



DARTMOUTH CARING – NEWSLETTER MAY 2019

Dee's Corner

The last month has been very busy at Dartmouth Caring, with interviews for the newly established Home Help service and the additional workload that Easter and the Bank Holidays inevitably mean for the staff in the office.

I know that later in this Newsletter there is a special mention for Iris, but I would like to express my personal gratitude to her for supporting me at difficult times; she is always there, so 'Thank You', Iris.

I have made reference to our new Home Help service, please do enquire if you need support, and if a reliable safe service that will cover you at holiday times is a necessity, then contact Sally in the office.

One final plea, I would like to put out a request for volunteer drivers; we hate to disappoint clients, but at some holiday times we are really short. So please, if you have any free time, phone Kate in the office. Thank you for the support you continue to give to charity.

With very best wishes,
Dee.

From Nick's Desk

Dartmouth Together's Community Event - "A great success all round"



This quote sums up the views of the more than 35 groups and organisations from across the town and villages who attended the Dartmouth Together Community Event on Saturday 27th April. In addition to these 35 groups, nearly 200 visitors popped into the Flavel to see what all the fuss was about.

Nick Hindmarsh, co-ordinator of Dartmouth Together, spoke to those at the event about the organisations' hope for the day and the future. He started by thanking the many groups who were participating on the day and commented on the tangible enthusiasm he could feel in the room, saying that, "Evidence across rural communities in the UK and overseas is that we thrive where we support ourselves – we know how Dartmouth has lost services, banks, garages, shops, and our hospital. We cannot control some of those things, we can lobby but we cannot control them, however, how we support one another we can determine – we can 'Control the controllable'. To achieve this, we need to be better connected, both formally and informally and today is a significant step on this path".

Dr James Mottram, a G.P. from Kingsbridge and lead of SHAW (South Hams Area Wellbeing) then spoke about their journey to develop similar opportunities for local people in Kingsbridge and surrounding villages. SHAW is about a year ahead of Dartmouth Together, meaning James was able to speak with genuine knowledge about what they are doing, have done and what they still have to accomplish. He stated that, “The critical part of making this work is the buy-in from the community and the new Community Connectors who are the glue that hold this together.” James and Nick both referred to some new money coming through the NHS this year that will help to provide support to help individuals and groups become involved.



Finally, Craig Davidson, a Governor at the local NHS trust and a trustee at the Indoor Swimming Pool, spoke about the Swim4Health programme, which has been running at the indoor pool in Dartmouth since September. He commented that it was great to see Fusion at the event and of their willingness to develop similar opportunities at the Leisure Centre here as they provide at Quayside. “Essentially, active people have fewer physical and mental health issues; boosting activity improves both, whilst socialising is an important protector from anxiety and depression – and opportunities to make this easier for local people to access is what we are all about!” said Craig.

The groups represented sent their informal feedback over the weekend and this was overwhelmingly positive. A more formal feedback will follow to find out what can be done to improve the experience for all involved. Here are some of the comments already received:

“It was really good to be present to help kick-start your journey with this exciting work.....”

“Just a quick thank you for today. It went really well and all power to you for organising an event that brought so many organisations together.”

“I was able to make some very good connections and get to know others on a more personal basis.”



Do You Know Your Blood Pressure?

On Saturday 18th May, Dartmouth Caring in association with the Rotary Club of Dartmouth is running the annual Blood Pressure Day on behalf of The Stroke Association. This is a National Health Awareness Event, which is run to draw attention to the dangers associated with high blood pressure. This condition is a contributing factor in around half of all strokes, but many people do not know that their blood pressure is raised or realise that it could significantly increase their risk of having a stroke. It can go undetected and undiagnosed until serious symptoms or consequences occur. People are therefore encouraged to avail themselves of the opportunity to have their blood pressure checked at the **Community Corner in Dartmouth Market between 10am and 2pm on 18th May.**

Dementia Awareness Week, 20th – 26th May; Raising Awareness and Providing Advice and Support

In recognition of this year's Dementia Awareness Week, Dartmouth Caring and the Alzheimer's Society will be holding a Dementia Awareness Event on **Wednesday 22nd May, between 10am and 2.00pm**. The event will be held at **Dartmouth Medical Practice** and is open for everyone to drop in for advice, information and support. It is hoped that people will take the opportunity gain more insight into the disease and the support currently available.



National Dementia Awareness Week first began over 10 years ago and continues to be a major element in informing the public about this life-changing and distressing

condition. The aim of the national event is to raise both the profile and the understanding of the condition for the general public and therefore to increase funding and support for those currently affected.

1939 – A Very Good Year . . .

On the 25th April this year, Iris Pritchard long-time supporter and current President of Dartmouth Caring celebrated her 80th Birthday. Not one to 'blow her own trumpet', when I spoke to Iris several weeks ago, she was very modest about her involvement in the charity during the last 11 years. However, she has been a tireless supporter, always available to lend a hand at the many events that take place during the year, from Coffee Mornings to Lunch Clubs, where she was one of the main links of the organisational chain in recent years. Iris showed incredible commitment to the ideal of the Lunch Club facility as set up by Pam Deely for Dartmouth Caring. In fact, Iris was instrumental in the provision of a Lunch Club for the local community long before she became involved with Dartmouth Caring, having worked hard to provide this facility for the Townstal Community Association. It was a 2-woman band run by Iris and her close friend Sally and the experience she gained there proved invaluable when Iris started her long involvement with the charity.

Iris has now hung up her apron, but she is immensely proud of what has been achieved by everyone who has worked so hard to establish and maintain Dartmouth Caring's Lunch Clubs through the years. When comments are made about Iris' contribution to the charity, she is very quick to deflect the praise, saying that after her husband's death 11 years ago it was the organisation which provided her with a focus and a purpose and my goodness she has definitely worked hard on behalf of Dartmouth Caring ever since.

There is no slowing down however, and although no longer involved in the organisation of the Lunch Clubs, Iris is not content to rest on her laurels and is now investigating the befriending element of the charity's work.

Dartmouth Caring is also very privileged to have the continued help and support of two other tireless contributors who reach this significant land-mark birthday this year; Wendy Gill and Beryl Williams also have cause to celebrate. As do the charity, 1939 was obviously a very good year!

Dates for the Diary

16th May: On Thursday 16th May from 10am onwards, Dartmouth Caring will be serving tea, coffee, sandwiches and cakes at the Amenity Hut in Royal Avenue Gardens. Look forward to seeing you there!

21st May: On Tuesday 21st May the Musical Memory Café will be hosting another session of live, interactive music, sponsored by Live Music Now and featuring the input of dedicated professional musicians.

11th June: Dementia Awareness Presentation; will be held at the Guildhall and starts at 2pm. This is open to everyone wishing to learn more about how we can help our society become more dementia friendly. The session last approx. 45 minutes.