

Welcome to our newsletter.

Many people ask what we do so we have decided to create a quarterly newsletter.

Community Links SW is a not-for-profit Community Interest Company (CIC) based in Okehampton, Devon.

We provide:

- Support for individuals and families
- The Okehampton Music Centre

Contact us at [info@communitylinks-sw.co.uk](mailto:info@communitylinks-sw.co.uk), 01837 55105, 07808 523111



## Family Support

Our experienced, friendly practitioners work alongside families and individuals in flexible ways to deliver skilled interventions that are focused and time-limited.

Support for families can include help with how child development impacts behaviour, as well as exploring strategies, tools, and techniques to help families meet their challenges.

Our practitioners also help families through the maze of emotions experienced by parents of children with additional needs. We can help them access specialist services, liaise with schools regarding changes that may need to be made, and provide support in navigating the diagnosis process and statutory assessments.

## Befriending

Our befrienders support people by regularly visiting, or calling. They help people experiencing loneliness or isolation, for a variety of reasons. We also encourage people to attend our weekly groups to make new friendships.

We work alongside Devon Carers providing 'Time For You', a sitting-in service giving unpaid carers much-needed respite, safe in the knowledge their loved one is being cared for.



## Music Centre

Okehampton Music Centre encourages young people to get more involved with music. We aim to make learning an instrument affordable for all and to develop players so that our local, regional, and national ensembles thrive in the future.

We believe that children's musical journeys should start as early as possible and have classes for children aged 3 to 18.

<https://www.communitylinks-sw.co.uk/okehampton-music-centre/>

# Groups

## Afternoon Tea



**Rivers Edge Court, Okehampton, first Monday of each month 2.30-4.30 pm. All welcome**

A wellbeing and social group that meets on the first Monday of every month. Residents of Rivers Edge Court and others introduced by Community Links are invited to have tea or coffee in the lounge. The group is very friendly and is a great way of getting to know new neighbours, and make friends.

## Okey Memory Cafe

**The Pavilion in the Park, weekly on Tuesdays 1-3 pm £2 donation**

This is a safe, welcoming space for those living with dementia or memory problems. We have a different session each week, designed to be fun and stimulating. Our skilled staff and volunteers from OCRA, Home Instead, and Community Links are on hand to support the person with memory difficulties and their carer/loved one.

The upstairs room is wheelchair accessible from the car park next to the tennis courts, or the lift in the café downstairs.

Please contact us for more information and if you would like to attend



## Okehampton Mental Health Peer Support Group



**Ockment Centre, Fortnightly on Wednesday's 1-3 pm £2 donation**

We recognise the huge value of peer support groups to reduce isolation, increase awareness, and provide strategies that can help people with mental health difficulties. Members of the Mental Health Peer Support Group are all currently living with, or recovering from, mental health difficulties.

We provide the structure and facilitator for groups, ensuring that conversations are managed helpfully and offering strategies that may help people cope with their situation more effectively.

Please contact us for more information and if you would like to attend

## Thursday Coffee Group

**Refresh Café, Weekly on Thursdays, 10 - 12 am £2 donation.**

A friendly social group that meets weekly for tea, coffee, biscuits, and a chat. Bring your hobbies, a board game or just come and chat with others. Members from local groups and services are often invited to come and talk with the group about what they can do to support people or share interesting information about topics.

Please contact us for more information and if you would like to attend



## Okehampton Neurodiverse Parent Support Group



NEURODIVERSITY

**Ockment Centre, 2nd Thursday in the Month 10-11:30 am £2 donation.**

We recognise the huge value which peer support groups provide in reducing isolation, increasing awareness, and providing information for families and individuals with neuro-divergent children.

Your child does not have to have a formal diagnosis in place to benefit from the support on offer; in fact, since there are still considerable delays in getting a diagnosis in the area, we urge parents and carers to seek support as soon as they can.

## Weekend Wellbeing Drop In

**Okehampton Medical Centre, New Building reception, weekly on Saturday, 10-12**

This group is a welcoming space for anyone experiencing low moods, or isolation at the weekend.

