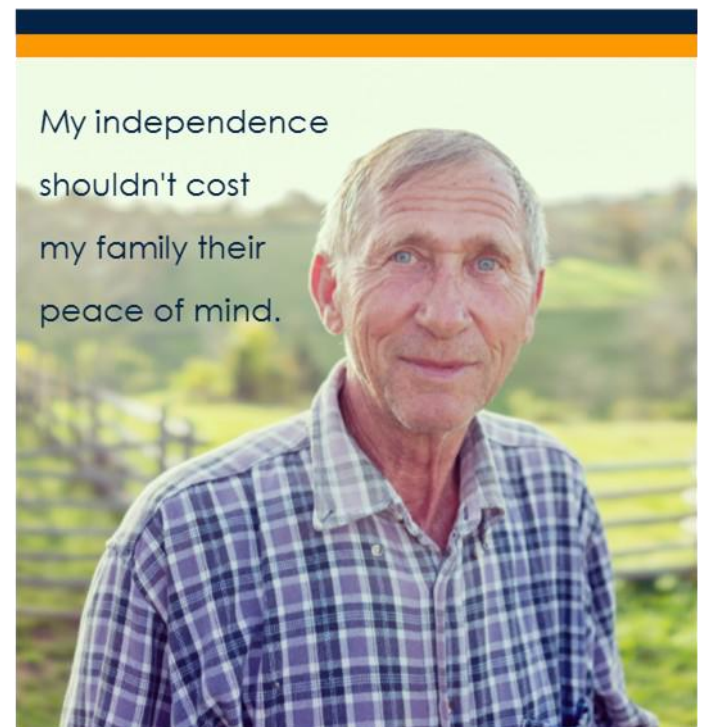
Tick using the counterfoil of the prescription, tick only the medicines you need and remember 'tick in haste = medicine waste'.

Open the bag of medicines while at the dispensary. If you have item(s) not requested or surplus to your needs for the next month/week, please return these before leaving.

Ruth Tucker, the health facilitator at the Cullompton Integrated Health Centre, spoke of how we could all help ourselves through healthy eating and exercise. She

discussed the 'eatwell plate' – ideally, a 10in plate with a 1in rim, leaving 8in for food – a visual pie-chart representation of the recommended daily proportions of fruits and vegetables, carbohydrates, proteins, dairy products and fats and sugars. Ruth explained the two food-labelling systems – 'traffic lights' and nutritional information – and highlighted the need for regular fluid intakes. She finished by leading a pretty vigorous series of sitting exercises on our chairs.

Wellbeing coach Jacqui Footman, who teaches Emotional Freedom Techniques (EFT), related them to the theme of the Assembly, 'What I Do Matters'. She said that emotional freedom was all about 'what I can do', and that there was a 'vibrational effect' in everything we thought and said. Jacqui went on to demonstrate the EFT tapping technique – involving tapping the body's nine acupressure points and speaking a series of phrases – which she said was an effective tool to deal with emotional challenges, physical disease and improving personal performance.



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Can You Help?

Devon Senior Voice is urgently seeking members to join its new Marketing Group which will be made up of one or two members from the Funding and Publicity Groups and , new members and will focus on how best to market the organisation. We are still also looking for someone who is website savvy to assist us with developing the DSV website. Anyone interested, please contact Sally.

Rural Isolation Conference



A CONFERENCE and information fair on ways of tackling the blight of rural isolation has been hailed as 'inspiring' by organisers.

The event in Bridestowe, near Okehampton – organised by the Okehampton and Tavistock branches of Devon Senior Voice – highlighted examples of good practice in West Devon, and allowed those present to network and to share ideas.

Dr Ted Leverton, of Action on Hearing Loss, and hearing-aid specialist Alistair Kinsey spoke of how they supported individuals faced with the double-whammy of living with the profoundly isolating condition of hearing loss in remote rural locations. The team from Devon County



Council's (DCC) Sensory Bus explained how they regularly toured rural areas to provide technical assistance to those with sight and hearing problems.

Graham Coiley, from Tavistock firm Amanotech, and Rob Thomas, of the Guinness Trust, talked of how technology – or rather, gadgets, to use the more friendly term – could help people to live more independently. Julie Hibbert, of Advice West Devon, spoke of this free,

impartial advice service in and around the Okehampton and Tavistock areas. Mike Knowles, of the Drink Wise, Age Well project, explained that Devon was one of five pilot areas to be selected for the five-year project to reduce the harm done by alcohol to the over-50s.

Martin Taylor, of Tavistock Senior Voice, praised the work of Tavistock Area Support Services (TASS) in providing the lifeblood of community transport in West Devon. Mike Dennis, also of Tavistock Senior Voice, spoke of his role as a volunteer hospital car driver, which allowed many people access to health, and his wife Jenny discussed her work with TASS's befriending service.

Richard White, sector lead for Social Care Commissioning at DCC, updated the conference on the closure of the council's care homes. Four were still operating but they would close as part of a 'person-centred' exercise in partnership with the private sector.

'The local authority does some things very well but as the provider of care services we weren't doing well,' he said.

