

HOUSING MATTERS

YOUR WINTER 2022 EDITION

The magazine for
East Devon District Council
tenants and leaseholders

By post, email, online or audio cd
eastdevon.gov.uk/housingmatters

Winter Special Edition



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Meet Lucinda – your
Winter Pressures Project Officer



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Breaking News: Warm Hubs opening
in our Community Centres across
the district from November 28th



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Find food support local to you

News | Information | Contact details | Articles from tenants

CONTRIBUTE: WE NEED TENANTS AND LEASEHOLDERS

Housing Matters is your magazine and keeping it relevant is only made possible with your help. We'd love to hear from you with your suggestions for articles. Send us a letter, article, photo, or household tip. Contact the Tenant Participation team.

DO YOU NEED LARGE PRINT OR AN AUDIO OR EMAIL FORMAT?

Is this format best for you? We'd like you to get *Housing Matters* in a way that suits you. This magazine is available by post, audio and email.

If you'd prefer to receive the magazine digitally to your email address or in an audio format through the post, please contact Tenant Participation. *Housing Matters* is also available online at eastdevon.gov.uk/housing-matters.

ABOUT THIS MAGAZINE

Housing Matters is produced by Housing East Devon District Council for tenants and leaseholders and is edited by tenants and council staff.

Editorial Group

Sue Saunders is an Exmouth tenant who loves reading and writing poems and is the chairperson of the Editorial Group.

Sue Williams is an Exmouth tenant and former paralegal, soldier and nurse who loves photography, gardening, DIY and playing music. She has undertaken several council training sessions on housing and social studies.

Yvonne White lives in Sidmouth and is on the Lymebourne and Arcot Park Resident Association committee.

Bev Anderson is Tenant Participation Assistant at East Devon District Council.

If you enjoy reading and would like to join the Editorial Group, please contact Tenant Participation for more details.

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Keep up to date

Online: eastdevon.gov.uk/news

Twitter: @eddchome_people

Facebook: eddchome&people

Instagram: @eddchome_people

Do you have a comment, compliment or complaint?

If you'd like to tell us something about the housing service, contact Tenant Participation who will be happy to help you.

From Monday, 5 December the reception at Exmouth Town Hall will be open Monday to Thursday from 9am to 1pm.

The council continues to operate an appointment system for people to meet with officers and more details on how to do this can be found by visiting www.eastdevon.gov.uk/contact-us



Join other East Devon residents and download the free East Devon App from eastdevon.gov.uk/app

Access council services on your smartphone, get councillor contact details, a recycling and waste collection reminder, and check local food hygiene ratings

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2022



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HELLO

SUE SAUNDERS
Chairperson – Editorial Group

Hello everyone,

Well, I had hoped to make this edition of the magazine, a joyful celebration of Christmas but I'm afraid it has become a series of articles about how to cope with the possibility of power cuts and the rising prices.

However, I am determined to put a brave face on it. These sorts of crisis can bring the

best out in people. Community spirit rises to the challenge and petty squabbles are forgotten.

East Devon staff have been working hard to prepare for anything the situation may throw at residents. It's amazing the amount of ideas they have come up with and the various agencies that are out there, who are ready and willing to help.

Hopefully, in our Spring edition we will be able to include all the positive outcomes of this situation.

Can I just draw your attention to the results of the Have

Your Say feedback and to the massive strides being made in Tenant Involvement. The proposed new involvement groups will give tenants plenty of chances to have their say.

We have managed to include some Christmassy items, so its not all doom and gloom and don't miss the chance of winning a handy sum of money, see the puzzle page.

So chins up, remember, we are all in the same boat so lets' pull together. See you in the Spring.

Sue

A Christmas Memory

SUE SAUNDERS

Winter had arrived with a vengeance, winds, snow, ice and driving rain. Gales had caused untold damage and the snow and ice had kept us imprisoned for weeks. Christmas eve, found my husband, myself, our four daughters and Mick our dog, longing to escape the confines of the house, so it was decided, we would brave the weather and take a walk along the sea-front.

A clear star-lit night sky and a few ancient lamp-posts, were our only source of light but this just added to the sense of adventure. Mick, barking his delight, followed the girls onto the beach, whilst Graham and I were content to walk along the promenade. The beach was in deepest

shadow, hiding the girls from our view but the wind, gusting strongly off the sea, carried their voices clearly, to us, along with their squeals of delight and Mick's barks. Gales of laughter told us when our 5 year old daughter had once again, fallen down a hole, dug by some unknown prankster. The power of the wind whipped up the sea and carried salt laden spray, which stung our faces and left the taste of salt on our dry lips. Relaxed and happy we strolled along arm in arm, listening to our children's happy voices.

Without a sound, our black dog emerged phantom like, out of the darkness, he stood in front of us, barring our way and barked, he then ran to the beach and barked again. He was obviously concerned because his flock were separated and his

innate instinct was telling him to round us up. We agreed with him and feeling enough was enough, we called to the girls and reluctantly, they joined us. With Mick in the lead, we made our way back to the car.

Singing Christmas carols, we drove back to town and there in Strand Gardens, gathered around the huge Christmas tree, covered in twinkling lights, was a choir. We parked the car and with dog and all, we went and joined them.

We were still singing, when we burst through our front door and felt the welcome warmth, on our chilled faces. Mick flopped down in front of the log fire and was asleep within minutes. The rest of us just sat with our hands wrapped around mugs of hot Chocolate and made a vow to make this family outing a tradition every Christmas eve.

EDDC responds to the Cost of Living Crisis

LUCINDA CLIFF
Project Co-ordinator Winter Pressures

The council has recognised that for many of our most vulnerable tenants the cost of basic living will exceed the amount of money coming in. We have developed a plan to help support our tenants through the worst of the winter and have appointed a new project officer to deliver this plan.

Lucinda Cliff has been a Mobile Support Officer for 10 years and has worked all over the district. Her new job is to support and attempt to lessen the worst effects of the increasing cost of living crisis. Lucinda will aim to ensure that at risk households can access affordable food, housing, warmth and meet other basic needs.

How will this be done? Lucinda will open up nine of our community centres as Warm Hubs. Tenants will be able to access these community centres at different times through the week. There will be a warm welcome, free hot drinks, papers, magazines and games to play. There will be no need to book, or prove that you qualify. The Warm Hubs are intended as a welcoming, warm, neighbourhood space where residents can meet their neighbours, work using our broadband, charge electronic devices and get help and support accessing other services such as benefits and food banks.

There will be a store of warm products at each centre for those that need them, such as hats, gloves, fleece blankets, along with details on how to access a Winter Pressures emergency fund.



Lucinda will be available to help with issues of urgent need, she will be able to help residents access local foodbanks and neighbourhood cafes for a low cost hot meal, and will be able to assist with transport if the Warm Hubs are not easily accessible by some of our tenants.

Once the Warm Hubs are up and running Lucinda will work with other community groups to deliver workshops and activities. We will put on cooking demonstrations to look at ways of providing cheap easy meals and to enhance personal wellbeing through self-care workshops such as Tai Chi and meditation in this very difficult time.

The Warm Hubs will be a safe space, and a welcoming space. You do not need to tell us why you are there, and we will not tell anyone about you needing a Warm Space. There will be opportunities for you to speak to someone if you are struggling, but you don't need to share the reasons you are there, it doesn't matter why you need to come in, you will be welcome.

**If you would like any additional information please call Lucinda Cliff
Project Co-ordinator Winter Pressures
lcliff@eastdevon.gov.uk
07816 533803**

YOUR COUNCIL

INFORMATION FOR YOU
FROM EAST DEVON
DISTRICT COUNCIL

Budleigh Salterton community day was a smashing success



The Budleigh Salterton Community Day was attended by residents, councillors, EDDC officers and a team from Ian Williams.

Residents were able to enjoy cream tea while getting to know their councillors at a special Budleigh Salterton community day.

The event, organised by East Devon District Council (EDDC) at Greenhaven, was attended by more than 40 people on Thursday (21 July).

A number of residents, living in social housing, were able to raise repairs – many of which were fixed on the day by EDDC's contractor Ian Williams.

This was the second event of its sort to be held, following a very successful community day in Sidmouth.

A skip was also made available for residents to throw anything out that they needed and Devon and Somerset Fire and Rescue Service made an appearance to get to know residents and offer fire prevention advice.

Councillor Dan Ledger EDDC's portfolio holder for sustainable homes and communities, said:

It was a fantastic opportunity to increase visibility with our East Devon residents and I am really looking forward to more events. It is especially great to get out into the community after the last two years we have had.

