

'Stimulating creative and social activities for well-being and independence.'



The Upstream 'Window On Your Life' Screen which was exhibited at the South West Well-Being Launch at Westbank, Exeter, attended by Ben Bradshaw MP in July.

Congratulations! ...

... and a big 'Thank You' to all Upstream participants who contributed with artwork, poetry and prose for the 'Window on Your Life' Screen and your part in the success of the South West Well-Being Event.

Detail from the Window on Your Life Screen: The Grand Canyon by Val Clarke



Ben Bradshaw MP with Upstream participant, Florence Vinson, at the South West Well-Being Launch on 4th July.



Welcome to the Autumn edition of the Upstream newsletter ...

... where we update you on Upstream activities across Mid Devon.

There are also pictures, poetry, and recipes. Please contact us if you have any contributions, comments or anything else you'd like to share. Please email: sallyjmwilson@hotmail.com

Walk the way to Health!

Even if you lead an inactive lifestyle, there is good news.

It's never too late to improve your health.



Exercise and physical activity may help you maintain or partly restore your strength, balance, flexibility, and endurance. Exercise can help you feel better and enjoy life more—even those who think they're too old or too out of shape!

Grab an Upstream pedometer and Step-O-Meter Programme—and start walking your way to health today.

HEAT IN

CHILL OUT

Worried about fuel bills?

Help to access grants and discounts for insulation and heating. Ask us about Devon Warm Zones.

01363 778029

Downes House

Participants from the Crediton area enjoyed a trip to Downes House, former residence of General Sir Redvers Buller, just outside Crediton.

As well as a guided tour of the house, everyone enjoyed refreshments in the nearby café.

The rather dull and wet weather did nothing to dampen the spirits of a memorable afternoon out.

Tai Chi

Tai Chi at Crediton Hospital with Soozie Fernley-Weiner.

If you would like to join this group for gentle and armchair exercise accessible for all abilities please phone 01363 778029.

Detail from the 'Window On Your Life' Screen: Swanpool Beach, Falmouth, Cornwall by Joan Flynn



Recipe for Easy Cake from Gaye

12oz mixed dried fruit
4oz sugar
4oz marg/butter
½ cup water
1 egg
8oz self raising flour

Put mixed dried fruit, sugar, marg/butter and water into a saucepan.

Simmer for 20 mins then leave to cool (pan can be stood in cold water).

Add the egg and the flour.

Put in lightly oiled and lined 7" or 8" cake tin.

Bake at 150°C, gas mark 2 or 3, for about 1½ hours.

Try using brown sugar and wholemeal flour, or half white flour and half wholemeal flour.



GRANT UPDATES:

We are grateful to **Mid Devon District Council** for their contribution to our Summer outing to Watchet on the West Somerset Railway.

5 x 30 provided grants to enable Sue Way to provide four armchair dance sessions in CREDITON for Upstream participants

Sports Relief

Upstream are delighted to have been awarded a grant by Sports Relief for dance projects.

Joyce Southcott

We were deeply saddened to lose Joyce Southcott earlier this summer. Joyce was a very enthusiastic contributor to Upstream's activities in the CREDITON area and we are very grateful to have received a bequest of £211 from the collection at Joyce's funeral. Plans are underway to use the money to remember Joyce and celebrate her life and all that she enjoyed.

The Five Senses

~ See ~

What can I see? I see the beautiful sunshine, shining through the trees, casting shadows and making different patterns on the ground, growing lighter and darker as the sun pops in and out of the clouds. I see lambs skipping around in groups playing, their mums keeping an eye on them from a distance. Oh, to sit by a stream and watch the water gently bubbling over the stones and going on its way through pastures new and on eventually to the sea, where the big ships carrying all different types of cargo to far off lands. I see the little boats with two or three people sailing along enjoying the freedom and the open space around them. Watching the seagulls swooping and gliding in the air and then gently landing on the blue sea and bobbing up and down on the waves. I see children playing, their happy faces all aglow with excitement at the adventures they are having, the innocence of their minds with no fear of danger lurking to take away their happiness or spoil their adventures. Time for home. People are making their way back to their homes. You can see as you watch, some have had a good day and some haven't, but they are all mingling together soon to be in the comfort of their homes. I see them draw their curtains and the darkness start to fall. The end of another day.

By Pearl Colgrave



West Somerset Railway



Participants from the Tiverton and Cullompton areas took a trip to Watchet on the West Somerset Steam Railway.

This fascinating picture of the seafront wall at Watchet, which has been shaped by the elements, may provide inspiration for a future creative Upstream project. Watch this space!



Thank You!

Peninsular Medical School are delighted to tell us that they have now recruited the required number of participants needed for their evaluation study—and all within the agreed timescale!

Anyone participating in the study may still be asked for information as the evaluation is still ongoing. PMS and the 'My Life, My Choice' Steering Group have said how very much they appreciate the contributions to the evaluation study.

We are grateful for support and help from:



Upstream services include:

Mentoring service

Upstream pioneered, and still practices, the mentoring service which is a key part of Devon County's 'My Life, My Choice' project. Mentors offer a unique one-to-one service to provide participants with the information they need about local groups and the encouragement needed to help them to get involved.

Upstream Groups

Upstream has initiated several groups around Mid Devon. These include: Tai Chi, Arts and Crafts, and intergenerational groups. The purpose of these groups is to provide stimulating activity for all participants.

Signposting service

Mentors are able to signpost participants to other groups and services throughout Mid Devon.

Collective Projects

Upstream has run several collective projects. Participants either work individually or within groups to create each separate piece. These are then put together to create the finished article. The most recent of these, the Upstream 'Window On Your Life', is pictured on the front page. Plans are currently underway for this year's Winter Project, a soft-sculpture picnic.

October groups

Cullompton Arts and Crafts group

at St Boniface Church Rooms: 14th Oct. Tuesdays 10am-12pm

Boniface group, Crediton

at the Boniface Centre: 7th, 14th & 21st Oct. Tuesdays 3-5pm

Tiverton Arts and Crafts group

at Heathcoat Community Centre: 1st, 8th, 15th & 22nd Oct.
Wednesdays 2.30-4.30pm

**Contact: Sally Wilson, Administrator, or Claire Whewell, Project Manager,
Upstream HLC, PO Box 63, Crediton, Devon EX17 4EA. Phone 01363 778029.**

Email: upstreamuk@hotmail.com Website: www.upstream-uk.com

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