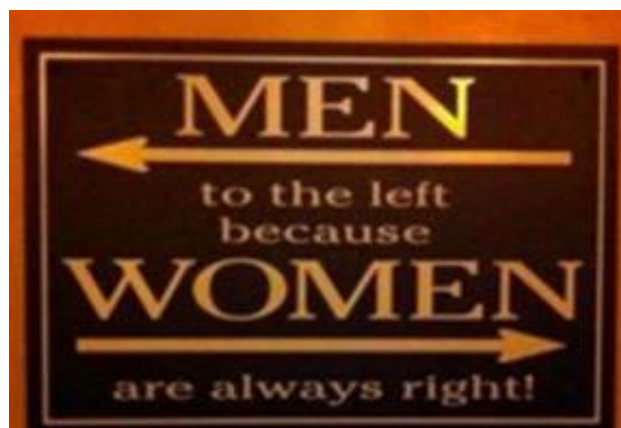
'The Care Act 2014 looks at the authority as a commissioner rather than a provider.

'The closures looked draconian but they were a carefully considered rational approach to the problem, and I'm pleased with the outcome.'

Conference co-organiser Ann Crawford, of Okehampton Senior Voice, explained the work of memory cafes, which are informal drop-ins designed to reduce isolation for those with dementia and their carers. Padouk Fielding, of DCC, talked of her new role of co-ordinating the growing number of dementia-friendly communities in the county. Event co-organiser Ken Crawford, of Okehampton Senior Voice, said: 'We had many people say to us that the day had been inspiring. We were particularly pleased that BBC Spotlight showed a report on the conference, thus ensuring that our message reached a wider audience.'

Tim Hall, Publicity

To make you smile....



The CARE ACT UPDATE - The Care Cap



Care and support services are not free; most people pay something towards the cost of their care. Most people's care costs are quite low, but around one in eight people will be unlucky enough to develop care needs costing over £72,000 in their lifetime.

However, from April 2016, there will be a 'care cap' limit to the amount anyone will pay over their lifetime for care and support services. For people who develop care needs in later life, this will be £72,000; there will be a lower limit for people who develop care needs before they reach State Pension Age. This is designed to protect all of us from the risk of very high care costs.

If you currently pay for your care, you will need to contact DCC so that they can open a care account for you. If they already contribute to your costs, they can open a care account on your behalf.

- **You can sign up for this from OCTOBER this year .**
- Your care account will record your progress towards the care cap. If the cost of your care reaches the

limit, DCC will start to pay for your care.

- **It is only care that is assessed as being ELIGIBLE NEED.**
- However, the cap only applies to eligible needs, which are those covered by the national minimum threshold for care and support. It also does not apply to accommodation and food costs – these costs will not be counted in the care account.
- You can get more information and advice on planning for care and support costs from your independent financial adviser, the Society of Later Life Advisers or www.moneyadvice.com
- Also refer to the BBC's '[care cost calculator](#)' and the BBC article '[How the cap of care costs work](#)'.
<https://new.devon.gov.uk/careactdevon/the-care-cap>

WE WILL KEEP YOU UPDATED WITH ANY ACTIONS YOU CAN TAKE WATCH THIS SPACE

Campaign To Make Exmouth Dementia-Friendly

An exciting new initiative to make Exmouth a dementia-friendly community has been launched.

The aim is to make the town a place where people with memory loss or dementia, and their carers, can feel at home, and to raise public awareness of the many issues faced by those with the condition.

Around 65 people gathered on 26th June at the Courtney Memory Café in the Imperial Hotel to hear representatives from the campaign's steering group – made up of the Exmouth & Area Branch of Devon Senior Voice (DSV), and local partners outline their plans to create a network of local businesses, town organisations, schools and charities who will be committed to an agreed action plan to help improve the quality of life for those with dementia.

Exmouth mayor Cllr Maddy Chapman endorsed the scheme on behalf of the town, and last year's mayor Cllr Bill Nash said that he would like to take an active role in the project. Tony Siddall, chairman of Exmouth DSV, said: 'We have been inspired by similar projects across the county, and wanted to start something in the Exmouth area.

'This is also the start of a campaign to create an East Devon Coastal Towns Dementia Action Alliance, where although towns such as Budleigh Salterton and Sidmouth can act independently, the aims and objectives will be the same.'

Mr Siddall said that he was already working with Mark McGlade, a Dementia Champion from Budleigh Salterton – who had offered free training to anyone who wanted to learn more about dementia – and people from Sidmouth to set up a steering group for the coastal initiative.

Anyone wishing to help with the campaign, should contact Mr Siddall on 01395 263732 or email tonysid28@gmail.com



SMARTcare | Gadgets for Good | Security | Independent Living Technology

Stay **safe, independent** and **connected**



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If you are interested in advertising in the Senior Voice magazine, please contact Sally on 01803 732678 or email

ACTION ON HEARING LOSS

To take a free Hearing test with Action on Hearing Loss copy this into your web browser:

<http://www.actiononhearingloss.org.uk/your-hearing/look-after-your-hearing/check-your-hearing/take-the-check.aspx>

Did you know as much as £5.5 million is wasted each year in Devon on unused medicines?

Check	Look at your supplies – order only the items that you need
Listen	Listen to the advice from your doctor or nurse and take all medicines as instructed on the label
Tell	Tell your doctor or nurse if your medicines are not agreeing with you or you have stopped taking them
Tick	Using the counterfoil of the prescription, tick only the medicines you need, and remember "tick in haste – medicines waste."
Open	Open your bag of medication while at the dispensary. If you have item(s) not requested, or surplus to your needs for the next month, please return these before leaving

Call24
24 hour help when you need it



Now you can help yourself be installing Call24 in your own home. Call24 provides round the clock response in the event of any urgent need. An elderly gentleman living in a remote area of West Devon was living alone and had fallen at home. His family and neighbours became concerned about his safety and well-being because they found it very difficult to check on him during the day as they were out working. Call24 were able to provide a portable pendant that allowed him to raise an alarm, from anywhere within his home or garden at any time of the day or night. Peace of mind for less than the cost of a pint of milk a day!

