

**Upstream** has been proving itself nationally with two big awards at the end of 2008. First was the 2008 NICE (National Institute for Health and Clinical Excellence) Shared Learning Award for 'Getting Public Health Guidance into Practice', with our presentation 'Enthusiasm for Life', linked to the NICE Guidance on Behaviour Change.

Nine projects were shortlisted out of more than 70 entries in three categories: Clinical, Public Health and General. Upstream won the Public Health Award and was the only third sector organisation shortlisted.

A very magnificent outsize slice of fabric cake (8 cubic feet, 2 feet high) was made by 30 participants especially for the presentation.

**Upstream** has also won a National Competition to find the best photographs that show how social enterprise is transforming lives.

Thursday 20 November was Social Enterprise Day. The national competition was launched by the Social Enterprise Coalition 'to find photographs that capture how social enterprises are changing the world one community at a time'. Upstream won both the South West Regional and National Competitions and in each case the prize was handed over by a Government Minister. Kevin Brennan, Minister for the Third Sector, gave the national prize; Dawn Primarolo, Minister for Public Health, gave the regional prize.

'Devon Drummers' was the winning photo that represented how Upstream makes a remarkable difference to people's quality of life.

Simon Goodenough  
Director

Winner of the 2008 NICE Shared Learning Award in Public Health, with a presentation on Behaviour Change: Enthusiasm for Life.

Winner of the 2008 National Competition for the photograph that best shows how Social Enterprise transforms lives. (see 'Devon Drummers')



Simon at the NICE Shared Learning Awards



Award-winning photo 'Devon Drummers'

# The Upstream Winter Project

A big thank you to all of you who attended the Autumn Event last October. Over 50 people were at The Boniface Centre in Crediton to help with the launch of the **Big Picnic** Winter Project.

As you can see from the photographs, many hands were engaged in launching the project. A variety of craft techniques were available for people to try, including: knitting, weaving, sewing and paper maché.

There was a delicious hot lunch served of baked potatoes with numerous healthy toppings. The day was a great success and everyone had a good time.

Upstream participants contributed to the making of this oversized slice of gâteau using a variety of craft techniques as part of the collaborative project—The Big Picnic.



*A piece of cake!*

## HELP US MAKE OUR BIG PICNIC

Will you come and help us make our big picnic?

We can show you how and give you the materials as well.

The finished picnic will be displayed at the Upstream Spring Event at the end of March 2009. Further details and confirmation of date and venue soon.

For more information, speak to Claire or Sally on 01363 778029.



## Vegetable Soup Recipe

*This is a quick, easy and nutritious soup. You can use any vegetables that you like or almost anything that needs using up.*

*Preparation takes 5 mins, cooking takes 20 mins.  
Makes 2 servings.*

### Ingredients:

2 carrots, peeled and roughly chopped  
2 sticks of celery, roughly chopped  
¼ bag of spinach  
2 cloves of garlic, peeled and crushed  
2 fresh bay leaves  
tin of cannellini beans, drained  
handful of red lentils  
sea salt and pepper to taste  
olive oil to drizzle

### What to do next:

Fill saucepan with two or three inches of water and place on high heat. Prepare the vegetables and add to hot water, leaving the spinach until the very last minute. The beans and lentils give the soup a lovely thick texture. Leave soup to simmer away with the lid not completely closed over the saucepan for about 20 minutes.

Add the spinach, give it a stir and turn off the heat, as it will continue to cook while the soup is being served. Drizzle with a little olive oil and season with salt and pepper. It's lovely with a crusty bread roll.



**Is your TV aerial  
ready for digital  
switchover?**

**TV is going digital all over the UK, and soon the traditional TV signal will be switched off in our area.**

**The Switchover Help Scheme can help you make the switch to digital TV.**

You may be eligible for help to convert your TV to digital if you:

- Are aged 75 or over,
- Or have lived in a care home for six months or more, or
- Get (or could get) certain disability benefits, or
- Are registered blind or partially sighted

01363 778029 for more information The Switchover Help Scheme can help you make the switch to digital TV.

