

Upstream is being continuously evaluated by the Peninsula Medical School, which has found the service provides significant benefits for people's health and well-being. Upstream is recognised nationally and is a key model for developing some County Council and Primary Care Trust services throughout Devon.



Phone: 01363 778029
Email: upstreamuk@hotmail.com

Front cover: The Upstream Quilt, made by 25 Upstream participants from all over mid Devon
Upstream Healthy Living Centre is a Registered Charity: No 1087185

Upstream helps adults of all ages to remain active and independent, and to feel better and more healthy by introducing people to social, creative or physical activities

Upstream 'mentors' will help you to:

- Make friends and learn new things
- Explore new experiences and share skills
- Find information to improve your quality of life
- Get out and about in your local community
- Make individual plans that suit you
- Learn about other local groups and services

Enjoy a mixture of activities:

- Activities for men and women
- Try painting, pottery, poetry or local history
- Print-making, book-making, music and song
- Gentle exercise, Tai Chi, yoga or bowls
- Record memories with photographs and video
- Revive needlework or craft skills
- Gardening for exercise and cooking for health
- Contribute to an internet newsletter
- Have something interesting to do at home
- Collaborate on imaginative new projects

An Invitation from Upstream



'Upstream' invitation

Fill in yourself or recommend someone. Send to:
Upstream, PO Box 63, Crediton EX17 4EA

(A) Name

Address

Phone Date

Your signature

(B) Recommended by (if relevant)

Signature

Phone Date

Our independent charity trustees include local GPs, business people, artists and educators. People come to us recommended by family, friends, health professionals and word-of-mouth. Our participants shape the service we offer. Personal information is treated in confidence.