"Now I have Call24 in my home I feel much more confident and secure. Just having the alarm gives me and my family extra reassurance, enabling me to live more safely in my own home."

Telephone: 0800 085 0407
Email: enquiries@call24hour.com
or visit our website: www.call24hour.com



Home-from-home care and support

Whether you're looking for a short (respite) break or thinking about longer term care options we can help.

We provide accommodation, care and support within the family homes of our specially trained, supported and approved Shared Lives carers.

We support people with learning disabilities, mental health issues and needs related to older age, including dementia.

Contact us to find out more.

01626 360170 enquiries@sharedlivesw.org.uk

www.sharedlivesw.org.uk

*Inspected and regulated by Care Quality Commission.
Registered charity (1104699). Not-for-profit company (5025213).*

If you are interested in advertising in the Senior Voice magazine, please contact Sally on 01803 732678 or email info@devonseniorvoice.org



Gadgets to support independent living...

Our range of SMARTcare products can help with scenarios such as; memory loss - leaving the cooker or gas switched on, wandering and getting lost; having falls; isolation - keeping in touch with family and friends and more.

Just **one** of our products is **The Pebbell SOS alarm**. A personal safety alarm with a large buddy button linking the wearer to friends, family and/or 24/7 Telecare.

- Small & discreet
- Can make and receive calls from up to 3 pre-set contacts.
- GPS locator, GEO-Fence and proximity alerts
- Fall detection and non-movement alerts
- Can be linked to our 24/7 Telecare service
- A roaming SIM accessing all major mobile networks to gain signal in poor signal areas.



For more information on the Pebbell or other products available, please contact us:
info@amanoconnect.com | www.amanoconnect.com | 01822 60 00 60

News from Healthwatch Devon— “Whatever happened to care.data?”



healthwatch Devon

At the start of 2014, NHS England announced a plan to combine patient records on a large national database. A letter explaining the scheme was meant to go to every household in England. And people were told that they should contact their local GP practice if they wanted to opt out of the scheme.

Over 100 people contacted Healthwatch Devon to say that they had not received the letter or had not understood it. And many were concerned that personal medical records, held on a large national database, could be sold off to insurance companies, or could be vulnerable to hacking and identity theft.

We passed on your concerns to Healthwatch England, and they, along with other national bodies, persuaded NHS England to pause for thought.

Since then, NHS England has developed a much more cautious approach, testing the scheme in four pilot areas. The aim is to ensure that members of the public can make an informed decision on whether to opt-out from the programme. And the question of data security will be tested

against strict guidelines from the National Data Guardian,



Dame Fiona Caldicott.

The results from the pilots will help NHS England to decide whether to go ahead with a national database of patient records. So ... watch this space!”

**Freephone
0800 520 0640**

NEW Devon CCG— Under ‘Success Regime’

NHS England Chief Executive Simon Stevens announced in a speech at a major health conference on 3rd June that Devon would be one of three areas in England where local health and care organisations worked together to make improvements for patients as part of the new Success Regime.

The NHS Five Year Forward View, published last year, set out a vision for the future of the NHS, including how it will need to evolve to meet the challenges of the future on health and wellbeing; care and quality; and funding and efficiency.

As part of this, it set out an ambition to start transforming services for the future and some organisations are already at the stage of piloting new models of care. But it also looks at what can be done to support those areas which still face challenges and where the conditions for transformation do not yet exist.

The Success Regime aims to help create the conditions for success in these challenged areas. Its purpose will be to protect and promote services for patients in local health and care systems that are struggling with financial or quality problems, or sometimes both. It will provide increased support and direction and aims to secure improvement in three main areas:

Short-term improvement against agreed quality, performance and financial metrics;

Medium and longer-term transformation, including the

application of new care models where appropriate; **Developing leadership** capacity and capability across the health system, ensuring collaborative working.

The Success Regime will seek to address deep-rooted and systemic issues that previous interventions have not tackled across the whole health and care economy. It provides local organisations with the means and opportunity to work together to improve services for patients and they will benefit from support and resource to achieve this.

The Success Regime will build upon existing approaches to providing support and challenge to local systems by working across whole health and care economies in a more joined-up way to fix the current problems rather than focussing on a single organisation when trying to solve systemic problems.

As well as identifying the issues and any changes required, it will provide both support and challenge to health and care organisations, and work with them to implement any necessary changes. This will include working with organisations to develop and strengthen leadership, with a particular focus on leaders working together to drive improvements for patients and for their organisations.



Pro Active Care Team

South Devon and Torbay CCG's Coastal locality covers the area of Teignmouth and Dawlish and surrounding villages with a population of 35,000 people.

The Proactive Care Team (PACT) is funded by the 'winter monies' and the Prime Minister Challenge Fund. It is a team that provides proactive, preventative support, seven days a week, to a cohort of patients (approximately 800) most at risk of needing a hospital admission. PACT is a multi-agency initiative and involves South Devon and Torbay Clinical Commissioning Group, Torbay and Southern Devon Health and Care Trust, Devon County Council and Volunteering in Health working in partnership.