Councillor Paul Arnott, EDDC's leader, added:

It has been really pleasing to see our residents, the Ian Williams team, officers from East Devon and councillors come together on a beautiful day in Budleigh Salterton to work collectively for the benefit of our social housing residents.

The next Social Value Day is in St Pauls in Honiton on Thursday 24th November, weather permitting. We look forward to sharing photos from the day in the next edition.

Electrical Safety



Recently an increase in the purchase of cheap, unregulated charging equipment and batteries for e-bikes and scooters, which do not meet the necessary safety standards have caused increased fires in properties. A report by Electrical Safety First found 59 chargers being marketed on common e-commerce platforms, fell well below necessary safety standards.

Instances like this are unfortunately never too far from home. As recent as last week, an incident with an exploding battery fire, from a child's toy, occurred in one of our East Devon properties. Thankfully, the residents witnessed the event took the necessary actions. With

Christmas just around the corner, and the ever apparent squeeze on finances, it is important to reiterate and ensure that any gifts we are buying are suitable and don't compromise on safety.

Electricity improves our daily lives - but only when used safely. Don't create hazards by overloading sockets and never ignore warning signs like burning smells or marks, buzzing or crackling, cable repaired with tape, fuses blowing or circuit breakers tripping. Other common items to be aware of are portable chargers and batteries for mobile scooters, electric blankets, electric heaters, children's toys, cameras, lithium-ion batteries, re-chargeable batteries, mobile

phones, electric toothbrushes etc.

Users of electrical equipment, including portable appliances, should carry out visual checks to ensure safety. Don't repair an appliance whilst still plugged in. Be aware that trailing cables under carpet or rugs causes and increased fire risk. Do not dry clothes on electric heaters. Don't store combustible materials close to electrical equipment. Don't overload sockets and finally, **test the smoke and heat detectors in your property at least monthly, (by pressing the button on the smoke/heat detector), it could just save your life.**



Gas Safety

You will most likely have heard, in recent weeks, the devastating news from communities in Birmingham and Kent, following residential gas explosions. A pensioner from Birmingham and a child from Kent died as a result of the two incidents. Other victims include those with potentially life-threatening injuries, families made homeless, along with those now seeking counselling.

Incidents like these reinforce the significance of Gas Safety Legislation we adhere to, and the importance of ensuring our properties are safe and compliant. As a Council we

work closely and on a daily basis, with Liberty Gas to ensure that each of our properties have their annual service; that carbon monoxide detectors are in place and working, along with general reactive call outs.

EDDC will be holding Gas Safety events for communities, dates will be advised. These will provide valuable advice and reassurance to our residents and no doubt, this year, it will be more important than ever before.

The Health & Safety Executive are currently carrying out investigations into the compliance with legislation of all relevant Local Authorities.

Initial findings seem to suggest it was an accidental ignition of gas from a leak in some pipe-work which caused the explosion at the property in Birmingham. Many residents had complained of headaches and dizziness, due to the strong smell of gas in the street, for up to two weeks prior to the explosion in Kent.

It is imperative that we gain access to our properties to ensure compliance checks are carried out. **If you or others smell gas please call Wales & West Gas Emergency Service on 0800 111 999 immediately so that they can deal with the situation promptly.**

A Matter Of Balance



With all the difficulties and obstructions thrown at us through the Covid pandemic it's no surprise that so many of us are feeling somewhat disconnected and out of sorts. Add to that the current cost of living crisis and it's no wonder that so many are struggling on an emotional, physical and financial level.

Axminster residents have found some relief in the form of Tai Chi. Tai chi is an ancient Chinese tradition that is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. With the help

of weekly sessions, our tenants are well on the way to improving their mental and physical well-being. The response to these sessions has been hugely positive. One lady who suffers with Post Traumatic Stress Disorder and insomnia reported, "I feel so relaxed. I believe that tonight I will now sleep soundly for the first time in a long time."

The sessions are held each Thursday, from 2pm - 3pm in Millwey Community Centre, at a small cost of £4 per person. They are led by the much respected Simon McCormack, a fully qualified and insured practitioner with over thirty years' experience.

All East Devon tenants welcome!

For more details, please contact the Axminster Sheltered Housing Officers Team on 01297 34042.



Getting Help with Bills

by The Financial Resilience Team

East Devon District Council's Financial Resilience team are available to provide help and support to residents who may be struggling with the rise in the cost of living.

The team works to help those who are struggling by helping to identify ways to increase income and reduce outgoings. They also work in partnership with organisations such as Exeter Community Energy who can provide energy advice, East Devon Food Banks and South West Water e.g. referrals for possible cheaper tariffs and schemes to help those in debt.

You may also be able to access discretionary funds that can provide extra financial help

such as Discretionary Housing Payments that can help with the difference between your housing cost award and actual rent. There will be a new Household Support Fund for October to March 2023. Further details on how to apply to this fund will be provided on our website shortly.

If you need support this winter, the fastest way to get help is by going to our website and completing the online form. We may be able to help with food, utility costs and wider support needs. Once we receive your application a member of the team will be in contact to discuss your individual needs and provide support dependent on your circumstances.

The online form can be found here:

<https://eastdevon.gov.uk/benefits-and-support/financial-support/request-financial-support/>

Further information on other help and funds available can be found on our help with household bills on-line hub or Devon County Council's help with the cost of living in Devon website.

<https://www.devon.gov.uk/cost-of-living/>

<https://eastdevon.gov.uk/benefits-and-support/financial-support-and-advice/help-with-household-bills/>

To get in touch with the financial resilience team please email hardship@eastdevon.gov.uk or call our customer services team on 01404 515616

HAVE YOUR SAY FEEDBACK FORMS

SUE SAUNDERS Chair person

First let me say how sorry I am that it has taken so long to get back to you with the results of the 'Have Your Say' leaflets. I'm at last able to report, we have received a total of 121 completed forms.

The Communities Team are very much looking forward to reading your forms and feeding back to you in full. We are starting to strengthen the Communities Team and are happy to say that new members of staff will be starting in November. Reading and acting on your forms will be one of the first priorities for the new staff members.

In the meantime we can provide some initial feedback.

We received:

- 13 Compliments
- 9 Comments
- 31 Complaints about Estate Management
- 47 Complaints about Repairs and Maintenance
- 11 Currently uncategorised

This is an overview of the general content of the Complaints, Compliments and Comments we have received. A full report with more in-depth analysis will be available within the next 2 months.

Complaints

Repairs and Maintenance
Damp and mould problems / shoddy workmanship / appointments missed, without notification / Continuous messages left with no acknowledgement / problems dismissed by officers.

Estate Management

Anti-social behaviour / neighbourhood disputes / grass-cutting / overgrown hedges and gardens / dogs running free and fouling communal areas

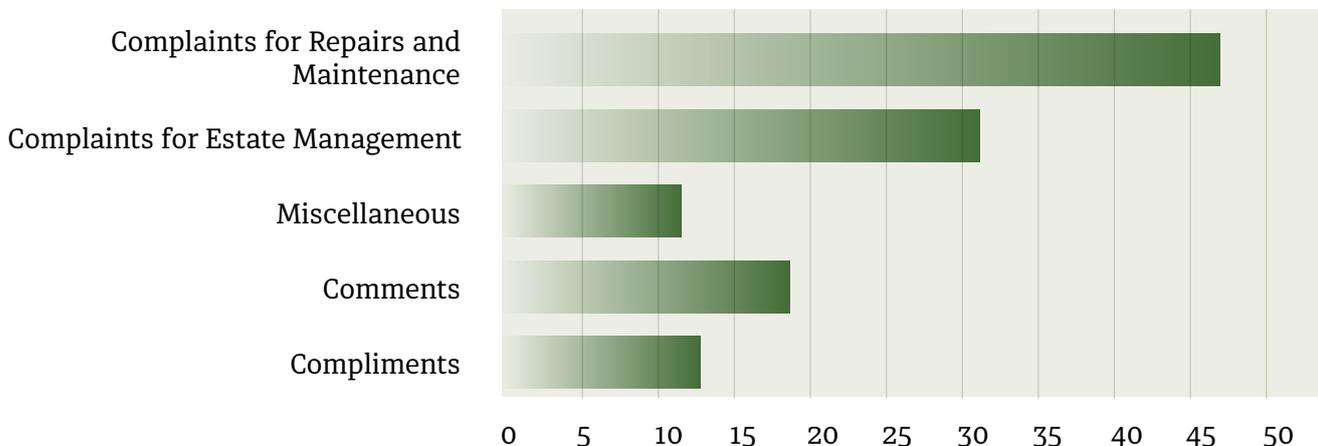
Compliments

Praise for East Devon's high standard of service / for friendly and considerate staff / thanks for the care shown by individual staff members / Glad to have been a tenant of East Devon for 20 years.

