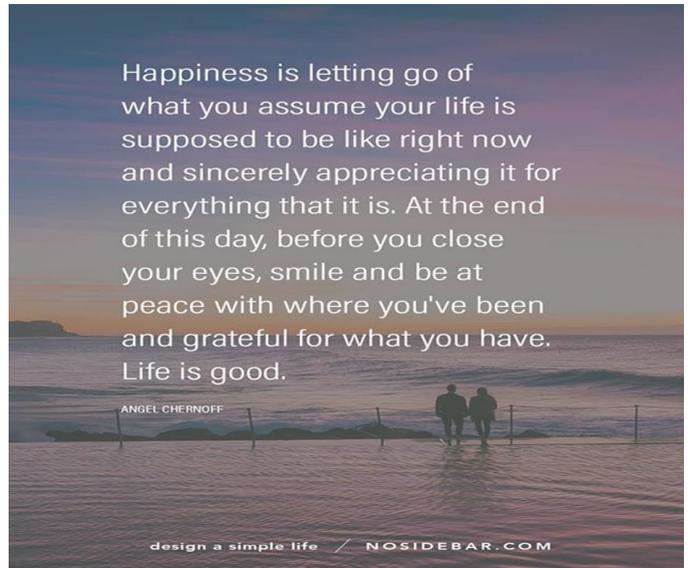




# LOVE2CARE

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

## January 2020 Newsletter



And so a new decade begins! What will the twenties bring? What would you like to see happen?

I'm writing this in that special time between Christmas and New Year, when, if you give yourself permission, you allow yourself the time to celebrate all the progress you've made in the year just gone, and start looking ahead to the experiences you'd like to enjoy in the coming year. Are you giving yourself that time for positive reflection?

Are you thinking about what you'd like more of in your life?

If you would like to do things differently this year and are looking for inspiration or guidance on how to start make changes, please get in touch with me (Debbie) on 01803 364000 and I'd be happy to help.

## Staying Active & Improving Your Mobility

Across Torbay there are so many opportunities to join with others in staying active.

One new activity is the free short walks in and around Torquay.

First session is 10am Tuesday 16<sup>th</sup> January meeting at Torre Abbey.



The path to a better you in 2020

**Couch to Coast Torquay**

Join our series of **FREE** short walks in and around Torquay and we'll help you build up to walking 5 kilometres on the beautiful South West Coast Path.

First session at 10am on Thursday 16<sup>th</sup> January 2020 at Torre Abbey, including a short seafront walk and refreshments.

Meeting place:  
Torre Abbey, The King's Drive, Torquay TQ2 5JE

For more info and to register for **FREE** visit:  
[www.southwestcoastpath.org.uk/couch-to-coast](http://www.southwestcoastpath.org.uk/couch-to-coast)

Meet at 10am every other Tuesday

16<sup>th</sup> January  
30<sup>th</sup> January  
13<sup>th</sup> February  
27<sup>th</sup> February  
12<sup>th</sup> March  
26<sup>th</sup> March

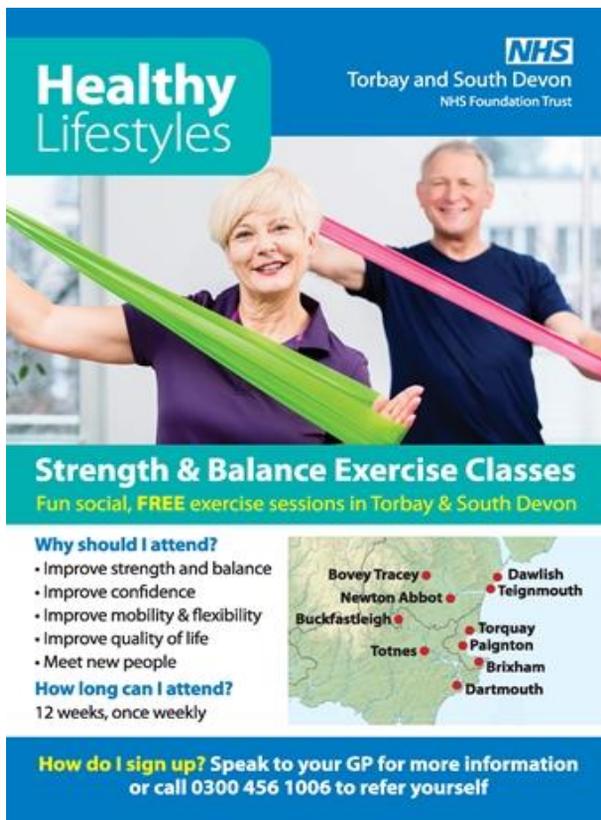
Questions?  
Get in touch on 01752 896237  
or email [alex.alex@southwestcoastpath.org.uk](mailto:alex.alex@southwestcoastpath.org.uk)



South West  
Coast Path  
ASSOCIATION



Connecting  
Actively to  
Nature



**Healthy Lifestyles**

Torbay and South Devon  
NHS Foundation Trust

**Strength & Balance Exercise Classes**  
Fun social, **FREE** exercise sessions in Torbay & South Devon

**Why should I attend?**

- Improve strength and balance
- Improve confidence
- Improve mobility & flexibility
- Improve quality of life
- Meet new people

**How long can I attend?**  
12 weeks, once weekly



**How do I sign up?** Speak to your GP for more information or call 0300 456 1006 to refer yourself

When it comes to mobility, sadly it's a case of move it or lose it.

One of the main things people worry about is losing balance and having a fall. So rather than worry about it, why not take a small step towards improving it through attending strength and balance exercises.