The team's objectives are:

- To reduce unplanned hospital admissions
- To focus clinical interventions earlier in the day
- To deliver improved care to proactive case-managed patients at most risk of hospital admission
- To improve discharge-planning for patients in community and acute hospitals enhancing patient flow.

The team includes a community matron, a coordinator and two support workers from Volunteering in Health, an OT and two community care workers and a complex care team co-ordinator, among others.

The team co-ordinator works with existing staff and attends daily Complex Care Team MDT meetings to identify patients and assess the level of support they require.

Weekly allocation and daily team meetings are held to ensure the support provided to patients is appropriate and timely.

Proactive, low level support is provided to the majority of the patients. This is undertaken by the PACT support workers either face to face or by telephone to patients on an agreed basis (with protocols in place) and includes a welfare check. The support workers can provide low level support themselves, signpost people to services, put volunteers in place and escalate as necessary to rest of team.

Proactive, higher level care is provided to initially assess and support people with more complex needs or if their condition escalates/enters crisis. This is undertaken by the community matrons, occupational therapist, assistant practitioners and community care workers.

This integrated team approach has required the development of a different approach towards ways of

working with team members working across professional boundaries and focusing on keeping people at home rather than their traditional job roles. Activity data and outcomes is collected by the team and entered on a specially designed web page which measures avoidance of use of other services and identifies what could have been achieved if alternatives services were in place. A system for collecting patient feedback is in place. The team aims to work across 7 days. The voluntary sector co-ordinator will be on duty at weekends. After 5pm and at weekends, the team works with the larger district nursing team which currently covers 7am-7pm 7 days a week. Two health and wellbeing days were held on 18th and 19th May 2015 in both Teignmouth and Dawlish Methodist Church Halls. Two more are being held on 6 July and 3 August. There is a drop in type session where members of the public can have health checks such as blood pressure and weight along with information and advice from community matron/nurses, dieticians, healthy lifestyle team, podiatrist, voluntary sectors, OT and mobility shop. The days will have two main benefits in that patients will get a free health and wellbeing check and the professional teams will hope to identify patients that could be on the virtual ward but who are not currently and who could therefore benefit from PACT interventions.

Health and Wellbeing Day

hosted by  and 

Monday 6 July, 10am-2pm, Bishopsteignton Village Hall	Monday 3 August, 10am-2pm, Shaldon Victoria Hall
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Drop in and find out what is available in your local area to help keep you well and strong at home

There will be:

Nurses doing blood tests, weight checks, diabetes tests • Pharmacist doing medicines reviews • Pressure ulcer information • Advice on falls prevention
• Local police • Home delivery food service • Fire prevention free smoke alarm checks and advice • Lifestyles information such as walking to health
• Dieticians • Podiatrist advice • Dementia link worker • Shop mobility



Refreshments available

If you'd like to go but might struggle to get there, community transport is available

Ring 01626 774 484 to book your journeys (subject to availability)

The Biscuit Club

All info here: <http://www.torbaycaretrust.nhs.uk/joinedup/Pages/biscuitclub.aspx> The Biscuit Club - volunteering in Ashburton and Buckfastleigh

Jeremy Hunt—7-days a week for GP Practices

The Health Secretary says an extra 10,000 doctors and practice nurses will be recruited if GP's sign up to seven-day opening. It has been recognised that patient access to primary care has been very poor for many years and access over a seven day period for patients can enhance effective patient health care. The Health Secretary stated that the government will increase investment and help for under-

pressure services. The package includes plans to recruit 5,000 new GPs and another 5,000 support staff, including practice nurses. Extra staff would be targeted at areas of England that have struggled to recruit doctors with financial incentives to be offered to facilitate this proposed move."

Time for life Enabling Service in Devon



Time for life is a targeted and time limited service for people living in Devon and who are aged 65 and over. The service provides community enabling for people living in their own homes and helps to assist people to build confidence, and to remain active and independent. A *Time for Life* Community Enabler works with an individual on a 1 to 1 basis to help give practical support. For example re-engaging with people and activities which are personally meaningful to the individual and helping the individual to engage within their own community.

To find out more phone *Time for life* on **0845 304 7267**

Anyone can make a referral ie (friends, family, professionals) - telephone Devon County Council's Care Direct Service on **0345 1551007**

In the Okehampton area *Time for life* has set up a number of social groups to try to relieve rural social isolation. The following all take place at Castle Ham Lodge, Castle Road, Okehampton. All are welcome at these groups.

Coffee morning – every Thursday – 10.30 – 11.45 contact Jolanta 07561073180

Creative writing group – alternate Mondays – 2.30 – 4.30 – contact Angela 07840335303

Singing group - every Monday – 11.30 – 12.30 – contact Elaine 01837 52164

Flexicise – every Thursday 12.noon to 1pm. – contact Elaine 01837 52164

Other social groups set up by *Time for life* in the town are:

Art Group – every Wednesday 2 – 4pm – at Kent House, contact Ali 01822 810897

Play reading group - monthly Thursdays at 2.30 – 4.30 – at the Glen, contact Jenny 01822 810564

Tea Dance – monthly Sundays at 2.30 – 4.30 at the Conservative Club, contact Jenny 01822 810564

Next Tea Dance is on Sunday 27th September.