Comments

These were mostly requests for, new kitchens / bathrooms / new fascia boards / outside decoration / guttering etc.

Have Your Say forms



GET INVOLVED

Help shape how we run Housing services



SUE SAUNDERS
Chair of Residents Involvement Management Group

On behalf of the Resident Involvement Management Group and all other involved tenants working throughout the Housing Service, I would like to thank you for responding to the opportunity to HAVE YOUR SAY. We hope to make this a twice yearly feature of the Housing Matters Magazine. You can use the forms when you get them or just keep them and use them when and if you need to.

I know some of you may think that we are wasting our time, but these forms provide valuable feedback and a solid stepping stone, on which to improve the services we receive and in building a working partnership, between landlord and tenant.

We would like tenants involved at every level of Housing Management and I am convinced that if we can encourage more of you to work with us, we can achieve this.

It's not going to happen over-night but a steady increase in the number of tenants, working at a level that suits them will add to the tenant voice and help us shape the services we receive.

Involvement is not just sitting around a table listening to people waffling on; meetings can be lively, where everybody has the right to their opinion and the right to voice it.

Over the next 6 months, the Communities Team, which supports Tenant Involvement, will be working to formalise the various levels, within the organisation where tenants can get involved and have their voices heard and acted upon.

A recent directive from the government has made it compulsory for Social Housing Landlords to involve tenants in all aspects of the management of their properties.

We will be keeping you informed of our progress over the next 6 months. Those already involved can say if and why they

enjoy representing the tenants and getting involved to help improve the services provided

Tenant involvement can be what YOU want it to be. There is something to suit everyone, it can take as much or as little time as you wish and can be tailored to your requirements.

The new options for tenant involvement, which will be agreed by both officers and tenants, will form a binding contract between both parties. These new involvement groups will be based on an equal working partnership, of Officers and tenants, who will come together to make decisions about all aspects of housing and the welfare of tenants.

For more information contact :
Tenant Participation Tel. No. 01395 517453 or email tenantparticipation@eastdevon.gov.uk or Sue Saunders Chair of the Residents' Involvement Management group. Tel. No.01395 265766 / email ssaunders1977@gmail.com

JUST FOR FUN

WORD SEARCH

Competitions – Find the Missing Word!
Win £100 and 3 runner up prizes of £50

How to enter: complete the word search, one of the words is missing! Send entries telling us the missing word along with your name, address, age to Tenant Participation (details on page 2) by 18th December

- | | |
|-----------------|---------------|
| Bell | Reindeer |
| Brandy sauce | Santa Claus |
| Candles | Sausage rolls |
| Carrots | Snow |
| Christmas trees | Sprouts |
| Cranberries | Star |
| Decorations | Stuffing |
| Mince pies | Tinsel |
| Nutmeg | Trifle |
| Plum pudding | Turkey |
| Presents | |

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

The winners of last Housing Matters Word Search competition are

1st - Mrs B. Moore who receives £100

3 runners up who all receive £50

- Micaela Partridge
- Hannah Wright
- Gabrielle Kirby

Congratulations to you all and thank you to everyone for entering.

ADULTS OR KIDS COLOURING



Stay safe, warm and well

STAY SAFE

When the weather turns colder, it's important to take the necessary precautions to make your home a safe environment.

- **Stock up on the essentials** to avoid venturing out as much. This includes making sure you have prescriptions in before Christmas.
- **Identify a friend, volunteer or neighbour** someone you trust, who can help with shopping, medications or anything else you might need.
- **Keep a list of useful contacts** we have prepared a list for you at the end of this guide. Keep this handy, so that it's accessible should you need it
- **Don't risk trips and falls** be sure to wear shoes with good grip, both in and outdoor.
- **If case of an emergency** call the appropriate emergency services for assistance.

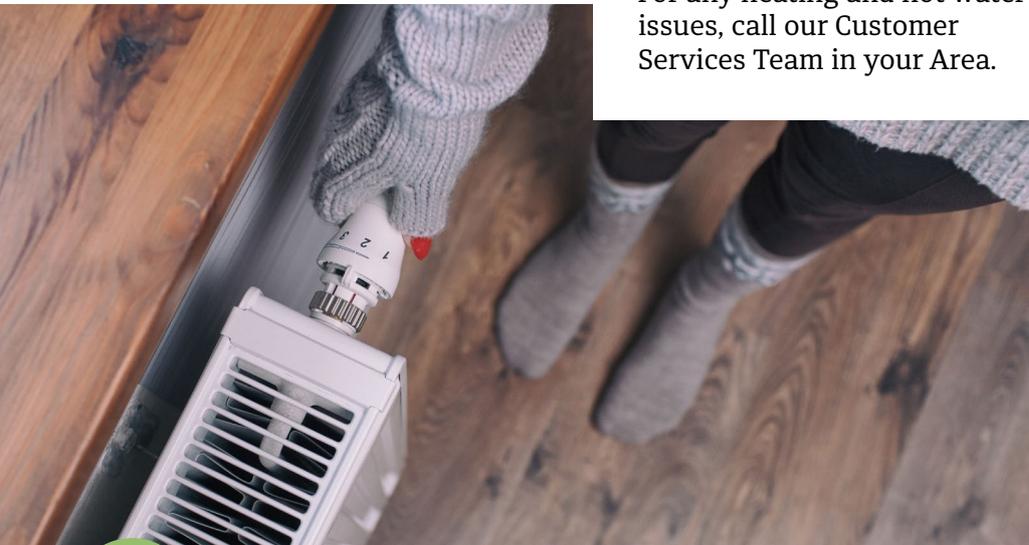
STAY WARM

Staying warm is important to help your body keep strong and fight off viruses and infections:

- Have plenty of hot drinks and keep a flask handy if your mobility is limited.
- Set the heating to regular times, and keep your home to at least 18°C - 21°C, especially the rooms you spend more time in.
- Use thermostatic valves on your radiators to increase and lower heating in the rooms depending on their usage.
- Keep windows closed at night, to reduce the risk of chest infections.
- Wear layers of cosy clothes to trap warmth.
- Close doors and use a keyhole cover to block draughts.
- Allow access for a boiler service when contacted by our contractors. This will ensure that your boiler is running efficiently. For any heating and hot water issues, call our Customer Services Team in your Area.

STAY WELL

- Have warming food and drinks.
- Stay active to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.
- During winter we can feel more isolated, as fewer people are out and about. It's important to look after your mental health and stay connected with others as much as possible.
- Stay in touch by reaching out to friends and family for a daily chat. These are difficult times and a phone call could brighten their (and your) day!
- Keep your neighbours, family and friends' phone numbers handy. For extra help, go to www.royalvoluntaryservice.org.uk or nhsvolunteerresponders.org.uk
- Continue to go to social activities with friends, while taking sensible measures to keep yourself and others safe from Covid, colds and Flu





Draught Excluders - Simple and Wonderfully Warming

AMY GILBERT JEANS
Service Lead

On a recent weekend visit to my parents' house I discovered that they have invested in draft excluders and thermal curtains for all doors that open to outside - my dad is absolutely determined not to turn on the heating until he really has to!

I have to say I was quite taken aback at the difference these simple measures made. My parents' house has always been cold in parts, but with the addition of the excluders and curtains it was so much warmer!

They are also absolutely thrilled with the difference, and have questioned how they have only just discovered the benefit.

It made me wonder about how many other low cost, practical measures could be put in place to conserve heat and energy in our homes?

We have shared some cheap and simple keeping-warm tips here in the magazine and we'd love to hear your ideas too. Send your ideas to tenantparticipation@eastdevon.gov.uk and we'll share them with other tenants.

How to make a draft excluder



To reduce the risk of fire, remember to keep all soft furnishings away from sources of heat such as candles, fireplaces, and electric heaters

Don't let your precious heating escape as draughts! It's a waste of energy and money. Draught-proofing is one of the quickest, easiest, and cheapest ways of saving energy and help lower your heating bills. It's easy to make a DIY draught excluder at home - no sewing skills necessary! Although if you are handy with a needle and thread then that's a bonus.

Our step-by-step instructions below will help you draught-proof your door using various fabrics and types of stuffing.

How to make a draught excluder with an old duvet

Want to make a DIY draught excluder in less time than it takes to make a cup of tea? This one's for you! Depending on your duvet, this could be quite bulky so would work best for doors that aren't opened very often, for example in a guest room.

1. Roll up your duvet as tightly as possible.
2. Tie it in place with ribbons or string.
3. That's it - one DIY duvet draught excluder done!