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## Active Life, Active Mind

In what is fast becoming a tradition here in the Bay, Torbay libraries start the year with a full programme of different activities to keep our minds and bodies active.

Here are a few activities which caught my attention:

### **Family History & Ancestry Group – Wed 8<sup>th</sup> Jan 10am**

Drop in event – FREE

Come and find your ancestors using Ancestry on the library computers in the Learning Centre upstairs at Torquay Library.

### **Local History Group – Sat 18<sup>th</sup> Jan 10am to 11am**

Want to know more about Torbay? Have some information to share? Come along to the Local Studies Group.

Torquay Library , Lymington Road, Torquay, TQ1 3DT

### **Life is Yours – Author Talk – Sat 25 Jan 2.30 – 3.30pm**

Life Is Yours is full of inspirational and uplifting themes, which Abigail will explore in her talk as well as during a short Q & A session. She will also incorporate a mindfulness meditation to help enliven and awaken the heart,

Paignton Library, Great Western Road, Paignton TQ4 5AG

### **Visually Impaired People Book club – Tuesdays 10.30am**

Listen to one of the RNIB's spoken word books then meet up to talk about what you thought. A fun way to hear new books and make new friends.

Paignton Library, Great Western Road, Paignton TQ4 5AG

## Would you like to do any of these activities in your home?



Cook meals with a carer for yourself or to give to those in need



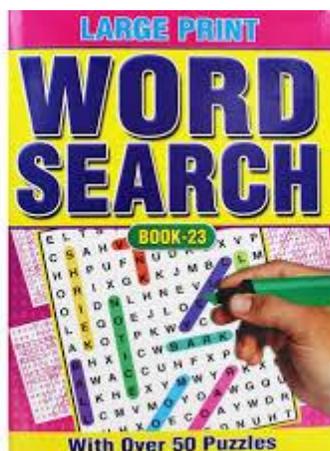
Get support with clearing out unwanted clothes and items which can be donated to charity



Can't get to the library yourself? We can help you access large print books.



Want to get online to access health resources We can help you



Keep your brain active with word searches and board games



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## Passing On Your Skills To Others

Often when I ask people what skills they would like to share, many say that they don't have any skills, but in reality it's very rare that you don't have anything to share with another person. We all have natural abilities.

Being a good listener is one of the skills we often overlook and yet it is one of the most important skills we can share because when we feel heard, we feel valued. Spending the time listening to another either face to face or over the phone is a tremendous way to help another person.

Perhaps you are good with your hands and can sew, knit or draw? Again this may be something that you feel is second nature to you, but I can assure you many people don't have those skills but would love to learn them.

Or maybe you have a love of food and enjoy cooking? How many people would love to learn to cook but don't feel confident enough to start? Having a friendly, knowledgeable and kind person alongside you can make all the difference when you're starting something new.

I also know there are a fair few of you who love your gardening and have lots of knowledge about plants at your fingertips, this could be invaluable to someone starting out.

I hope this article has got you thinking about your own skills and perhaps you would like to find a way to share these. Please get in touch and we can chat about opportunities for you to do just that.

## Good News Story

I love this story because it shows that you never know where help may come from when you put out a good intention!

### BUS STOP NOTE LANDS HOMELESS MAN A JOB

A man named Anthony Johnson, who had been homeless for nine years, left a note asking for work next to a bus stop in Hastings, England. Charlotte Howard spotted the note and decided to help him.

The 16-year-old launched an online appeal and posted a picture of the note on Facebook, which read: *"I will do a trial for free to show how I work. I don't take drugs or drink. I will also do dog walking/minding, window cleaning, shopping, car valeting/washing, housework, cooking. Anything to earn a living and make life seem worth living"*.

Miss Howard hoped to raise enough money to buy a caravan for him so that he would have somewhere to live. Her original funding target was £300, but since launching the appeal, over £2,000 has been raised, someone has donated a caravan, and he has started work with a local landscape gardener.

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Name: \_\_\_\_\_

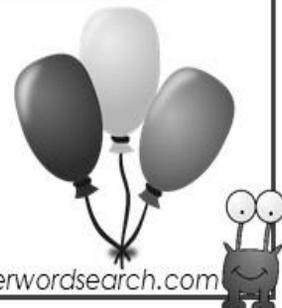
# New Year Word Search



DECEMBER  
RESOLUTION  
BALL  
CALENDAR  
MIDNIGHT

NEW YEAR  
COUNTDOWN  
CONFETTI  
CELEBRATION  
FAMILY

FRIENDS  
KISS  
TOAST  
FIREWORKS  
CLOCK



# Action for Happiness – January Edition



## HAPPY NEW YEAR CALENDAR - JANUARY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Happiness is not something ready made. It comes from your own actions" - Dalai Lama

			1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Spread a bit of happiness by doing kind things for others	4 Write a list of things you feel grateful for in life and why
5 Get moving. Do something physically active (ideally outdoors)	6 Say something positive to everyone you meet today	7 Take ten minutes to sit still and just breathe	8 Look for the good in others and notice their strengths	9 Learn something new and share it with others	10 Thank three people you're grateful to and tell them why	11 Have a friendly chat with a stranger
12 Switch off all your tech 2 hours before bedtime	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Put a worry into perspective and try to just let it go	16 Get outside and notice five things that are beautiful	17 Eat healthy food which really nourishes you today	18 Make something happen for a good cause
19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Decide to lift people up rather than put them down	24 Today do something fun and invite others to join you	25 Put away your devices and focus fully on who you're with
26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Count how many people you can smile at today	29 Use one of your personal strengths in a new way	30 Ask other people about things they've enjoyed recently	31 Write down your hopes and plans for the future	

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)