Next Play reading group is on Thursday 3rd September

Please contact Jenny Beavon on 01822 – 810564 for further information

Time for Life



Consortium Members:



www.timeforlife.org.uk
Head Office Westbank, Farm House Rise, Exminster, Exeter, EX6 8AT
Referral line 0845 3047267

Royal Devon & Exeter NHS Foundation Trust—Invitation to join

If you live in Exeter, East Devon or beyond, at some time during your life you are likely to have had something to do with the Royal Devon & Exeter Foundation Trust (RD&E). Whether you have been referred by a GP to the RD&E, been born here or had your children in the Maternity Unit or you are receiving on-going medical treatment or care. You may have had an accident or required emergency treatment which meant using the Emergency Department. Or you may have visited family members or friends at the RD&E. With more than a million people stepping through the doors at the RD&E every year, it is almost certain, at some point, your path will have crossed with that of the RD&E.

Knowing that the NHS is there for us is a real comfort. That is why the overwhelming majority of people in this country really do appreciate the NHS and why, more locally, people are reassured that, when required, they can expect great care delivered with courtesy and respect when you need to use the services provided by the RD&E.

If you are one of these people and you want to “give something back” to the NHS and show your appreciation and support for the work of the RD&E and its amazing staff, there is now a way

you can do this. Anyone – over the age of 12 – can join up as a member of the RD&E and demonstrate your support. If you sign up as a member you will:

Receive our quarterly magazine which provides updates on news and developments at the RD&E

Be invited to the regular “Medicine for Members” presentations. These talks - usually given by one of the RD&E's leading clinicians – cover a range of themes from physiotherapy, diabetes, organ donation and cardiology

Have the chance to take part in improving services by giving your views on the hospital through surveys or at member meetings

Be able to vote for Governors who represent the views of members and the wider community and hold the RD&E's Board to account – and maybe become a Governor yourself, Be able to access discounts on a wide range of products and services that you can buy online

Be part of a community that is there to proactively support the RD&E and the work it does to provide really great healthcare service to the community it serves

James Bradley, DSV Board Member and R D & E Governor

To make you smile....again

AIDS WARNING!

To all of you approaching 50 or have REACHED 50 and past, this email is especially for you.....

SENIOR CITIZENS ARE THE NATION'S LEADING CARRIERS OF AIDS!

HEARING AIDS, BAND AIDS, ROLL AIDS, WALKING AIDS

MEDICAL AIDS, GOVERNMENT AIDS

MOST OF ALL,

MONETARY AID TO THEIR KIDS!

Not forgetting HIV (Hair is Vanishing)





As our society accelerates towards one with an increasingly older population, and one in which there are an increasing number of older carers, it poses the

question: **How do we ensure people remain independent, safe and connected to friends and family at home?** Could part of the answer be in the use of gadgets?

Who, or what, can help?

With the demand for health and wellbeing rapidly rising, we are all only too aware of the pressures on our traditional social and health care services – NHS and Local Authority provision is stretched.

Add in the fact that many of our families are dispersed widely across the globe and are not easily able to provide help or support when it is required and we have compelling argument to realise the huge potential benefits that technology can offer. Gadgets can help people live independently by enhancing their quality of life, reassuring their carers and ultimately supporting them in their choice to live at home for as long as possible.

Gadgets help, People care

Gadgets will never provide the complete solution and will never replace the caring touch of a real person. They should be seen as complementing support by family or friends, by providing an extra layer of reassurance that there is an early warning system or a quick response if an emergency occurs.

"I always wear it when my husband is out. It makes me feel safe and connected to my sons, so I do like wearing it".

And it's worth pointing out that we are not talking about sophisticated robots who can help with the washing up (although wouldn't that be nice!). We use the term 'gadgets' because 'technology' often precipitates a somewhat fearful feeling, and the response *'I don't see why I need that'*. In fact gadgets for good are often small, unobtrusive and blend in seamlessly with everyday life.

Go ahead, they don't bite!

Adopting new gadgets is rarely easy or quick, remember the fear and caution around TVs? And some 25 years after the introduction of the first mobile phone, although 93% of adults in the UK have a mobile phone, still only half use their phone to connect to the internet. Gadgets need to fulfil certain characteristics to be easily

adopted. They should be easy to use, allowing for example poor sight or a tremor. They should be discrete, there is sometimes a stigma associated with a device that shouts out 'I've got this *thing* because I've got a problem' – that type of gadget is likely to gather dust on the shelf.

The gadget should also be affordable, and this applies whether the funding is from public funds or paid for by the user themselves. However it is worth considering the relatively low cost of most gadgets compared with a professional carer or residential care costs. Reliability is also important; we must have gadgets that we can have confidence in, ones that work when we need them.

Sound familiar?

"If only I'd known that this type of device existed. It would have made the difference between my husband staying at home or going into a nursing home"

"Gadgets can do good and have their place in supporting people in a range of unique circumstances:

I have a tendency to fall at home and sometimes I can't reach the phone to call for help."

"I love to think my father can still go for his walks, but when he gets lost and disorientated I worry about his safety. I had to call the Police the last time he went 'missing'".

"Dad lives well with his dementia but sometimes when he cooks he puts the bacon directly on the hot plate. I worry about the risk of a fire starting."

"My mum's alone at home and I'd just like to know that she's up and about and going about her daily routine – I live in London."