How to make a draught excluder with an old pillowcase

Another way to make a DIY draught stopper with old bedding is to use a pillowcase you no longer need. The quickest option is the no-sew one, but you'll get a neater finish if you don't mind digging out some needle and thread.

1. Use stuffing to fill about a third of the pillowcase.
2. Position the stuffing along the longer edge of the pillowcase, not the shorter one.
3. Once in place, fold or roll the excess fabric over the stuffed part and tie in place with ribbon or string, making sure that the opening is firmly closed.
4. Alternatively, sew up the opening before folding over the excess fabric and tying into place.

How to make a draught excluder with old tights

A bobbly old pair of tights (or a couple of pairs of child-sized tights sewn together) can make a good DIY draught excluder at

home. Make sure you sew up any holes or runs though, to stop the filling from escaping.

1. Cut the tights in half from the waistband to the gusset, so you have two separate legs.
2. Fill one leg with stuffing - see below for stuffing ideas.
3. Once full, tie the open end up with a knot - or use a ribbon or some string if they're not long enough.
4. If you're using child-sized tights, you'll need both legs. Stuff them separately, and then sew them together. You may need more than two legs, so cut the toes off the middle sections so that you can sew them together into one long tube.

How to make a draught excluder with an old shirt, jumper, leggings or jeans

You can repurpose old clothes into a DIY draught excluder with just some basic sewing skills. As when making a DIY draught excluder at home out of tights, you'll need to sew up any holes before you start.

1. Cut the arms off your shirt



- or jumper, or cut down from waistband to gusset to separate your jeans or leggings into two separate legs.
2. Sew up the cuffs if you're using a shirt or jumper, or the ankles if you're using jeans or leggings.
 3. Fill your fabric with stuffing.
 4. Sew up the opening.

How to make a draught excluder with your sewing skills

You'll need a piece of fabric that is at least as wide as the door you want your draught stopper for, otherwise you'll need to sew different pieces together to get the length you need. Choose a fabric that's hard-wearing, like denim or cotton, as it's going to be on the floor.

1. Measure and cut the fabric to size. It should be at least as wide as the door, and about 40cm long.
2. Fold it in half lengthwise, and sew up the long side and one of the short ones. If you're using patterned fabric, make sure the patterned side is

inside so the stitching doesn't show when it's in use.

3. Once you've sewn your edges, turn it inside out so that the pattern is now facing outwards.
4. Fill with stuffing, then sew the last edge shut.

Stuffing ideas for your DIY draught excluder

You can buy stuffing for the DIY draught excluder you make at home, but you probably have plenty of stuffing options already lying around at home:

1. Sand
 2. Rice
 3. Dried lentils or beans
 4. Plastic carrier bags
 5. Old socks, tights and underwear
 6. Rags and other fabric offcuts
 7. Foam peanuts
 8. Old newspapers
 9. Unused cat litter
 10. Old napkins and towels
- The key is to make sure it's not too light so that your draught proofer stays in place. If you do decide to go for a lighter stuffing option, you'll need something to weigh it down. A simple option is

to fill a pair of old socks halfway with rice, lentils or sand and then tie the ends up. Put one filled sock at each end of your DIY draught excluder before filling with the rest of your stuffing.

Decoration ideas for your DIY draught excluder

Now that you've got your homemade draught stopper, brush up on your sewing skills to create some cute animal themed decoration for it. These ideas will work best if you've used old tights, leggings or jumpers to make your draught excluder.

How to make a snake draught excluder

1. Cut two pieces of cloth measuring approximately 10cm x 4cm.
2. Sew them together along three sides.
3. Fill with stuffing, then sew the final side shut.
4. Add a piece of material shaped like a snake's tongue to the front of your draught excluder.
5. Sew on some buttons for eyes.

How to make a cat draught excluder

1. Cut two triangular pieces of cloth measuring about 5cm along each side.
2. Sew them together along two sides.
3. Fill with stuffing and sew the final side shut.
4. Repeat to create another stuffed triangle.
5. Attach these to the top of your draught excluder to create cat ears.
6. Create whiskers with some

pipe cleaners, and attach these with a few stitches or a glue gun.

7. Finish with some stick-on eyes, or use buttons as above.

How to make a sausage dog draught excluder

1. Tie some wool or ribbon around your draught stopper, about 10cm from each end. This creates your doggy snout and tail.
2. Use an old pair of child sized mittens or socks to create ears,

by sewing one on either side of the 'head'.

3. Sew on some buttons for eyes.



To reduce the risk of fire, remember to keep all soft furnishings away from sources of heat such as candles, fireplaces, and electric heaters

How to Make Thermal Curtains

Old duvets make for a great filling in thermal curtains. Doubling the duvet will increase the insulation value and add weight to keep your curtains pressed tightly against the wall.

Measure your window and find something strong and solid, imagine a rigid dowel or heavy stick, to span the bottom of the window to give your curtain some structure and to make it easy to roll up and down.

You can use just the duvet itself for the curtain if you are looking for a very quick and easy solution, or you can pick out some fabric to be sewn over the duvet for a more decorative look.

Pinning the thermal curtain fabric

Cut your fabric a couple inches larger than the actual window measurements. To make cutting your fabric easier, place the two pieces of fabric with the fronts facing each other and your duvet layer(s) all in one pile and cut them simultaneously. Be sure to pin them together to keep them from shifting while you cut and then sew the fabric together.

Next, sew the materials together on three sides. On the final fourth side, sew about 1/3 of the length from each corner, leaving an unsewn portion in the centre. Use the hole that you left unsewn to flip the curtain right side out. Then place your dowel

or heavy stick between the layer of fabric and duvet at the bottom of the curtain. Finish the curtain by sewing the hole shut.

You can use a variety of methods to actually hang your new thermal curtains. You can sew velcro to the top back side, or sew small fabric loops on the top and hang the curtain from hooks mounted on the window frame. Be creative.

Thermal curtains are a cheap and easy way to save energy costs in your home. They can largely be made with reused and recycled materials.

Roll them down on cold winter nights, or even during a hot summer day to block the sun's rays and save energy costs!



Taking Control of your Finances

Taking Control of your Finances

When money is tight learning how to budget effectively is a very useful skill

A budget is one list of all the money you receive and another of all the money you spend, in either a week/month/year. Take the amount you spend from the amount you receive. If you are over spending, look for ways of economising.

Work out your total income - this can be weekly, monthly, four weekly or fortnightly and include all your income including benefits and pensions. To do this you need to multiply the weekly figure by 52 and then divide by 12 this will give you the calendar monthly figure to include in your budget.

Making a budget is the first step towards taking control of your finances. This will help you to see where your money is going and so it's easier to make sure that you've covered all the things you need to pay for.

Making a budget is a great way to spot areas where you can make savings.

Budget Planner

Income	Monthly
Salary	£
Housing Benefit	£
Personal Independent Payments	£
Carers Allowance	£
<u>Monthly Income</u>	£
.....	
Actual Outgoings	Monthly
Rent including support charges and Repayment Plan	£
Council Tax	£
Gas/Electric	£
Food/Toiletries	£
SWW Water	£
Total monthly outgoings (A)	£
.....	
Total Income	£
.....	
Total Outgoings	£
.....	
CASH LEFT	£
.....	

Budget Surplus/Defecit

- Once you have deducted the Income from your spends if you have anything left over when you have paid for everything you have a "budget surplus".
- If you're spending more money than you've got coming in then you have a budget deficit.
- To prepare for costs that only happen occasionally like car servicing and repairs or birthdays and Christmas you will need to work out how much you've spent on that cost over the past year and then divide this figure by 12. This will giving you a monthly figure to put in your budget.

Overall winner
Ash Taylor



EDDC tenant Garden Competition 2022

Once again the tenants of East Devon District Council have excelled themselves with a beautiful display of gardens. Despite the extremely dry conditions and a hose pipe ban for some there were some exceptional entries to this annual event. We had over 20 entries which were judged by professional garden designers SallyAdamGardens.

Sally Piper and Adam Montague have been working together for over 20 years and are RHS trained. They have a wonderful local business offering everything for the garden from design, to advice on planting and aftercare. Check out www.sallyadamgardens.co.uk/. They both kindly gave up their bank holiday to judge the entries - we thank them very much!

The tenant garden competition is an annual event that was this year organised at very short notice.

