



LOVE2CARE

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

December Newsletter



How did it get to be December already? What a year it has been! I don't know about you, but at this time of year I find myself both looking back over the past 12 months as well as looking forward to the year ahead.

December is a great time to take stock of your life and to think about all the experiences you've had over the year and congratulate yourself on how you've coped with them. Thinking back to the beginning of the year, did you expect all that has happened to you? I certainly know I didn't but I really feel that I've learnt so much throughout 2019.

So what will 2020 look like? No one can predict it, but we can certainly put out our intentions of what we would like to have more of in our lives. So why not settle back with a cup of tea now and consider what you would like to experience in 2020 and then together let's make it happen!

Looking Ahead to 2020

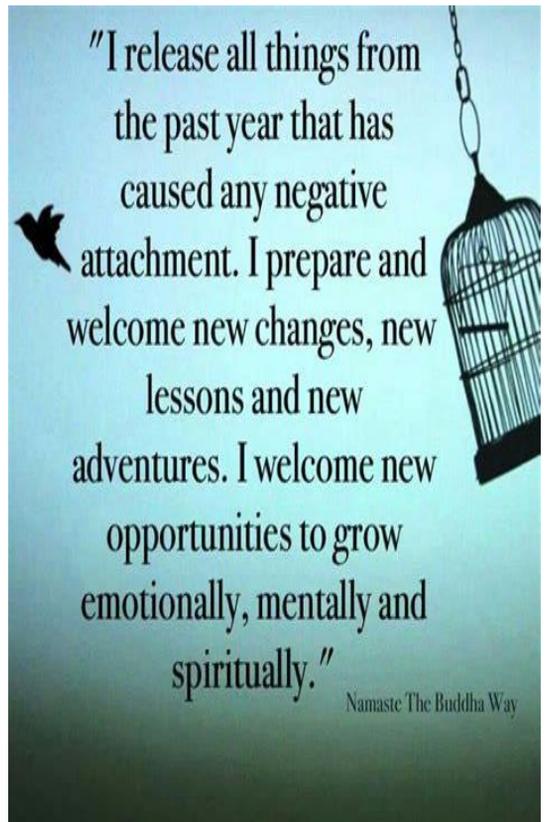
New Year will soon be with us
But let us not forget
The ones we left behind this year
But are so glad that we met

It's time to make a fresh start now
And plan for things anew
The world, they say is your Oyster
So don't limit what you do

You only get one chance at life
A rehearsal it is not
So go and make the most of it
And give it all you've got

Say "goodbye" to the old year now
And raise a glass in cheer
To friends and family alike
And a very Happy New Year!

Poem by Sue Morris,
Love2Care carer



A New Team for the New Year

We welcome Julia Welch to the Love2Care team, she joins us in the role of Manager and will be taking over the CQC registration in the New Year which means that she will be responsible for the day to day management of the service. Maddy and Julia will be working closely together in the next few months to ensure a smooth transition and Julia looks forward to meeting you all in the coming weeks and months. If you have any questions or queries please ring 01803 364000. In next month's newsletter we'll be hearing from Julia herself.

Good News Story – More Transport Now Available In The Bay

A Community bus service in Torbay has been relaunched – saved by the community it serves. The bus which runs between Livermead in Paignton and Torquay town centre is believed to be the first scheduled service in the country to be run using a subscription service.

The no. 60 had to be suspended last year after it was revealed it had been losing money at an unsustainable rate but the community it served have now come together with 50 people paying between £3.50 and £6.50 a week to travel on the service, redesignated the number 61.

Community Builder for Chelston, Livermead and Cockington, Tara Acton has been working with the community to come up with a solution, recognising how important a service is to people without cars.

“We have had to change attitudes because many already have bus passes and at first couldn’t see why they should pay for a service. However there was no choice as the bus pass subsidy does not cover the cost of the route. Sadly no commercial business would touch it with a barge pole.

We have six amazing volunteer drivers, but to keep this working it is important we recruit more – we need at least 10 in total.”

So if you know any friends or family members who would like to make a difference as a volunteer driver, please get them to call 01803 212638 – full training provided.

Step by step learning to help you access to your GP and local health services quicker

Digital Health Devon has been created to show people how to access local health, social care and wellbeing services using the internet.

Digital Health Devon's digital training courses explain things clearly in plain English to help you get online and be confident in using online GP services and navigate the health and care services available online.

Their simple online courses provide the information you need to help you access local online resources like appointment-booking and medication-ordering at GP Practices right through to self-referral services and self-help resources.

All with practical guidance, downloadable content and video tutorials. You'll also discover local services, that will be useful when you need them.

So how do you access these?

1. You can visit www.digitalhealthdevon.co.uk and take the tutorials for yourself
2. You can visit a FREE digital drop in service in December.
3rd Dec 10am to 12 noon at Paignton Health & Wellbeing Centre. 11th Dec 10am to 12 noon at Torquay Library or 10am to 12 noon at Brixham Library on 17th Dec
3. You can ask one of your care team to support you to get online.