Growing old safely

Whilst it's true that not all of us want to grow old gracefully, we all want to grow old safely! Our life expectancy continues to rise at quite a pace, and for the first time in history Britain's population of over 65s outnumber those under 16, with Sidmouth leading the ranking with an estimated over 65 population of 42%. In the UK there are currently 1.2 million informal carers with the number of over 85-year-old carers doubling in the last 10 years. Of course as we grow older there is an increasing likelihood of long-term health conditions requiring monitoring and treatment.

As we can see, there is a real challenge facing society in supporting ourselves and our loved ones at home as we or they, age. For gadgets to do good they will need to be adopted more widely and more quickly. The difficulty for us all is in knowing which useful gadgets exist and where to get information to help make a choice about which ones may help.

*Graham Coiley, Business Director,
Amano Connect*

Redevelopment of Exeter Bus Station



ON June 11, the Express & Echo gave prominent coverage of the latest development of the Exeter bus station site. These are exciting plans, but I ask the developers and the city council not to forget bus passengers. Although dilapidated, the present bus station is a hive of activity, bringing passengers to the city by bus and coach. It is the central point for bus services arriving from and departing to all parts of Devon. The passengers are commuters, shoppers, leisure seekers and are both residents and visitors.

I visited the public consultation and discussed the initial replacement bus station plans with the developers transport officer. The site given to the "new" bus station was at the Cheeke Street end of the site and consisted of 12 bus bays. I was informed that during a consultation with Stagecoach this is what they needed. When I spoke to Stagecoach the response differed. No provision at all had been made for the regular coach services which daily serve Exeter. The transport officer admitted this had been "forgotten".

The replacement bus station will need to take into account the many bus routes currently using the facility

and give passengers a quality space to both move around, sit and wait for their buses. Coach passengers also need to be given a high priority as the facilities they encounter will give a first and lasting impression of the city.

Exeter would benefit from more people using the bus to reach the city and so reduce city centre congestion. A quality bus station will encourage the move from car to bus. A golden opportunity now exists to provide this within the exciting additional facilities being planned. Bus passengers are as important to the city as the car driver and should not be forgotten.

Roma Patten



Editor's Note. This letter from our

Transport Group Vice Chairman Roma Patten was printed in the Herald Express on 11th June

'Does Magna Carta mean nothing to you? Did she die in vain?'

Many ET readers are old enough to remember this Tony Hancock sketch from '12 Angry Men' 1959. But do you remember the line that followed? 'That brave Hungarian peasant girl who forced King John to sign the pledge at Runnymede and close the boozers at half past ten.'

The 'boozers' in King John's time were banqueting halls for the nobility where mead, not beer, was drunk. Most peasants were unfree, and unpaid, serfs for whom Magna Carta – basically a peace treaty signed in 1215 between King, church and barons - had little relevance. The vast mass of unpaid peasants remained in virtual slavery, yoked to service and unable to move without their Lord's permission. Life for older folk was hard and often short. However historian Robert Lacey reminds us older peasants 'were practical self contained folk ...they could turn their hands to anything. They knew how to make and mend and when their day's work was done they could also

be very good company since one of the most important things they had learned in their lives was how to entertain themselves'. This tradition lasted many centuries. I was born into it and have a great regard for 'peasants'. After the Peasants Revolt (1381) working people began to chose their employer. After Cromwell and the Civil War (1645) the King was no longer 'God's appointed' with absolute rights. After 700 years – including Chartist uprisings and violent suffrage campaigns - working people won the right to chose their government, though not their monarch. Eight hundred years after King John and Magna Carta we are still waiting for that. We are after all a young democracy.

Tony Simpson

Copies of Magna Carta can be seen at the British Museum, Lincoln and Salisbury Cathedral or at Honiton library where Senior Voice members have put on an exhibition called 'Magna Carta: Fact and Myth'.

To make you smile....again

Waiting in a lay-by ready to catch speeding drivers, a Police Officer sees a car pattering along the A20 at well under the 40 miles per hour limit on the stretch of road. He says to himself "this driver is just as dangerous as a speeder", so he flashes his lights and pulls the driver over.

Approaching the car, he notices that there are five elderly folk, two in the front and three in the back. The driver, confused at being asked to stop says to him, "Officer, I don't understand. I was doing exactly the speed limit. What seems to be the problem?" "Well", the Officer replies, "you weren't speeding but you should know that driving slower than the speed limit can also be

a danger to other drivers." "Slower than the speed limit? I was doing the speed limit exactly – twenty miles per hour", the driver exclaimed.

The Police Officer, trying not to smile explains that A20 is the road highway number, not the speed limit.

A bit embarrassed, the driver grins, and thanks the Officer for pointing out the error. "But before you go, I have to ask", says the Officer, "is everyone in this car ok? The passengers seem a little shaken up and nobody has made a sound during this whole time." "Oh, they will be alright in a minute Officer, we have just come off the A120."!!!

Funding Ideas – A 100 Club for DSV?



We are all aware that funding is becoming increasingly difficult to find in the current climate of cutbacks. We need to look at other ways of covering our costs whether by raising funds ourselves, finding sponsorships or contracts that can use our knowledge and expertise. What we cannot do is bury our head in the sand and pretend that change isn't happening. Interesting times!

One idea that has been raised is that we start a **100 Club**. This is an outline of the current proposal:

Membership Each number costs £1 per month for a minimum period of 12 months, thus £12 per annum per number.

Each member has an exclusive number. Members may purchase as many numbers as they wish. Payments to be made by annual standing order by preference, or by direct transfer to the DSV 100 club bank account. Otherwise, exceptionally, cheques will be accepted. Cash payments are not accepted.

