

## Welcome

Following on from our June edition, SHAW are continuing to work within the community and distributing this newsletter to capture fantastic community spirited activities, along with some other information that we hope you find helpful. SHAW would like to say a big 'Thank You' to Clearwater Financial Planning for sponsoring this edition so that we are able to bring this to you, alongside a thank you to everyone that has contributed.

## Kingsbridge Library is open

It may be different to what we are used to, but Kingsbridge Library is now open, but with new procedures in place.

Simply call or email your requests through to the library and you will be given a collection slot.

Don't know what book you would like? Then let the team know what type of books you like to read and they will select some for you.



The graphic is a pink rectangular box with the text 'Libraries Unlimited' in a yellow circle at the top left and 'Choose and Collect' in white text at the top center. A white circle at the top right says 'From 6th July'. Below the title are three numbered steps: 1. A phone icon and an envelope icon with the text 'Call or email your local library.' 2. A bookshelf icon with the text 'Our staff will select some books for you.' 3. A shopping bag icon with the text 'Our library team will give you a collection slot.' At the bottom right are logos for 'Devon Libraries' and 'Torbay Libraries'.

Kingsbridge Library can be contacted on:

01548 852315 or [kingsbridge.library@librariesunlimited.org.uk](mailto:kingsbridge.library@librariesunlimited.org.uk)

## Useful information

### **Silver Line**

[www.silverline.org.uk](http://www.silverline.org.uk),

T: 0800 470 80 90

A helpline for older individuals, open 24/7, 365 days per year.

Other services include:

Telephone friendship – a weekly 30-minute call between an older person and a Silver Line Friend volunteer.

Silver Circles – a call between a group of older people on a shared interest or topic, each week for 60 minutes.

Silver Line Connects – help with informing and connecting an older person with national and local services

### **Devon Carers**

[www.devoncarers.org.uk](http://www.devoncarers.org.uk), T: 03456 434 435

A service to support unpaid carers maintain their own health, wellbeing and independence. Also provides carers with information and advice that they need in their caring role.

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*Marianne Jackson, a year 10 student at Kingsbridge Community College, has kindly shared her poem with us.*

### National Tea Day



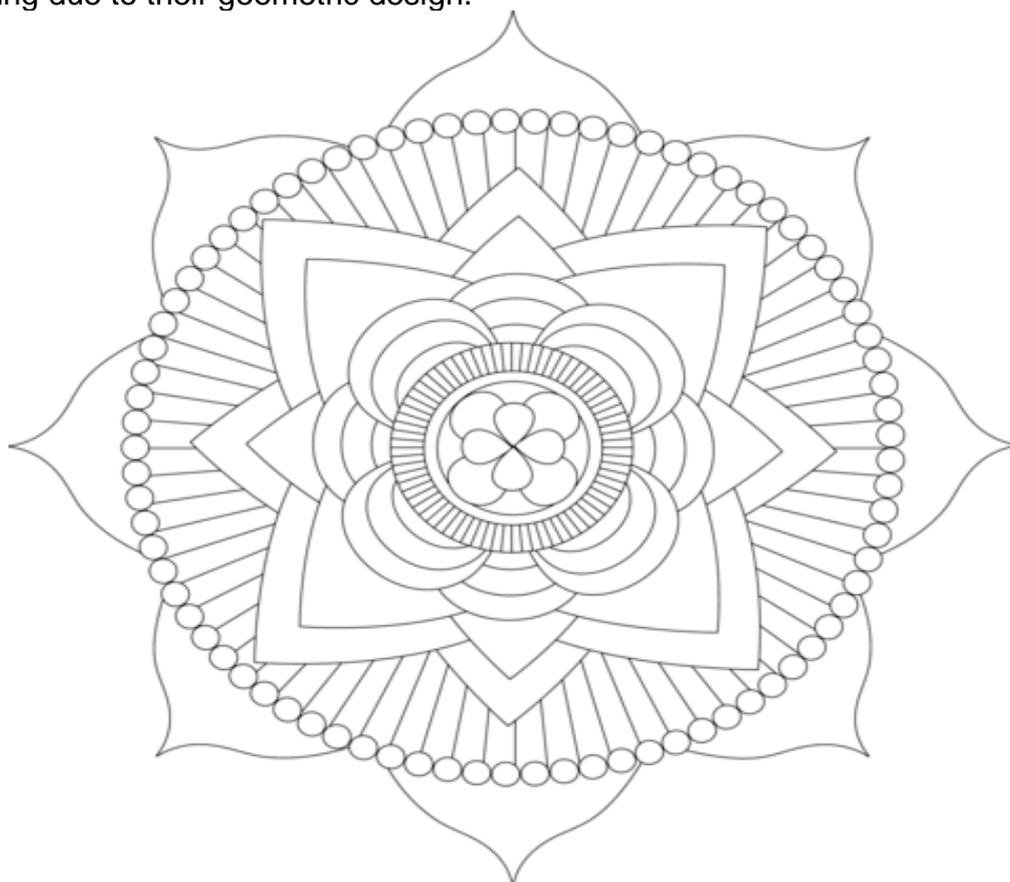
Rain drowns the grass and clouds fill the sky;  
The sheep are in hiding and wisely staying dry.  
The boughs of the trees sway alarmingly  
And there's thunder in the distance: a storm out to sea.

