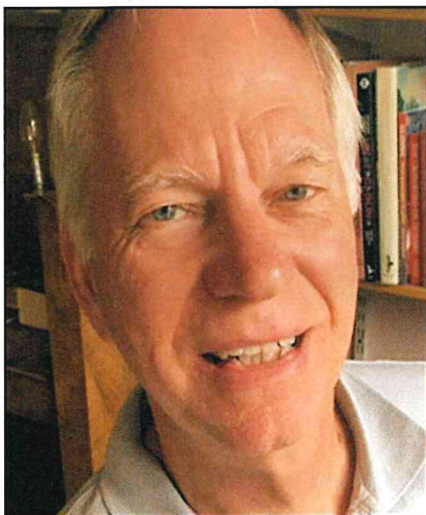


**Welcome to the very first edition of the Assist Teignbridge Newsletter!** We're excited to launch this new way of keeping you updated with news, events, and information about your wonderful local charity. Based in Dawlish, Assist Teignbridge has been providing care and support for older people across Teignbridge for over 30 years. Each month, we'll bring you a different focus, sharing stories, insights, and updates from across our charity. We'd love to hear from you, too — let us know what you find most useful and what you'd like to see in future editions! For our very first issue, we're shining a spotlight on our Trustees — the dedicated volunteers who help guide and shape our work behind the scenes.

## Shining a spotlight on our Trustees

Trustees are the ones who ensure that the charity is carrying out its purposes for the public benefit and is complying with its governing document. Trustees have overall legal responsibility. Trustees work collectively with the charity managers and take decisions at management meetings.

**Russell Chamberlain, Chairman of Trustees** Russell has a lot of experience working for the C of E as Priest in a number of locations including the South East, Okehampton and then Newton Abbot, along the way he has spent 13 years as a hospital Chaplain. Russell is an



experienced trustee having had this role with many charities over the years including Fostering & Adoption agencies, Homelessness and has served on many School Boards. Although he knew the area well Russell has only lived in Dawlish since 2020 and became a Trustee for AT when he finally retired because of his passion for and experience in the care sector. Russell has been a Trustee for Assist Teignbridge since 2021, having previously been a volunteer and has been Chairman for AT for the last 12 months.

**Russell says "My hope for the future for Assist is that together we may be firmly community based as a responsive and compassionate organisation".**

### Robin Buchanan, Trustee



Robin, seen here with Dawn and Chrisi at the recent Turn the Tide event, has been a Trustee at AT since 2015. Robin says *"My early career was with the Bank of England where I retired in 1998. Since leaving the Bank, I have worked in a range of roles including supporting offenders into employment and training, working with the homeless in Gloucester and also some citizen advocacy work."* Robin has a wide range of really valuable skills. These include finance, people management, communication and IT skills. He has been involved with and led fund-raising initiatives for Dawlish Rotary and also has a good knowledge of the voluntary

sector. He has continued to take an interest in, to support, and to engage with the local community. Apart from being an active member of the local Rotary Club, he is currently involved with Dawlish Twinning Association, the local stamp club and a poetry appreciation and writing group. Robin has lived in Dawlish since 2014 and became a Trustee for AT because he saw this as a wonderful local charity, which was doing great work in Dawlish and the surrounding areas.

***Robin says "My hope for the future for Assist is that it can continue to build on its strengths and to serve and support the local community".***

### David, Trustee

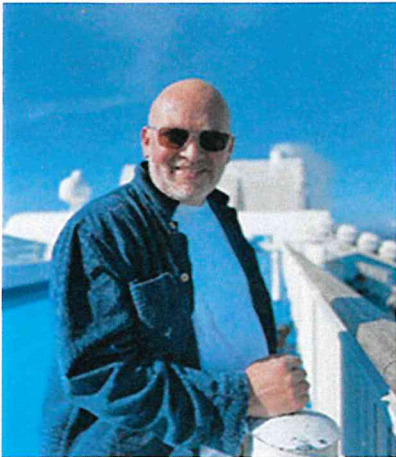
Pictured here at Dawlish Carnival, David works full-time as a civil servant and has held many roles in local & national government, his current work focuses on nature and the environment. David has recent experience volunteering – he is a Street Pastor Team Leader locally, he is a trained 'Suicide First Aider', and he previously volunteered as a young people's mentor with charity "Onemillionmentors" to provide employment/careers advice to Sixth Form and University Students. David has been a trustee at AT since 2022. David has lived in Dawlish since 2020 and became a Trustee for AT because he wanted to integrate into the area after moving here.



***David says "My hope for the future for Assist is to encourage more young people into offering just 30 minutes of their time to befriend or volunteer for people in greater need".***



### Ben Thompson, Trustee



Ben has had an exciting career in film production and TV! He spent many years in comedy and is now focused on drama. His company 'Starcross Entertainment' is currently working on a series with Roland Emmerich (Independence Day) and Marc Forster (World War Z). Ben has skills in marketing, media, PR, planning and fundraising. Ben has been a Trustee at AT since 2023. Ben was interested in becoming a trustee for after losing both parents within a year. He said "We found the support we had during this time outstanding and wanted to help Assist to continue to deliver help and support to other families". Ben lives in Teignmouth.

*Ben said " My hope for the future for Assist is to see the organisation develop its fundraising capabilities and overall business plan helping to deliver a stable and secure organisation."*

We are always on the lookout for new Trustees who have skills and experience to share. If you would be interested please get in touch and we'll be happy to give more information.