Prize Draws 50% of all subscriptions is returned in prizes. The balance goes to support DSV funds.

For every £100 received per month in subscriptions, £50 is returned in prizes- 1st prize £20, 2x 2nd prizes of £10, 2x 3rd prizes of £5.

There is a draw once a month, with one first prize, two second prizes and two third prizes. A random number generator is used to generate the winning numbers.

Administration Winners will be notified immediately following the draw, and the winning names and numbers will be published in the DSV Newsletter. Addresses and other details will not be published.

A database will be maintained of members' names, addresses, telephone numbers and e-mail addresses, solely for the purpose of administering the club and notifying winners.

The Board have agreed that it would be a good idea to start a 100 club, if the membership is in favour! Please let us know your views. **If we are to go ahead, then we would like to launch it at the AGM. Over to you! Let us know if you are interested in joining.**

Readers Contributions— Do you want to know a secret?

It used to be a secret for "those in the know" but it has now come into the public domain – how each of us can save money on RAIL FARES.

The whole system of setting rail fares is illogical – akin to the old adage about something "growing like topsy". The train-operating-companies have set fares for what they think the market will bear on any particular route. By this focus on specific journeys, anomalies have been introduced – and you can save by exploiting them when travelling by rail, other than fairly locally.

Basically, consider a journey from A to C via B. If lots of people want to travel between A and C it will have a high fare. If, however, far fewer people wish to travel between A-B or B-C those fares are likely to be lower. An anomaly arises when the two local fares in total are less than the overall through fare.

Split ticketing is when it is cheaper to buy two tickets (A-B and B-C) rather than (by default) one for a full journey (A-C). In the past, this was down to local knowledge (eg splitting tickets at Taunton often results in lower costs for travel Northwards towards Bristol) and involved a lot of research on the websites trying the costs for each option whenever planning a new journey.

Savings can be considerable and so it is worthwhile doing the research BUT now there is an automated system to do the research for you – with a small commission paid out of your savings. The website [trainsplit.com](https://raileasy.trainsplit.com) charges ten percent of the savings (not the full price!). Full details are available from

https://raileasy.trainsplit.com/main.aspx?utm_source=google&utm_medium=banner&utm_campaig

[gn=raileasy.trainsplit_re_nav_bar_](https://raileasy.trainsplit.com/main.aspx?utm_source=google&utm_medium=banner&utm_campaign=raileasy.trainsplit_re_nav_bar_)

Please paste and bookmark this link if you want to make these savings – or just to get further details of how it works and the potential savings available. NB: As the website explains, it is NOT necessary actually to alight from the train at station B.

Other sites such as RailEasy may now offer a similar service.

The sites do not inform the enquirer of where the split will occur unless an actual ticket purchase is made (as that would allow one to deprive them of commission!) but they do provide the amount of the saving – indicating that one could do the research oneself, assured of a result. The advantage of self-research is that one can interact with a human ticket-office person to make the actual purchase – rather than attempting to retrieve the tickets (plural!) from an on-platform machine.

The choice is yours. If travelling from A to C, you could use an automated website or (if willing to spend the time on research) you could consider what place B might be that could result in a saving if separate tickets to/from B were to be bought.

Alan Rayner, Bideford





DSV Assembly and STATINS

STATINS: this was covered briefly by Dr. Rick Mejzner at the Assembly meeting. Sadly with a lack of question time, and many questions coming forward I could not put my point of view.

Last year as a result of a blood test I was declared diabetic. I then cut sugar, no cake, chocolate, and did more walking, and I am now just boarder line. That's fine, but the bonus is that I now have regular blood tests, which can show up other problems as I get to my birthday of 70 years. I have also been told that my cholesterol level is "slightly" high, advice was 'take STATINS'. I object to medication unless absolutely necessary and that it can be shown to be beneficial. I don't feel ill ! I have now found out, talking to others who have been regular statin users, the truth is often not told about the side-effects. There are different types of STATINS and different costs related to each. The Doctors generally prescribe the cheapest, if that has side-effects they try another and so on. I looked on a

website and was alarmed.

My second point is that I received this message about Statin by Text on the phone saying "NHS no reply" – I was annoyed and sent an email to the Surgery. My Doctor responded by phone (not text) and said it was him. I told him that I was annoyed that he didn't put his name to the text. Also for some patients a text could have been inappropriate. I said that I wasn't going to take Statins and that a diet sheet would be more appropriate. He said he would send one – it's now six weeks on – probably lost in the post, but he could have sent by email !!

There was an interesting talk by Ruth Tucker who is a Health Facilitator at Cullompton. The alarming comment was that she is the only one in any Devon Surgery. This surely has to be a "must" for all larger surgeries like the one I attend in Exeter, or grouped commissioning.

Tony Langmead, Exeter

HEALTH DATA: When NO Didn't Mean NO

Did you opt out of having your GP data shared with third parties? Over 700,000 people did but MP's it 'did not have the resources' to handle so many opt outs, so patient data has been passed on to private bodies and insurance companies. Health data can prove highly profitable as privatisation increases its role in the NHS. The General Practitioners Committee has said 'basically it is a mess'. The House of Lords has demanded the government set up an inquiry by the Information Commissioner; Baroness Ludford said it is 'undermining patient trust in the NHS'.