The results are as follows

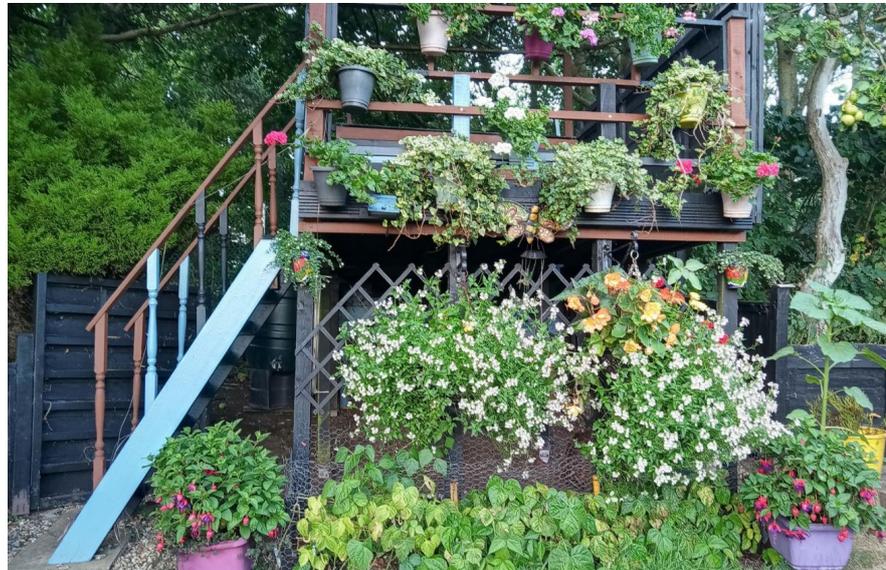
- **Overall winner -**
Best Garden - Ash Taylor, Sidmouth
- **Front Garden -**
Gold - Ivana Sterbova, Colyton
Silver - Tony Woodman, Seaton
Bronze - John Fowler, Sidmouth
- **Back Garden -**
Gold - Ron Taylor, Broadhembury
Silver - Angela Walker, Honiton
Bronze - Anita Dunn, Honiton
- **Communal Garden -**
Gold - Jimmy and Julie Kelleher, Broadclyst
Silver - David Stanbury, Honiton
Bronze - Tony Woodman, Seaton
- **Tubs & Hanging Basket**
Gold - Sue Wakely, Whitford
Silver - Pat Benton, Broadclyst
Bronze - Mark Toplis, Exmouth



Gold Front Garden – Ivana Sterbova



Gold Back Garden – Ron Taylor



Gold Tubs and Hanging Baskets – Sue Wakely

Commenting on this year's competition Sally and Adam said *"SallyAdamGardens would like to say how impressed we are with all the entries. Gardening in such dry conditions this year has been tough. Well done everyone!"*



We are very thankful to the organisations who donated funds or vouchers to support us in awarding prizes. Thank you to St Bridget Nurseries, Kings Garden Centre, Thistle Insurance Group and Ian Williams Ltd for enabling us to handsomely reward the winners.

Councillor Dan Ledger, Portfolio Holder for Sustainable Homes and Communities said *"I would like to thank everyone who took the time to enter the garden competition this year, and many congratulations to the winners, I would also like to thank SallyAdamGardens for their very fair and professional judging. Well done everyone."*



Gold Communal Garden- Jimmy and Julie Kelleher



RECIPE

QUICK(ER) CHRISTMAS LUNCH!

CHICKEN THIGHS WITH ROASTED VEG

INGREDIENTS

- 1—2 thighs per person
- 1 carrot per person
- 1 parsnip per person
- 2 potatoes per person
- Olive or vegetable oil
- Pepper to taste



You could also add some chunks of onion, which is good for adding flavour.

METHOD

- Preheat your oven to 180°C / Gas Mark 4.
1. Prepare your vegetables by peeling and cutting them into chunks. Try and make sure that they are of an even size.
 2. Place in the roasting dish and pour over a little oil and pepper if you like. Turn the vegetables so they get coated in the oil.
 3. Put the chicken on top of the vegetables and roast initially for 20 minutes. After 25 minutes, turn over the vegetables and cook all for a further 20 minutes to ensure they are cooked evenly and soft inside.
 4. Check the chicken is cooked by spiking a knife deep into the flesh, if blood comes out cook for longer—it is cooked when the juices run clear.



**HEALTH AND LOCAL
FOOD FOR FAMILIES**

GRAVY

INGREDIENTS

- Fat and juice from the chicken and veg
- 1 tbsp plain flour
- ½ pint / 240ml low salt chicken or vegetable stock
- Ground black pepper

METHOD

1. Once the chicken and veg are cooked, place on a plate and put back into the (turned off) oven to keep warm.
2. Heat the roasting dish on the hob and add the flour, stirring well. Cook for a couple of minutes.
3. Add the stock or veg water and continue stirring until thickened and lump-free.
4. Serve the chicken, vegetables, sprouts and gravy—enjoy!

HALFF: Helping people to cook delicious healthy food

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RECIPE STUFFING

INGREDIENTS

40g butter
 2 onions
 125g breadcrumbs
 Fresh parsley, finely chopped
 Fresh or dried thyme or sage
 Pepper, to taste
 Milk

METHOD

1. Peel the onions and chop finely.
2. Add the butter to a pan and cook the onions over a medium heat until see-through and soft.
3. In a bowl mix the breadcrumbs, herbs, softened onions and pepper. You can add a little milk if it looks very dry.
4. Place the mixture in an ovenproof dish or tray and cook in the oven for 20-30 minutes or until a little brown on top.

Serves 4-6



RECIPE SPROUTS

INGREDIENTS

1 tbsp olive or vegetable oil
 1 onion
 400g sprouts
 3 rashers bacon

METHOD

1. Take off the outer and any discoloured leaves and cut the sprouts in half.
2. Peel and chop the onion.
3. Cut the bacon into strips and fry in a little oil until browned. Set aside.
4. Add the onion to the bacon pan and cook until soft (about 5 minutes).
5. Then add the sprouts and fry over a medium heat for 5 about minutes or so until the sprouts are softish, but **not soggy!**

Serves 4-6

KEEPING YOUR PERSONAL DATA SAFE | AN EXPLANATION FROM THE COUNCIL

Any personal information which you provide will be held and used by East Devon District Council for the purpose of resident involvement.

Your information may be provided to a third party acting on our behalf. Your information may also be shared within East Devon District

Council for the purposes of carrying out our lawful functions. Otherwise your personal information will not be disclosed to anybody outside East Devon District Council without your permission, unless there is a lawful reason to do so for example, disclosure is necessary for crime

prevention or detection purposes.

Your information will be held securely and will not be retained for any longer than is necessary. There are a number of rights available to you in relation to our use of your personal information depending on the reason for processing.

Further details about our use of your personal information can be found in the relevant Privacy Notice which can be accessed at eastdevon.gov.uk/media/2505620/landlord-services-administering-a-tenant-participation-and-involvement-scheme.pdf.



RECIPE

NO ADDED SUGAR MINCE PIES

INGREDIENTS

Filling

2 cooking apples
2 eating apples
2 handfuls of sultanas
Cinnamon (optional)

Pastry

200g/8oz plain flour
100g/4oz butter (cubed)
2 tbsp cold water

If in a hurry use ready-made pastry, but beware of the high levels of salt and trans fats they may contain.



METHOD

1. Sift the flour into a bowl and add butter. Using your fingertips, rub in the butter until it resembles fine crumbs.
2. Sprinkle with 2 tablespoons cold water, then stir until it clumps together – add a little more water if it is dry.
3. Bring the mixture together to a rough ball. Tip out onto a lightly floured surface and knead very briefly until you have smooth firm dough – do not overwork as you will end up with tough pastry!
4. Wrap in cling film and pop in the fridge while you prepare the apples – this relaxes the gluten in the flour and stops the pastry shrinking during cooking.
5. Meanwhile, peel and core the apples.
6. Chop the apples into small pieces and stew in a pan with a little water and the sultanas until soft.
7. On a clean, dry surface sprinkle some plain flour and roll out the pastry as thinly as possible without it tearing.
8. Using a pastry cutter (or an upturned mug) cut pastry into circles. Press half into a greased cupcake tray.
9. Fill cases with stewed apple and sultana mix. Sprinkle cinnamon over.
10. Using a pastry brush, dampen the top rim of the pastry case with water. Place on another circle to cover and press firmly around edge. Spike lids with a fork.
11. OPTIONAL: glaze with milk so they turn golden in oven.
12. Cook in oven at for around 15 to 20 minutes, until golden.