## Volunteer Celebration week 2-6 June

We held a coffee morning to say thank you to our wonderful volunteers as part of Volunteers week. Volunteers took part in a number of activities and told us about "What I enjoy most about being a volunteer for Assist Teignbridge"....

- Being part of my community
- The delight of hearing that someone has been awarded a benefit
- The laughter with my "befriendee"
- Meeting and helping people & making a difference Knowing you've helped people, satisfying. Also the social side, meeting other volunteers
- The cake! And also, feeling part of the local community
- Enjoy meeting the people I visit and learning about their history and what life is like for them



### *What I love about being a volunteer*



### *Tops and Pants ...*



### *Some of our wonderful volunteers*



We have lots of different roles from offering friendship and support to someone isolated in their home, to dog walking, to helping with someone's garden or helping with our fundraising and events... lots of different roles to fit your skills and interests.

*If you are interested in finding more out more about becoming a volunteer and contributing within an award winning charity, we would love to hear from you.*

**Call the Volunteer Centre on 01626 888321**



# Upcoming events:

**Assist Teignbridge AGM Wednesday 23 July 2.00pm – 4.00pm at the Manor House  
Dawlish**

Come and find out more about our work over the past year

Let us know if you would like to come along, you would be  
very welcome, there will be lovely refreshments too!

\*\*\*\*

In 2023, our Volunteer Centre was awarded  
**‘The King’s Award for Voluntary Service’.**



This is the highest award a local voluntary group can receive in the UK and is equivalent to an MBE. We will be thanking our volunteers for everything they do and always going the extra mile.

Each volunteer will be presented with a certificate and badge for their excellent work within our charity.

## Stars of Teignbridge

Would you like to nominate a volunteer or organisation for a Stars of Teignbridge award? Find out more here... let us know if you would like to suggest a volunteer who is making a difference. Closing Date 10 September.

<https://www.pavilionsteignmouth.org.uk/events/stars-teignbridge-teignbridge-cvs-awards-night>

You can also nominate our charity for its excellent service. Just fill in the form using the link above. There is no need to fill in every section of the form. Just a description of how you think the charity deserves recognition.

## ABOUT US

### What volunteer services do we offer?

**Outreach Benefit** Help for those of retirement age to claim Attendance Allowance, Pension Credit or carer's allowance.

**Befriending** Weekly visits or phone calls to those who are isolated.

**Dog walking** For those who are not able to walk their pets due to ill health or in recovery.

**Gardening** basic gardening for those who are not able to look after their gardens through ill health.

**Signposting** to other services who may be able to help.

**Brokerage** to help other charities find volunteers.

**Enabling** Helping with difficult situations like shopping, food-bags or other further support.

For more information call Chrsi on 01626 888321

### Charged for services:

**Assist Caring** We offer a sitting service across Teignbridge to support carers to have a much-needed break. This can be during the day or overnight. We also provide practical help and personal care to individuals, helping them to live independently for longer.

**Assist Home Help** We support older people to remain living independently at home through the provision of domestic help. We can help with cleaning, vacuuming, dusting, mopping, laundry and shopping.

**Assist Nail Trimming service** We offer a home visit nail cutting service. This is to support older people and people who genuinely cannot manage their own foot care. However, we cannot treat people with diabetes.

For more information and to discuss your needs Tel: 01626 889288



## Support Assist Teignbridge

Our **Outreach Benefit Service** helped our clients to claim **over £550,000** in Attendance Allowance alone during the period 2023 to 2024.

If you would like to support the work of Assist Teignbridge and help to support the costs of running the Volunteer Centre you can contribute in the following ways:

### Give as you Live



Sign up to Give as you Live and support Assist Teignbridge every time you shop online. There are over 6000 stores who are part of this scheme, you can help raise hundreds of pounds with no extra cost to you. Join for free and make a difference for Assist Teignbridge! Scan the QR code for more information!

### Teignbridge Lottery

Over £2,000 has been raised for Assist Teignbridge since the Teignbridge Lottery for Communities was launched in December 2022. Tickets for the lottery cost just £1 per week, with a top prize of £25,000!

**Support Assist Teignbridge when you play Teignbridge Lottery , open the link below to join in**

[Teignbridge Lottery For Communities - Support a good cause & maybe even win big! - Teignbridge Lottery For Communities](#)

Thank you to Mrs L from Dawlish who recently donated her £25 winnings to ASSIST

**It's easy to text to give! Text Assist to 70580 to give £2.00**

### Why not become a Member of Assist!

Our Annual subscription is £5 for an individual or £10 for an organisation. Contact the office on 01626 889288 for more information.

### Consider making a contribution through a Will or Legacy.

Talk to your solicitor when making a will. Any contribution received in this way would be hugely appreciated and will help to continue our services for future generations.

### Pay direct into our account by Bacs Transfer

**Name** Assist Teignbridge

**Sort Code** 08 92 99

**Account Number** 65709184

**Many Thanks for your support**

**Richard, one of our lovely clients outside  
our Assist Teignbridge office at The Manor House**



**Assist Teignbridge**  
**The Manor House, Old Town Street,**  
**Dawlish, Devon EX7 9AW.**  
**Reg'd Charity No. 1154936**  
**Tel: 01626 889288 or 01626 888321**  
**E-mail: [info@assist-teignbridge.co.uk](mailto:info@assist-teignbridge.co.uk)**  
**Web: <https://assist-teignbridge.co.uk>**  
**Facebook: Assist Teignbridge**