Community Events in December

CHRISTMAS LUNCHES & PARTIES 2019



Friday 6th December, 12pm - Turkey & Tinsel Festive two-course lunch, **The Waterside Inn, 128 Dartmouth Road, Paignton TQ4 6ND**. £11.99 for two courses, pre-order with a £3 deposit. Book by phoning **01803 551113**.

Thursday 12th December, 12:30 - Festive Lunch, Whitley Court Retirement Living, Hayes Road, Paignton TQ4 5XW. £10 for three courses. Pre-book only, phone Gwen: **07715 676669**.

Thursday 19th December, 12pm-2pm - Jolly Christmas Dinner Sit together jolly Christmas Dinner, **The Dolphin, 36 Fore Street, Torquay TQ1 4LY**. £6 for Turkey or Nut Roast (gluten free available by pre-order) £3.95 Christmas Pudding. Pre-book only, phone **01803 323725**.

Wednesday 11th December, 2:30pm-5:30pm - Torbay Together Timebank party Music, dancing, snacks & stories from the Timebank, **Preston Conservative Club, Torquay Road, Paignton TQ3 2EY**. Tea & coffee provided, with an open bar. Please bring cake to share. For more information, phone Theo: **07599 993987**.

Christmas Day - Festive meal and entertainment Three course meal, bingo, karaoke, & goodie bags, **St. Peter's Church Centre, Queensway, Torquay TQ2 6BP**. Includes Christmas presents for all. Looking for donations and volunteers to help, as all's provided for free. For more information on how to volunteer, donate or to attendee, phone Amanda: **07790 771528** or **01803 613410**.

SOME OF THESE EVENTS ARE ALSO LOOKING FOR VOLUNTEERS!

Listings are correct at the time of going to print. We recommend contacting **01803 212638**, or the booking contacts above to check the details of each event.

Black Forest Christmas Fool



Ingredients:

- 500g double cream
- ½ tsp of vanilla extract
- 2 tbsp icing sugar
- 250g Christmas cake or fruitcake
- 390g jar of black cherries in kirsch, drained
- 50g dark chocolate

Method:

Whisk the cream with the vanilla and icing sugar until it just holds its shape. Crumble the cake into six glasses, then top with a few cherries, a dollop of cream and a drizzle of the kirsch. Scatter over the chopped chocolate.

Recipe courtesy of BBC Good Food.

Winter Wordsearch



WINTER WORD SEARCH

M C H X B Z P Q I Y E M M A M
J X O S N O W F L A K E C S Q
O I S M O R E J O P Z D Z Q Z
B G N F H T R C A N U C L Y R
E L D S Z J O D X C W P X F I
S O V B E C M B R Q K Q Y D D
H O U I T P S P L P T E B C F
O U V O T N N N T I A D T E R
V S H S F F O A O C Z I C Y O
E R W G R S W I P W F Z F D S
L X S D O Q M R C R B M A U T
M U E Z Z L A F A I A A Y R Y
L L I C E G N C L U C M L A D
S E L X N A S O D F D L Y L X
M I T T E N S B Z N D L E O B

BLIZZARD

FROSTY

FROZEN

HOT COCOA

ICICLE

ICY

IGLOO

JACKET

MITTENS

SCARF

SHOVEL

SLED

SNOWBALL

SNOWFLAKE

SNOWMAN



Action for Happiness – December Edition



KINDNESS CALENDAR: DECEMBER 2019



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|---|
| 1 Encourage kindness. Share the Kindness Calendar with others | 2 Support a charity, cause or campaign you really care about | 3 Give kind comments to as many people as possible today | 4 Listen wholeheartedly to others without judging them | 5 Leave a positive message for someone else to find | 6 Notice when you're hard on yourself or others and be kind instead | 7 Make gifts to give to people who are homeless or feeling lonely |
| 8 Do something helpful for a friend or family member | 9 Be generous. Feed someone with food, love or kindness today | 10 Count your blessings: list the kind things others have done for you | 11 Give someone your place in a queue (in traffic or in a shop) | 12 See how many different people you can smile at today | 13 Buy some extra items and donate them to a local food bank | 14 Share a happy memory or inspiring thought with a loved one |
| 15 Visit an elderly neighbour and brighten up their day | 16 Look for something positive to say to everyone you meet today | 17 Thank people who do things for you but you may take for granted | 18 Offer to help someone who is facing difficulties at the moment | 19 Give away something that you have been holding on to | 20 Congratulate someone for an achievement that may go unnoticed | 21 Shop locally and support independent producers |
| 22 Invite over someone who would otherwise be alone | 23 Choose to give or receive the gift of forgiveness | 24 Offer spontaneous hugs to your loved ones and friends | 25 Treat everyone with kindness today, including yourself! | 26 Encourage others to join you outside and enjoy time in nature | 27 Call a relative who is far away to say hello and have a chat | 28 Be kind to the planet. Eat less meat and use less energy |
| 29 Turn off digital devices and really listen to people | 30 Let someone know how much you appreciated their gift | 31 Plan what extra acts of kindness you will do in 2020... | <p>"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu</p>  | | | |

ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Your happiness is part of something bigger  Join the movement for a happier and kinder world