HALFF: Helping people to cook delicious healthy food

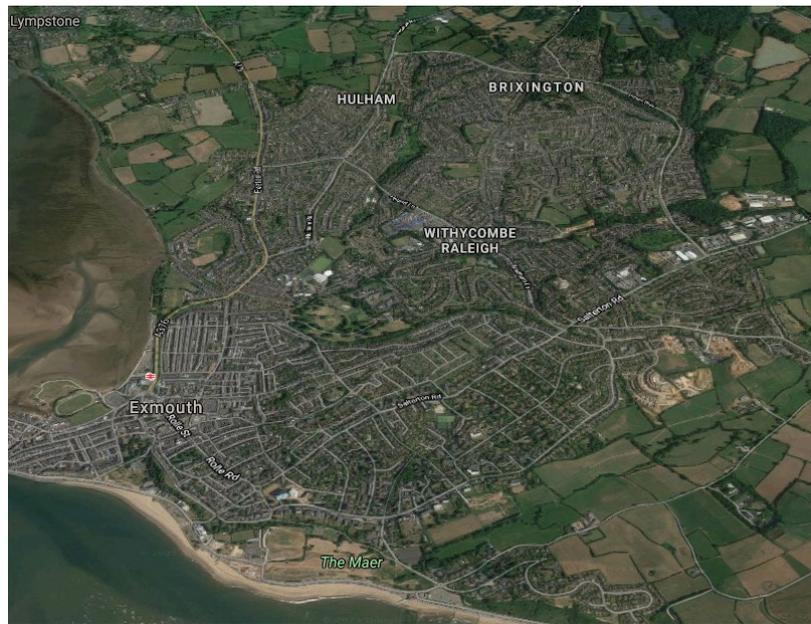
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IN YOUR COMMUNITY

Exmouth friends in need

Exmouth Friends in Need is a non-profit organisation founded in 2018



CLAIRE AUSTIN
Founder

Who do we help?

Families, individuals, children and young people, older and elderly people, people with disabilities, other charities or voluntary bodies, other defined groups and the general public.

We do not discriminate on any grounds whatsoever.

If you are struggling and need support please get in contact via our Facebook page, Exmouth Friends in Need, on our website exmouthfriendsinneed.co.uk, or pop into our new shop in the Indoor Market

We are limited to the area you see on the map. Even though we are expanding we can only help so many families at any one time.

EFIN have recently opened a shop in Exmouth indoor market.

We will be selling mostly donated clothes, but a few other bits and pieces too. We have been stockpiling donations for months while we put our plans into action. Behind the scenes we have manically been sorting, ironing and pricing almost 800 items ready. We will not just be supporting families with clothes, but will also operate a voucher scheme where agencies, such as open door, CAB, or the food bank will be able to give a voucher to families that can be used as payment in our shop.

What we need now is volunteers to help run it! (mon-sat 9-5) So if you fancy volunteering please get in contact with your availability.

"We exist to prevent or relieve poverty in Exmouth and the surrounding area, in particular, but not exclusively, by providing fresh food supplies to individuals with assessed mostly short term needs and/or to charities and other organisations working towards the same aims.

We also help with non-perishable goods, energy payments and fuel costs for work travel. We strive to ensure that no child or individual goes unfed who are living in poverty in the Exmouth area. We aim to clothe people appropriately. Your help means that people won't have to choose to heat or eat in our local community."

Support with cost of living and winter pressures

from Devon Communities Together

SARAH NEWMAN

Devon Communities Together

Independent charity Devon Communities Together understands that many communities, organisations and people are facing major challenges this winter due to the cost of living crisis. We are able to offer FREE support in lots of different areas, which we have shared below. If you would like more detail about any of these initiatives, or would like to access our support, please do contact us. You can reach us on 01392 248919, email info@devoncommunities.org.uk or visit www.devoncommunities.org.uk/cost-living-crisis-support

Heating and energy support

Our energy champion can support you with saving energy, keeping warm, managing fuel debt and accessing financial support. We can also help with getting the best price for heating oil if you are 'off-grid'. Contact: martin@devoncommunities.org.uk

Boost your wellbeing

Prioritise your wellbeing and build your resilience with free online workshops and 1-2-1 check-ins with our Wellbeing Works programme. Our fun and insightful workshops have been getting great feedback from a wide range of participants who enjoy taking an hour or so out of their day to focus

on something positive for their wellbeing, from photography, to TaiChi and more. Our 1-2-1 check-ins (either video or phone calls) give people the opportunity to have a chat with a trained volunteer to take stock of their wellbeing, share challenges and feel inspired to take positive steps towards greater wellbeing. Visit: www.devoncommunities.org.uk/projects/wellbeing-works to book a workshop or check-in.

Tackling loneliness and isolation

Our Connecting You initiative is supporting people who may feel isolated or lonely to feel more confident using public transport to connect with other people and places. This includes 'travel training' where we can accompany people on journeys to help them feel more secure about reading timetables, buying tickets and using transport independently. Contact: rod.birtles@devoncommunities.org.uk

Sharing food & reducing waste

We're working with Recycle Devon on establishing community fridges across Devon, which will provide free food for people. To find your nearest community fridge, visit: www.recycledevon.org/community-fridges-and-larders

Support for small businesses

We're offering free coaching, workshops and other support for people hoping to set up a new

business or social enterprise as part of our NewStart Devon programme, which is receiving funding from the European Regional Development Fund. Contact: hannah.reynolds@devoncommunities.org.uk

Grant funding

DCT is currently administering a number of funds that could fund a variety of community initiatives, including up to £10,000 for projects that aim to address loneliness by using public transport, up to £3,000 for projects that help communities become more resilient, and up to £1,500 to support the creation and implementation of Community Emergency Plans. If you have an idea or spot a need in your community that requires funding, you can find out more and apply online here: www.devoncommunities.org.uk/grant-funding-opportunities

Preparing for emergencies

Devon Community Resilience Forum can help communities prepare for emergencies such as flooding, heavy snow, power cuts and more by supporting them to create Community Emergency Plans for their local area which can help keep local people safe and assist the emergency services' efforts. Find out about how you can create an official plan for your area this winter by contacting: laura.dixon@devoncommunities.org.uk

Do you have a compliment, complaint or comment?

The Editorial Group are working hard to improve our service to you.

To help us with this we would value hearing from you and welcome any comments, compliments or complaints that you would like to make. These will be monitored by the Designated Tenant Complaint Panel (DTCP) who are tenants that understand your point of view and will help to make changes to the services provided. We will report back on issues raised and the changes in further magazines.

I know many of you think these surveys are a waste of time but

let me assure you, each and every compliment, comment or complaint, you return to us, will be read and acted on, accordingly.

If you would like to make a compliment, complaint or comment you can do so by sending in the 'have your say' form included with this magazine by Friday 9 September.

It won't cost you a penny but it will cost you a few minutes of your time, so please help us to help you.

If you are unhappy with the Housing service, or you are not happy with the way EDDC have dealt with an issue, we would encourage you to make a formal

complaint which you can do by:

- Writing to the Complaints Officer, East Devon District Council, Blackdown House, Border Road, Honiton, EX14 1EJ
- Telephoning the formal complaints team on 01395 517417 and ask to make a formal complaint
- Calling into the Council Offices at Blackdown House, Honiton or Exmouth Town Hall, Exmouth (by appointment)
- Emailing complaints@eastdevon.gov.uk
- Completing our online complaint form at www.eastdevon.gov.uk.

WHAT'S ON | community centres

BIDMEAD, EXMOUTH

Exmouth Stroke Survivors Club

Wednesday 10.30am-12.30pm

Warm Space - open to all

Wednesday 1.30pm - 5pm

MSO led Christmas Party

Friday 2nd December 11am - 2pm

RATCLIFFE HOUSE BURNSIDE, EXMOUTH

Chat and Patch

Thursday 1.30pm - 5pm

Cancer Support Group

Thursday (1st of the month)
9am - 1pm

Coffee morning

Friday 10.00am-12.00pm

CLAYTON HOUSE, EXMOUTH

Mens Shed

Tuesday, Wednesday &
Thursdays 9.00am-4.00pm

DUNNING COURT, HONITON

Open Arms East Devon

Tuesdays 10.30am - 4pm

MILLWEY, AXMINSTER

Bingo

First Friday of each month
11.00am

Seated Tai-Chi

Thursday 2pm - 3pm

Warm Space - open to all

Sunday 9am

MORGAN COURT, EXMOUTH

The Welcome Centre

Crafts, exercise, games, free
tea and coffee.

Full day £30 (includes
two-course lunch), half day £15
(includes two-course lunch),
Lunch only £5.

