



LOVE2CARE

LIVE THE LIFE YOU WANT, **IN YOUR OWN HOME**

February 2018 Newsletter

Spring is on its way – hoorah!



How do I know? Well for me, I know spring is right around the corner when I see daffodils. The bright, vibrant flowers are full of hope and herald the start of a new season and as I've been out and about visiting many of you, I've caught more than one glimpse of them. So let's get ready to enjoy the spring!

Join Us For A Cuppa – Friday February 23rd 2.30 – 4pm



A new independent café has opened in Preston and it's called Bright Bean. It is a light and bright space with great access for walking frames and wheelchairs so we thought we'd arrange to have a coffee there and we'd love you to join us.

So why not come and enjoy a lovely cup of tea or coffee on **Friday February 23rd 2.30pm to 4pm**. They also sell paninis, cakes, cold drinks and snacks too – all at very reasonable prices.

Easily accessible by foot or by taxi at 319 Torquay Road, Paignton and also just a few yards from the bus stop at Preston Baptist Church.

Latest Happenings at Love2Care



January has been a busy month for us all with more people starting care with us and lots more happening besides!

Denise has been making people look beautiful with her excellent nail cutting service and already has repeat bookings, so if you want to book yourself an appointment, call Love2Care on 07715 686734

This month we have supported a gentleman to move into his new home in Paignton and when he decided to have a clear out of items he no longer needed Maddy kindly took 4 bags to Humanity Torbay on his behalf of which they were extremely grateful.

Another gentleman who loves his music had been without a CD Player to enjoy his music and on a fortuitous trip to the charity shop Debbie found one and he is now able to play his CDs which we are really happy about.

One of our ladies has placed a request for Talking Books, the audio service which gives you free books if you are struggling with your sight. We also took the opportunity to record a short piece of audio together in which she shared an enchanting story with me and recounted times she worked as a local walking guide in Paignton.

And finally, one of our Paignton based ladies has been getting to grips with her new electric wheelchair and took it out for its first spin in the town centre with great success. Next stop – the beach!

New Happenings In The Bay



There is a new befriending service launching here in the Bay on 13 February. It is called Coastal Friends and it will be operating across Paignton and Torquay

They are befriending service that aims to include and accepts everyone that is in need of that extra bit of help. If you're feeling lonely, fed up or just want to go out and meet new people, they help you; they will help people of all ages/disabilities.

They offer one to one support, group days out, tea and coffee meetings, help with filling in forms, signposting to other services and information and guidance service.

To find out more call Kieran on 07421 806694 or come and see them at Crafty Fox Café 'n' Hub, 103 Foxhole Road, Paignton TQ3 3BH

Volunteer with Ageing Well Torbay

The Ageing Well Torbay programme office are currently recruiting for the following roles:



- Writers, editors & photographers for Ageing Well Torbay Newsletter
- People over 50 who would like to represent the interests of the ageing population in the Older People's Assembly

To find out more about these roles contact Ageing Well Torbay by emailing ageingwell@torbaycdt.org.uk or by phoning 01803 212638

Come Tell Your True Stories From The Bay and Beyond



We all have a great story to tell, but so many go untold, locked away in our memories. Until now.. [International Agatha Christie Festival](#) are looking to compile as many of these real life experiences from Torbay residents as possible.. Including Yours!

They are particularly hoping to hear your tales on a loose theme of "Journeys" - so whether on the number 12 bus to Brixham or in far hotter climes, if you have had an experience that was amazing, weird, wonderful, tragic or life-changing, they want to hear your tale.

This story collection will culminate in an evening of Stories Live at Palace Theatre, Paignton on 23rd March 2018. For more info on how to tell your story and the live event, head over to the new website at www.cometellmehowyoulive.org Oh and there are some great prizes to be won for the best tales..!

Here at Love2Care we thought it would be a lot of fun to hear your stories so we can all learn more about each other – so many of you have been living in the Bay for years and we're sure you have lots of tales to tell so why not ask a family member or friend to record your story either in writing, audio or on video for you.

If you'd like to share your story, but need help with the technology please call Debbie on 07785 29377 and I'll pop round and help you.

Can't wait to hear all your stories!

Home Based Activities & Volunteering

Using Your Skills At Home – Indulge in the art of drawing



One of the ladies we support created this beautiful drawing – isn't it stunning. While she focuses on her recovery, she is unable to paint right now however this remarkable lady keeps taking steps forward to recovery and she is now experimenting with sketching. For her it's all focusing on what you can do. Great Advice indeed for all of us!

Become a home based knitting or sewing volunteer

Bag Books provide multi-sensory books and storytelling for people with severe or profound and multiple learning difficulties. Their stories are told through voice and emotion rather than words and pictures

Bag Books has a dedicated team of home based volunteers who use their knitting and sewing skills to produce a number of items for our books including the knitted Desmond doll and knitted ice cream in A Day at the Seaside.



If you would like to make knit some items for Bag Books, in the first instance please contact Christie Monahan, Volunteer Co-ordinator on 020 7627 0444

Winter Warmer – A Tasty & Healthy Recipe to Enjoy

Butternut Squash Soup



Ingredients

- 1 onion, peeled and diced
- 1 medium butternut squash, peeled, deseeded and cut into wedges
- 1 small potato, peeled and quartered
- 2 garlic cloves, peeled and crushed
- Oil
- Salt and freshly ground black pepper
- 900ml vegetable stock
- A few thyme sprigs to serve

Method

- Add oil to a large pan and place over a low heat
- Add the onion and cook for 1-2 minutes
- Add the butternut squash and potato and cook for 2 minutes over a medium heat
- Add the garlic and season to taste
- Pour in the stock and simmer for 25 minutes
- Using a hand-blender or food processor, blend until smooth and serve sprinkled with thyme sprigs

Every week we make a soup which lasts us all week.

TOP TIP: Keep the soup in a tupperware container in the fridge and then you can heat up a portion each day and hey presto you have a hearty warming lunch!

ENJOY!