We hesitate to say 'we told you so' but **Tony Simpson of Honiton Senior Voice** says: 'Over a year ago our members expressed about the release of data outside the NHS and

we held a meeting with a local GP and contacted Health-Watch. The system for opting out did not look very robust and so it has proved, to the advantage of the private sector. At very least the NHS and government clearly underestimated the number of patients who would say no. They have not properly protected our health data. It is like having your bank details or car registration stolen. Devon Senior Voice should work with HealthWatch to ensure future abuses of GP data are stopped'.

Tony Simpson, Honiton

Disability Aids Dumped Readers Experience

Further to Bob Williams' report in the last edition I have heard from several members including Mrs Allin from Winkleigh who was told by the company supplying her disability aids, who she stresses was not the NHS (but presumably funded by a public body to supply these aids) to leave them out for the refuse collection. My elderly neighbour has been waiting 2 years to have hers collected!



Editor's Note: Sally Lougher recently carried out further investigation into the subject of disability aids being dumped and spoke to a representative from Pluss one of the organisations commissioned by DCC to supply aids to those who need them. He told her that no provision was made by DCC under the terms of the contract to collect aids from patients when they had finished with them. This organisation just does not have the resources or manpower to do this within the finances allowed and hence the reason for the mass dumping of this equipment. I urge you all to write to Devon County Council to complain about this issue as surely it would make financial sense to collect, sterilise and recycle them?

NO MORE WAR between young and old



However you voted in the general election were you moved by the issues raised? Were the policies discussed relevant and practical to older people? Shortly before the election Stephen Burke, Director of the Good Care Guide said Mature Times (April 2015) 'rather than pitting generations against each other political parties should build on what unites us...we require new models of care and support at both ends of the spectrum'. He meant 'a new contract between the generations for fairer effective taxation and spending to help unite rather than divide older and younger people'. Very little of such policies were heard at election hustings. I again heard politicians being ageist by bemoaning both the 'rising costs of child care' and those of an 'ageing population'. But suppose policies were **inter-generational or multi-generational** as the Good Care Guide suggests? Suppose educational policies encouraged young and older people to share learning. Suppose occupational policies encouraged the generations to learn skills from each other. Suppose housing policies actually encouraged and supported generations to share housing and **living costs**, not to mention care costs? And suppose that care centres and similar buildings were high quality generic instead of

being labelled for a particular age group? Fewer than one in three councils have any housing strategy for older people. One example, not heard in the various political slanging matches, are more generous tax breaks for 'inter-generational housing' i.e. granny flats and similar annexes. This could release many more houses and reduce numbers of dependent elderly and those in care as well as improving options for family oriented child care strategies. Last year the government agreed to up to a 50% council tax discount. But with less than 25,000 'family annexes' we are hardly scratching the surface of what is possible in Britain. And why only 50%. And why punish families when the older person no longer needs the annexe by applying a capital gains tax? Why not grants for e.g. stairlifts and other equipment. And much wider eligibility for grandparents to provide care as suggested by Age UK? Instead of politicians being ageist and polarising the generations we need policies that will enhance co-operation and reduce tensions between young and older people. I suggest we at Senior Voice devote more time to this subject.

No Need for Gas/Oil Heating—Reduce Pollution to Zero

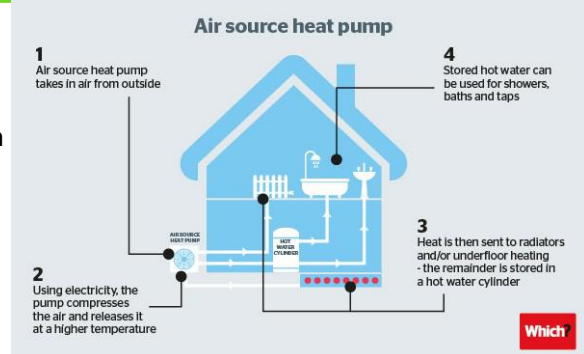
And in some cases for Free!

Don't put on more layers—switch to an Air Resource Heat Pump which involves outside and inside mechanics the size of a fridge.

This pump takes in the normal air, retains the heat and dispenses with the cold thereby giving you a warm house. My solar panels run my electricity bill and the required fan which isn't on all the time. Costs vary with the size of your property but mine was £6500 with a £2500 rebate from the government. The only maintenance costs are two yearly servicing for £85.00. £4000 tacked on to the cost of your mortgage you will not miss.

Since installing mine (on the advice of a Devon District Council) two years ago, I have enjoyed a lovely warm

home. If I ever go away I do not switch it off because there is no point. Since installing mine I have discovered that the RD&E have many installed and of course the gas and oil companies do not advertise the benefits for obvious reasons



Harry Hill-King, Culm Valley

Appreciating Age

is the title of a really positive report from Northern Ireland. No, it is not about 'the troubles' or the peace process but claims that the contribution of older people to society far exceeds the cost of age related spending. The report by Claire Keating, Commissioner for Older People suggests that while the number of over 60's in Northern Ireland will rise by over 87% by 2065 they will contribute almost £25 billion more to the economy than the costs of an ageing population.' Too often we hear that older people are a burden on public expenditure' says Ms Keating

adding 'Older people work, volunteer, provide care and participate widely in community and family care contributing significant social and economic value to life in Northern Ireland'. I might add that that older people probably know more than any other group the true costs of war and civil war. Since This nothing is more expensive than war, everything is to be gained by using the experience of older people to invest in peace and conflict resolution.

Tony Simpson