Thursday & Friday
9.00am-5.00pm

PALMER HOUSE

Craft Group

Monday 10am-12noon

Breakfast Club

Tuesday 9.30am - 11.30am

Exmouth Spiritual Fellowship

Tuesdays (fortnightly) 1pm
- 5pm

Brixington Ladies Club

Wednesday (1st, 2nd and 4th of
the month)

Lunch Club - raising funds for Force cancer charity

Friday 11.30am - 2pm

Sessila Twilight Service

Sunday (2nd of the month) 4pm
- 9.30pm

Christmas Coffee Morning Raffle, games, childrens choir

Thursday 15th December
10.30am - 12.00noon

PARK CLOSE COMMUNITY CENTRE - WOODBURY

Afternoon Tea

Monday 2pm - 5pm

Quilting

Wednesday (fortnightly) 2pm
- 5pm

Computer Surgery

Friday (fortnightly) 2pm
- 4.30pm

Community Groups Offering Food Support around East Devon

SEATON AND SURROUNDING AREAS Including Branscombe, Axmouth and Colyton

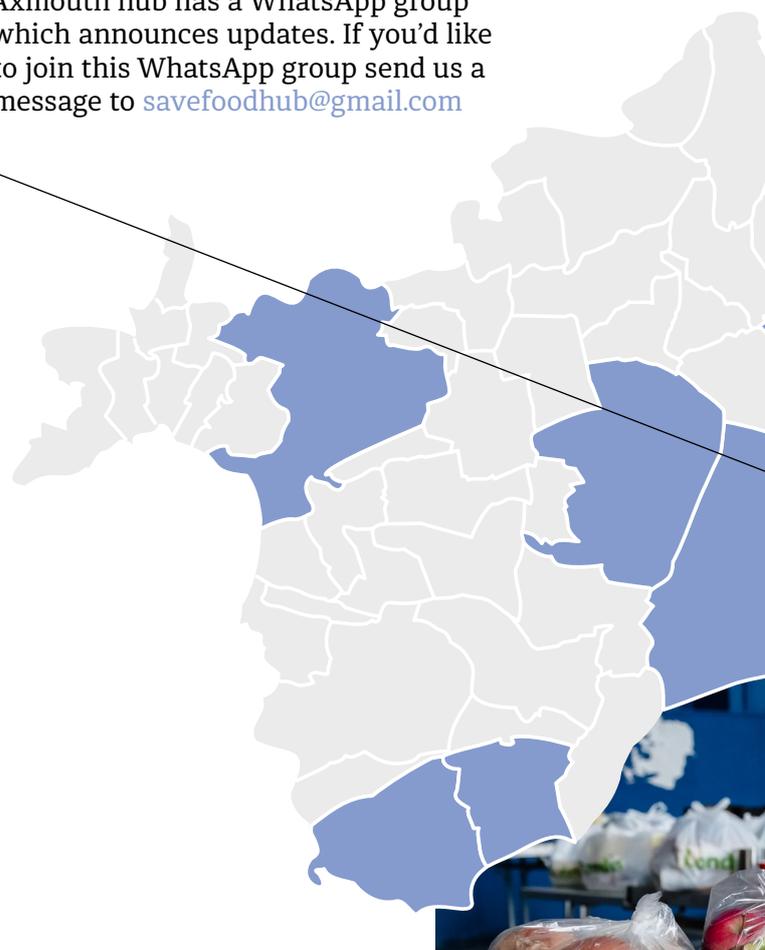
What is it? Seaton Foodbank
Where is it? Number One, Harepath Road, Seaton
How do you get food? People have to be referred in. Call your EDDC Housing Officer, or Customer Services on 01404 515616.
When is it open? Wednesdays 2-4pm, but we do deliver emergency food parcels at other times

What is it? SAVE Food Hub Colyton
Where is it?
Thursday @ Reece Strawbridge Centre 20:20 - 20:50
Friday @ Finn Studio, Umbourne Bridge 09:00 - 10:00
Sunday @ Reece Strawbridge Centre 15:45 - 16:15
How do you get food? Just turn up and help yourself
Colyton hub has a WhatsApp group which announce updates. If you'd like to join this WhatsApp group send us a message to savefoodhub@gmail.com

What is it? SAVE Food Hub Seaton
Where is it? 19 Queen St, Seaton
How do you get food? Show up and help yourself
When is it open?
Monday 20:15 - 20:40
Tuesday 10:00 - 10:30
Wednesday 20:15 - 20:40
Friday 20:15 - 20:40
Saturday 11:00 - 11:30
20:15 - 20:40

Seaton hub has a WhatsApp group which announces updates. If you'd like to join this WhatsApp group send us a message to savefoodhub@gmail.com

What is it? SAVE Food Hub Axmouth
Where is it? Axmouth Village Hall
How do you get food? Show up and help yourself
When is it open? Tuesdays 20:10 - 20:40
Axmouth hub has a WhatsApp group which announces updates. If you'd like to join this WhatsApp group send us a message to savefoodhub@gmail.com



HONITON AND SURROUNDING AREAS

Including Feniton and Dunkeswell

What is it? Food Bank

Where is it? The Kings Centre

How do you get food? People have to be referred in. Call your EDDC Housing Officer, or Customer Services on 01404 515616.

When is it open? Tuesday and Friday 12.30 – 3pm

What is it? Honiton Foodsave

Where is it? Honiton Family Church, High Street. We also run deliveries to Feniton and Dunkeswell

How do you get food? Show up and help yourself. We also offer some homemade meals and we sometimes have non-food items e.g. nappies and toiletries.

When is it open? Monday, Thursday, Friday 8:45pm-10:00pm Sunday 4:30pm-5:30pm

For up to date information visit

www.facebook.com/honitonfoodsave

AXMINSTER

What is it? Axminster Foodbank

Where is it? Axminster Wellbeing Centre

How do you get food? People have to be referred in. Call your EDDC Housing Officer, or Customer Services on 01404 515616.

When is it open? Mondays 10am - 1pm; Tuesdays 10am – 1pm; Thursdays 10am – 1pm

What is it? Community Fridge

Where is it? Pippins Community centre, Lyme rd, Axminster, EX13 5AZ

How do you get food? Turn up and help yourself. We stop food going to waste and everyone is welcome.

When is it open? Mondays 9am – 12pm and Thursdays 9am -12pm

What is it? SAVE Food Hub – free surplus food

Where is it? The Waffle house, Trinity House

How do you get food? Turn up and help yourself.

When is it open? Wednesdays. Thursdays and Saturdays 8.45pm – 9.15pm

What is it? Nourish – a free fortnightly cooked lunch, and free frozen meals to be collected

Where is it? The Guildhall

How do you get food? If you are struggling to feed yourself or your family, Karen from Nourish will explain how you can get referred. Call her on 07708 731826

When is it open? The fortnightly lunch is on a Thursday at 12pm. The meals can be collected on Tuesdays and Thursdays 10am – 12pm.

What is it? Project Food – Free Fruit and Veg box delivery. Recipe boxes for families.

Where is it? We deliver weekly to Axminster, Seaton, Honiton and many towns and villages like Colyton, Hawkchurch etc. Even if we don't already deliver to your town or village, we can still deliver to you or put you in touch with someone else who can help.

How do you get food? Contact Kerry Morgan kerry@project-food.org.uk 01297 631782/07305 004631

When is it open? Delivery only

For up to date information visit project-food.org.uk



IN YOUR COMMUNITY

EXMOUTH AND SURROUNDING AREAS Including Budleigh Salterton, East Budleigh, Woodbury, Exton, and Lymptstone

What is it? Food bank

Where is it? Salvation Army Hall, Sheppards Row, EX8 1PW. We also deliver to surrounding villages

How do you get food? Email help@exmouth-foodbank.org.uk or call 07749 322291

When is it open? Tuesdays and Fridays, 13:30-15:00
For more information:

www.exmouthfoodbank.org.uk

What is it? Littleham Community Fridge

Where is it? Bidmead Community Centre, Littleham, EX8 2TF

How do you get food? Show up and help yourself

When is it open? Wednesdays 3-5pm
Thursdays 9-11am Fridays 4-6pm

What is it? Open Door Café and Community Fridge

Where is it? Open Door Church St, Exmouth EX8 1PE

How do you get food? Show up and help yourself.
Free hot meals available to those in need.