For more information, please contact us or the Okehampton Medical Centre on 01837 52233



## Junior Music Centre

**Monday's (term time) - A30 Business Centre, Higher Stockley Mead.**

**Age 3 - 4 years (Preschool and reception) 4:00pm to 4:30pm**

**Age 5 - 7 years (years 1 & 2) 4:30pm to 5:15pm**

**£2 per session**

Fun interactive music lessons with songs, rhymes and games that teach the foundation of music. Based on the Jolly Music series of lessons, students will be equipped and given a head start when they progress onto playing a musical instrument. It is hoped that when ready students will be able to progress onto Senior Music Centre.

## Senior Music Centre

**Thursday's (term time) from 4:00pm to 6:00pm - Octogen Theatre, Okehampton College.**

**Age 7 to 18 years (Years 3 to 13). £2 per session**

### 30 mins Group instrumental lessons

We teach Viola, Cello, Oboe, Bassoon, Flute, Trombone, French Horn and Tuba. These are considered to be endangered, and are sought after in local ensembles. New intake every September, please contact us to put your child's name on our waiting list. Free taster session on 4 July 2024

### 30 mins workshop session

Fun whole group workshops where students can interact and work together to learn about all different aspects of music. This includes musical games and activities that help to support instrumental lessons. There is also the opportunity for students to play their instruments together in an ensemble and to perform in our friendly and relaxed concerts.

### 30 mins Singing Session

A relaxed and happy singing experience where students learn vocal skills in our mixed age choir. Optional



Our teaching staff:

Tim Pratt (Cello teacher and Junior Music Centre Lead),  
Ben van Weede (Viola teacher), Peter Jones (Brass teacher)  
Kerri Hardy (Choir leader), Michelle Osborne (Woodwind teacher)  
and Joanna Teixeira (workshop lead)

To book a place or for more details,  
email [music@communitylinks-sw.co.uk](mailto:music@communitylinks-sw.co.uk)



# Get Involved

## Volunteers Needed for Befriending Service!

training and support  
volunteer events  
expenses paid

Contact Vicky Hopkins  
vicky@communitylinks-sw.co.uk  
07933 663796



Are you a good listener?  
Do you like helping people?  
Do you want to make a difference?  
Can you spare an hour or two a week?



Community  
Links



Community  
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Time  
for You

a Sitting Service for Carers

## volunteers needed

training and support  
volunteer events  
expenses paid

contact Vicky Hopkins  
vicky@communitylinks-sw.co.uk  
or phone 07933 663796



can you gift your  
time to allow a carer  
to have a break by  
sitting with their  
loved one?

make tea : have a chat : read aloud : help  
make a difference : feel amazing!

## Support Us



easyfundraising

We're now registered with easyfundraising, which means you can help us for FREE. Over 7,000 brands will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! All you need to do is sign up and remember to use easyfundraising whenever you shop online. It's easy and completely FREE!

These donations really mount up, so please sign up to support us.



SeaMoor Lotto is an exciting weekly lottery that raises money for good causes in South Hams and West Devon. All good causes supported by the lottery will benefit South Hams and West Devon and its residents.

Play the lottery, support South Hams and West Devon - it's that simple!

<https://www.seamoortalto.co.uk/support/community-links-sw-cic>



Community  
Links

## Vacancy for a Volunteer Non-Executive Director

Would you like to help support and lead this valuable local organisation?

We are looking for an enthusiastic and committed person to join our Board of Directors. Commitment 2/3hrs a month.

Community Links is a not-for-profit Community Interest Company based in Okehampton.

We provide:

- One to One Support and Befriending
- Groups and Courses
- Okehampton Music Centre

For more information and to arrange an informal chat please email Mary Lovell, Executive Director. [mary@communitylinks-sw.co.uk](mailto:mary@communitylinks-sw.co.uk)

We are committed to safeguarding and and value diversity.  
An enhanced DBS disclosure is required for this post.



Okehampton  
United  
Charities

Working for the Community



COMMUNITY  
FUND

Devon  
County Council



devon  
music  
education  
hub



Devon  
Community  
Foundation  
Giving more locally