

# Kerswella Newsletter November /December 2020

What a strange old year this has been for each and every one of us. And now we find ourselves in another lockdown. We are so very sad that we will not be able to put on our Christmas lunches and other festivities this year – it was such fun last year.

This will be our last Newsletter of the Year and we really do hope to bring good news to you about our group activities in the Spring – fingers crossed for a solution to the problem of COVID – meanwhile, as always, our thoughts are very much with you at this time of year but more so this year with all that is going on.

Do contact us if you have anything you need to discuss from this newsletter or anything else



The Three Wells Mission have very kindly nominated Kerswella Care as their charity to benefit from their Tree of Hope this year .

Envelopes and cards to place your donations in are available from St Mary's Church. Or call the The Church office 01803 873006.

Please support this initiative – all proceeds will go towards Christmas boxes for the socially isolated in our community and people who will be alone over Christmas

## Christmas Card Delivery Service

We know that many of you hand out your Christmas cards to friends at coffee morning, lunches etc. Clearly, this will not be possible this year. But we are really happy to hand deliver your cards within the village for you. Just write them out as normal, name and address the envelope and call us during November but before 7<sup>th</sup> December and our team of volunteers will pick them up and deliver before Christmas – we will even put our Kerswella seal on the envelope !



## Activity Phone calls

We have our check in and chat phone call system with many are still using – we wondered if we could possibly go a step further and turn this into an Activity group call for up to 6 people. This is being done by a similar organisation to us in Bovey - quizzes, crosswords, poetry readings etc. If you think this would be something you would be interested in, or anyone else you know, do get in touch and we can get the ball rolling, We are really wanting to offer some form of company and social activity during these dark winter days. Do give us a call if interested in using this service or helping with it



The Dartmoor Community Kitchen in Bovey Tracey, with Lottery funding, are offering FREE hot meals for over 65s delivered at lunchtime to your door between 12 and 1.30 – 7 days a week for 3 weeks. The next 3 week round will be from 17<sup>th</sup> Nov

A really good home cooked HOT meal plus pudding and a bowl of soup for the evening. Let us know if you are interested and we can provide more details and we can refer you to the service.

It is hoped that the service will continue into the New Year

## Kerswella Snippets

- Thank you to Jim Brooking for hosting a number of socially distanced garden get togethers over the summer and looking after his neighbours. Jim is a great cook and has really looked after his neighbours .
- We can now offer transport to hospital and surgery appointments in our very safe car with screen
- We can still pick up prescriptions and shop for those who cannot get out and have no family to help.
- The Home Library service is a wonderful asset – books and audio books delivered to your door by a team of volunteers – call 01803 873723 for more information
- Tracey Hill who is one of very original volunteers is planning a move to Surrey in the New Year to be nearer her family – thank you Tracey for your help at the Memory Café and for your other valuable support to the community. We wish Tracey well for her future in Surrey – if she ever manages to complete on her house sale !

## Co-op Causes



We have been very fortunate to be chosen as one of the Co-op's Local Causes from now until October 2021. This means that if you are a Co-op member with a blue card, you can nominate Kerswella Care as your local cause by logging into your Co-op online account, every £1 you spend in store or on Co-op services (funerals etc) 2p will go to Kerswella. Money from sales of carrier bags too. This year, you can even donate your own points to your chosen cause. There are several worthy causes this year and you can change your chosen cause at any time during the year so that more than one cause can benefit from what you spend – but please don't forget Kerswella !!

If you are struggling to make the nomination online, do let us know and we can help or call the Co-op 0800 0686 727

## Jigsaws

We now have a really good range of 500 piece jigsaws – if you would like to borrow one or two from us, please do call and we can drop them off to you. With the dark evenings and short days, jigsaws can help while away the hours. And apparently, they are very beneficial in several ways

- Exercising the left and right sides of your **brain** at once. ...
- improving your short-term **memory**. ...
- improving your visual-**spatial** reasoning. ...



**Sincere Season's greetings to all and hopes for a peaceful and positive New Year**



Contact Gill on 07554 667037 – we are based at the Kingskerswell Health Centre. Email - [kerswella.care@nhs.net](mailto:kerswella.care@nhs.net)

Thank you to everyone who has kindly made a donation to Kerswella. This all goes towards our reserve fund to help secure our future in Kingskerswell in these uncertain times. Donations can be made on our GoFundMe page or, of course, the old fashioned way by cheque or cash.

Thanks as always to our volunteers, without whom, we could do nothing – let's raise a glass this Christmas to all those who help make this community what it is

<https://uk.gofundme.com/f/kerswella-care-fighting-social-isolation>