When is it open? The Community Fridge is on Mondays, Wednesdays, Thursdays and Fridays 09:30 - 15:30, The café is on Mondays, Wednesdays and Fridays 09:30 - 14:00

BUDLEIGH

What is it? Exmouth foodbank leave food here for Budleigh residents

Where is it? Seachange

How do you get food? Ring Seachange 01395 446896

When is it open? Monday - Thursday
8.30 - 6pm, Fridays 8.30 - 5pm

What is it? Community Larder

Where is it? Wesley's Community Cafe

How do you get food? Turn up and help yourself

When is it open? Monday to Saturday 09.30 - 14.30

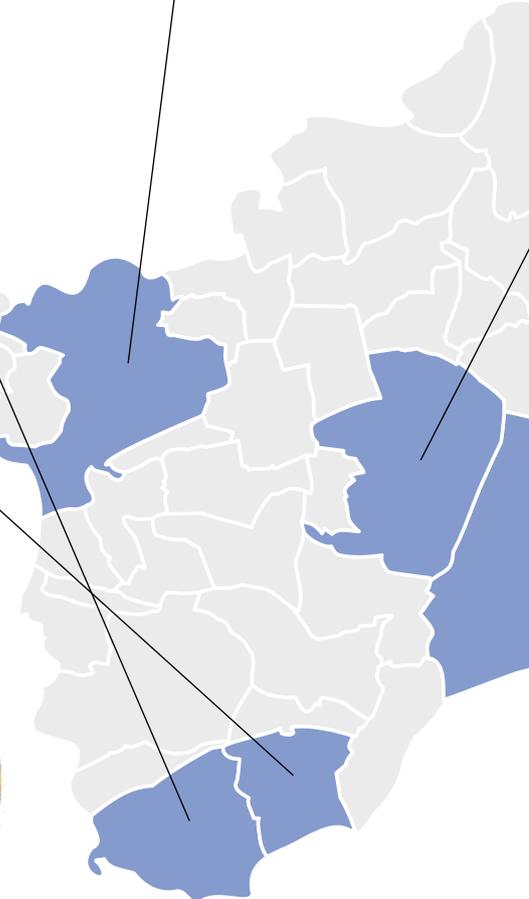
BROADCLYST AND SURROUNDING AREAS Including Whimble, Rockbeare, Clyst St Mary, Clyst Hydon, Clyst St Lawrence, Poltimore)

What is it? Food bank and other support with getting what you need

Where is it? We deliver to you

How do you get food? Email support@broadclyst.org or call Angie 07532 286713

When is it open? We respond to requests 7 days a week



OTTERY ST MARY

What is it? Ottery Foodbank

Where is it? We'll let you know once we've arranged your collection slot.

How do you get food? People have to be referred in. Call your EDDC Housing Officer, or Customer Services on 01404 515616.

When is it open? Friday afternoons 13:30 - 14:30

What is it? Ottery Community larder

Where is it? The Council Offices Ottery

How do you get food? Show up and help yourself. Delivery to the wider area is possible.

Call Dean Stewart on 01404 600013

When is it open? Check

bookeo.com/otterylarder

SID VALLEY AND SURROUNDING AREAS including Newton Poppleford and small villages towards East Budleigh

What is it? Sidmouth Food Bank

Where is it? Youth Centre, Manstone Lane, Sidmouth, EX10 9TS

How do you get food? People have to be referred in. Call your EDDC Housing Officer, or Customer Services on 01404 515616.

When is it open? Tuesdays 10.30 - 12.00.
Deliveries are made on Fridays.

What is it? SAVE Food Hub Sidmouth

Where is it? Dissenters' Chapel

How do you get food? Show up and help yourself

When is it open? Tuesdays, Wednesdays,

Thursdays & Saturdays 20.15 - 20.45

Sidmouth hub has a WhatsApp group which announces updates. If you'd like to join this WhatsApp group send us a message to savefoodhub@gmail.com



Libraries lifeline as cost of living crisis deepens

COLIN BRAY

Service Development Manager

Your local library offers a warm space and more

Libraries in East Devon will be offering warm welcoming spaces along with groups, resources and facilities to help people struggling in the cost of living crisis this winter.

Events and facilities on offer include:

- **Warm welcoming spaces** throughout all libraries in East Devon. Everyone is welcome to join and spend time in the library, including use of the free WiFi and computers. There are numerous free events and groups including Bounce & Rhyme for babies and toddlers, book clubs, scrabble, Lego clubs, craft sessions and many more. During the winter months libraries will also be working with partners to host sessions supporting energy efficiency, debt advice and other important topics.
- **Coat rails** Exmouth, Sidmouth, and Seaton. The rails were implemented in partnership with Ikea, Willmott Dixon and Julian House. Warm winter coats are donated by library users and others from the local community and can be taken by vulnerable people. Other libraries act as clothing collection points.
- **Home library service in Devon** for those who are housebound or struggle to get to the library. Many libraries have volunteers and the ability to deliver books to those at home who need them. Contact your local library or email [home.library@librariesunlimited.org.uk](mailto:library@librariesunlimited.org.uk) for more information.
- **Free baby weighing facilities** at Ottery St Mary, and Exmouth. This scheme is in partnership with Devon County Council and is designed for families or parents to use during popular Bounce & Rhyme sessions.



- **A selection of Reading Well books** available in all libraries. These cover various aspects of mental and physical health, and include titles aimed at children, teens, and young adults. Digital copies of Reading Well materials are also available through Libby as well as Devon and Torbay catalogues.
- **Free drop-in IT sessions** throughout most libraries.
- **Volunteering at your local library** is a great way to meet new people and support your local community this winter. We have lots of volunteering roles and opportunities - contact your local library for details.

Colin Bray, Service Development Manager, who's organised the campaign, said:

"Across all our libraries there are friendly staff on hand to assist and chat to customers and new visitors. We pride ourselves on the fact our libraries are safe, accessible, and welcoming spaces for people of all ages to enjoy."

"All signs point to this being a difficult winter for many people. There is economic hardship ahead, coming off the back of the recovery from the challenges wrought by Covid. Our customers will be dealing with an increased cost of living including heating bills, transport, and food this winter."

"We want them to know libraries can help. We can keep them warm, give them food, help them find a job, boost their business, offer companionship and a place to explore interests, and help them get online. And all of that is before they even borrow a book!"

"We regularly hear people say, 'I didn't know you did so much!' This winter we want to showcase all that we do to enrich lives and build communities."

Full details of events and initiatives at individual libraries are available online at librariesunlimited.org.uk or by visiting your local library.

IN YOUR COMMUNITY

Come and Support your local Warm Hub – opening in a community centre near you!



BY THE COMMUNITIES TEAM

Nine of our community centres will be opening their doors from **November 28th** as part of the nationwide response to the cost of living crisis.

Please do come and support your local warm hub – and be part of shaping into something others will want to come to.

In the centres we will provide free hot drinks, snacks, daily papers and games. You will also be able to pick up – for free – gloves, hats and blankets. We also hope that you will help make the space what it will

become, bringing your ideas and help to make each space inviting and welcoming.

We will also be running activities and workshops in the Warm Hubs throughout the winter.

Alongside opening 9 of our community centres, we are also supporting **Waffle Seaton** to open on Mondays for EDDC tenants to have free tea, coffee and toast all day.

The timetable is here below. Please contact project officer Lucinda Cliff 07816 533803 or email tenantparticipation@eastdevon.gov.uk if you would like us to organise a taxi for you.

Day	Area	Location	Times	Hosted by
Sunday	Axminster	Millwey Community Centre, EX13 5EW	9.30am - 11.30am	Anthony Chape (minister in training)
Monday	Exmouth	Burnside Community Centre, Withycombe, EX8 3AQ	10am - 4pm	EDDC
	Honiton	Dunning Court Community Centre, nr Thelma Hulbert Gallery, EX14 1FQ	10am - 4pm	EDDC
	Seaton	Waffle Café, Seaton Community Hospital, EX12 2UU	9am - 4pm	Waffle Seaton
Tuesday	Sidmouth	Trumps Court, nr the Ham Carpark, EX10 8BL	10am - 4pm	EDDC
	Axminster	Millwey Community Centre, EX13 5EW	10am - 4pm	EDDC
	Exmouth	Bidmead Community Centre, EX8 2TF	10am - 4pm	EDDC
Wednesday	Broadclyst	Broadview Community Centre, EX5 3HA	10am - 4pm	EDDC
	Exmouth	Bidmead Community Centre, EX8 2TF	1.45 - 5pm	Littleham Community Fridge
Thursday	Ottery	Yonder Close Community Centre, EX11 1HE	10am - 4pm	EDDC
	Sidmouth	Lymebourne Community Centre, EX10 9HZ	10am - 4pm	EDDC
Friday	Woodbury	Park Close Community Centre	10am - 4pm	EDDC

Free hot drinks, snacks, daily papers, games and so much more will be on offer in our community centres.

TENANTS' VIEWS



SEND US YOUR PHOTOS

THIS IS OUR REGULAR PHOTO FEATURE, A GREAT AND QUICK WAY FOR YOU TO GET INVOLVED.

HOW DO I SEND YOU MY PICTURES?

Please don't send images of people, as it makes getting their permission difficult. **Send us a digital photo:** email high resolution JPG images to tenantparticipation@eastdevon.gov.uk.

Hummingbird Hawkmoth -
by Abi Wulff