I brew a cup of tea and the clouds all clear,  
The sky is blue and the sun is here.  
A magic cup of tea can make the sun come out;  
What do we do when the tea runs out?

*Perhaps there is someone you might be able to share a cup of tea with (socially distanced of course) in your garden or at a park? Someone you may not have seen recently, a catch up or taking the time to get to know a neighbour?*

### Trying something new.....

Have you tried any colouring recently? Not seen as just something for children anymore, colouring has been linked to reducing stress and anxiety, helping you to relax and improve motor skills and focus. Below is a mandala to practice those colouring skills – mandalas have been shown to help with concentration when colouring due to their geometric design.



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## Community rallying around

*Here, John, tells us about life during lockdown on his road...*

Since lockdown commenced on the 23<sup>rd</sup> March a number of organisations have been outstanding in their contribution to the local community. However, we have also become aware of an increasing number of unofficial 'groups' who have set themselves up to make sure their own local road, street or area has been able to stay safe in the last 5 months.

One such group was formed in an area of Waterside Park. All people wanting to be involved were put onto a WhatsApp group with one of the residents being the IT admin guru. Other residents identified individuals who were not able to join the group and were contacted by phone and good old-fashioned paper letters through the door. This enabled them to identify anyone who needed help with essential food and medicine deliveries. However, the group quickly evolved to include other essential communication to help raise spirits and spread a little joy. Some may say too many WhatsApp photo memes such as:

*"A gang has been caught making counterfeit Kipling Bakewell tarts...Police say they are exceedingly good fakes"*



Many poems, songs and photos have all been exchanged to keep spirits up.

As the weeks became months, the group quickly turned to supplying urgent top ups of flour and vanilla essence to name but a few essential baking supplies. Jigsaws were also passed around to challenge the neighbours - once they hadn't been touched for a week.

As markets returned and local shops began deliveries the group quickly turned to organizing group orders of essential items such as eggs and pies! Most recently a local KCC student living on the road has used his entrepreneurial skills to sell his rapidly expanding produce from his home garden veggie patch. So successfully I might add, that he rapidly ran out of high demand items such as duck eggs, potatoes, and carrots.

Car batteries have been charged, deflated tyres pumped up, recycling bags restocked, and various supermarket deliveries topped up to ensure smiles during these tough times. Homemade cloth face masks have recently been the thing. Birthdays have been highlighted and bought much happiness to a couple of older residents who received significantly more cards this year than in previous years.

Special mention must go to Chris and Gordon who remain the bedrock of the group and can still be seen busily walking up and down the road making sure all is well, relatively, in our little bit of Kingsbridge.

## Tea (or coffee!) break time...

We are grateful to Cookworthy museum for allowing us to share their wordsearch with you.



## Local Church Saint Names

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

THOMAS  
BECKET  
EDMUND  
ALLSAINTS  
NICHOLAS  
CYRIAC  
WINWALOE  
ANDREW  
MICHAEL  
ANGELS  
MARY  
PETER  
MARTIN  
HOLY  
TRINITY  
LAWRENCE  
CLEMENT  
SYLVESTER  
JAMES  
GREAT

ALLHALLOWS  
LESS  
GEORGE  
PAUL



## Finally

We, at SHAW, hope you've enjoyed this newsletter. Please do get in touch with Helen, our Community Builder, if you would like to contribute or be involved, or like any further information about something we've written. We want this to be **for you, about your community** so would value your input.

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Facebook & Instagram: @southhamsareawellbeing

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