## The Tale of the Dog and the Tail of the Hen

*By Frank Howarth*

In a village called Bow  
There's a cottage, you know,  
Where a hen of appearance quite strange,  
Struts around with the rest,  
With a well feathered breast  
But it's rear - not the top of the range!

Near half plucked it appears  
(Not through fowl pest, my dears)  
But the dastardly deeds of a dog  
Which, when freed from the lead,  
Carried out this 'fowl' deed,  
Such ado made us all of agog.

With the dog by my heels  
We'd set off for the fields.  
As we passed by the cote on the way  
It nipped round in the pen  
And when faced with a hen  
Did it's best to persuade it to stay.

With a loud piercing cry,  
Beating wings, tried to fly  
But, alas it was trapped in the nest  
And the dog with a leap  
Pinned it down in a heap  
And then carried it off with great zest.

I tore after the dog.  
(It's as deaf as a log!)  
Thus my cries 'Beaver, stop' could but fail.  
When I stretched out to nab,  
It eluded my grab  
So I gave it a smack near its tail.

The dog stopped at this smack  
And peered round at its back  
With a look of alarm on its face.  
By the looking around  
The hen dropped to the ground  
And was picked up by Sally in haste.

It was still just alive  
So indoors she did dive  
And proceeded to bathe the wounds clean.  
Tea tree oil was then dabbed  
On the parts it had grabbed  
And the results could be easily seen.

As is done after shocks  
Birds are put in a box  
On some straw and kept out of the light.  
With some water and corn  
It is left until morn,  
With the hope it gets out of its fright.

This we did with our hen  
And instead of Amen  
We awoke to a bird quite alive.  
Looking left and then right,  
As it blinked in the light,  
To climb out of the box it did strive.

That the bird was alright  
Made us beam with delight  
And we joyfully let it go free  
But, compared with the rest  
T'was just fine on her breast,  
But her back was a sad sight to see.

Now the feathers will grow  
In a few weeks or so  
But if Christmas was here we'd be bucked.  
We could ignore its rear  
Where the skin stands out clear,  
T'would be one less half hen to be plucked.

We must learn from this deed,  
Keep your dog on a lead,  
We can't blame them if they're free to chase.  
So please always make sure  
That the lead is secure  
And especially when passing our place.

## ICE Campaign – In Case of Emergency

Here's a nifty idea which is catching on quickly. We all carry our mobile phones with names and numbers stored in the memory. All you need to do is store the number of a contact person or persons under the name 'ICE' (In Case Of Emergency). For more than one contact name simply enter ICE1, ICE2 and ICE3 etc. In the event of an accident, Emergency Service personnel would be able to quickly contact the right person by simply dialling the number you have stored as 'ICE'.

### Upstream grows!

Upstream welcomed four new members of staff in the New Year. New colleagues are: Carol Blatchford (Community Mentor for the Tiverton area), Ken Ross (Activities Organiser), Christina Addyman (Administrator for Walk & Talk and Co-ordinator for Crediton Bereavement Support & Friendship group) and Emma Higgins (5 x 30 Activator— that's 30 minutes of exercise a day for 5 days per week!).

## Upstream groups

### Cullompton Arts and Crafts group

at St Boniface Church Rooms: Alternate Tuesdays 10am-12pm

### Boniface Arts and Crafts group, Crediton

at the Boniface Centre: Every Tuesday 3-5pm

### Tiverton Arts and Crafts group

at Heathcoat Community Centre: Alternate Wednesdays 2.30-4.30pm

For more information phone

**01363 778029**

### CONTRIBUTIONS

We welcome contributions to the newsletter. If you have any poems, recipes or suggestions for future editions, please contact us.



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**NHS 60**  
National Institute for  
Health and Clinical Excellence

NICE Shared Learning Award 2008  
Public Health category winner

We are grateful  
for support and  
help from:

Devon **NHS**  
Primary Care Trust



Devon  
County Council

Mid  
Devon  
DISTRICT COUNCIL  
Where People Matter



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