



December 2020

Newsletter

Welcome to TASS news – Issue 1.



Welcome to our December newsletter 2020, at the time of originally writing this newsletter the content was going to be how we are welcoming groups back. Time and events have overtaken us and here we are back into the

Tier 2 restrictions. Our transport office is open with reduced hours and we will try to ensure we can be there for those who need our services.

It seems a strange time to start a new job, and introduce yourself, but here at TASS we are trying to look forward, my name is Paula Anscomb and I took up the post of TASS general Manager on the 1st October 2020. My working background has for the past 18 years been in the not-for-profit sector, including the Credit Union for which I was general manager for 10 years. I had been managing a community shop for the past 3 years, with lots of early rising and newspaper sorting!

The Trustees, the staff and volunteers, have made me very welcome and I am looking forward to working with them all and we all look forward to welcoming existing and new service users to TASS, as it is safe to do so, and guidelines allow.

This also seems an appropriate time to thank all our volunteers who help us deliver our services, the drivers, befrienders, and assistants at the shop and R-a-W, they make such a difference and are crucial to the smooth running of TASS, so a very big thank you from me and the Trustees.

All community services have been affected by this pandemic and those who are in most need have found that their valuable source of information, companionship and fun has been taken away. We want to be ready to bring back our services, if you would like to volunteer for TASS please see the section at the end of this newsletter, we would be delighted to hear from you. If you have expressed an interest in volunteering we will be contacting you as soon as we can when we come out of the latest restrictions.

We plan to produce this newsletter bi-monthly, (subject to having content!) If you have a story or idea for an article you would like included in future issues please email me. In future issues we will also be focusing on some of the special projects TASS has been involved with, such as; Life Stories, the experience of our volunteers at TASS and highlighting the role of a member of our lovely staff team, and we hope to have some news on services that are returning to us.

If you are an organisation or business, we offer excellent meeting room facilities, whether long term to run a course, a one off for a staff or group meeting, or for a series where you are running a training session. Please contact us to discuss your requirements and for our very competitive rates for room hire.

Full contact details of our services are at the end of this newsletter.

May we wish you all a safe Merry Christmas and a Happy New Year. Christmas may be different this year, but let's hope it leads to a better 2021!



Jan Gasper - Our Chair.

Jan has worked in primary education all her working life, including Head of a primary school in Yorkshire. Prior to moving to Tavistock in 2009 Jan taught for 2 years in Ethiopia. Jan is currently chair of the Tavistock Ladies Gardening Club and previously volunteered for Devon-based charities and feels that TASS is an extremely invaluable service to our community. Jan became a Trustee of TASS in July 2018, and Chair in 2020.



Annette Bessant

Originally from Devon I have lived most of my working life overseas teaching. Following my retirement I served as a trustee on the Board of Management for a private school. I returned here in 2018 and am happy to be living in a place I have fond memories of from my youth. Volunteering with TASS has enabled me to meet some lovely people and reminded me of the advantages of living in a small community.



Gail Reed - Our Treasurer.

Gail has worked in the finance industry all of her working life, the last 15 years in offshore investment. Returning to the UK in 2005, Gail moved to Tavistock with her husband where she volunteered for TASS for a time. Gail is involved with other local organisations and feels this helps forge partnerships with other community groups in the town. Gail became a Trustee of TASS in March 2018.



Val Dodds - Our Company Secretary

Val has worked with charities for 40+ years. Prior to moving to Tavistock and then joining TASS in 1998 she was a School Bursar, responsible for the finances, employment and management of non-teaching staff and up-keep of grounds and buildings. Trustee of TASS in 2000 and was Treasurer from 2001 to March 2018.



Debbie Holland worked as a Trade Union officer, organising volunteers and representing members with issues in the workplace. Debbie retired 5 years ago and now volunteers, running the TASS charity shop.

Debbie became a Trustee of TASS in June 2019.

We were sorry to hear of the death of Peta Humphries on 10th December. Peta was one of the founders of the Charity in 1985, initially known as Tavistock & District Age Concern, with the name being changed to Tavistock Area Support Services – TASS - in the late 1990's. She undertook a major role in the fund raising, planning and building of the Anchorage Centre. Peta was the first Manager of the charity, introducing many services for the local community, before retiring in the mid 2000's. We are very grateful for her many years of commitment, and our thoughts are with her family.

We are currently looking for Trustees to join our volunteer board. If you are interested please contact Paula Anscomb in the first instance for details.

For new readers, and in this back to basics newsletter, here is a brief history of TASS. TASS was established in 1985, to support the older population in Tavistock and surrounds. It is an organisation dedicated to improving the health and wellbeing of older people to ensure they can remain independent and are able to make their own choices on how they live their life. TASS was founded by a group who could see the need for services for elderly residents, who were lonely, or needed services tailored to them. TASS provides group activities such as Art club, Tai Chi, Music & movement. We also provide facilities for community and support groups who would like to hire a room, for meetings, and specific services such as the Foot Clinic.

Community vehicles are an essential part of our services, whether it is a trip to the hospital or a trip out for leisure our minibuses and hospital car service are available for hire. All thanks to our friendly & reliable volunteer drivers. We also offer an equipment hire service, of electric scooters, rollators, and wheelchairs.

As part of our Covid secure workplace we will be bringing services back where we are confident that we can provide a safe and secure environment, so please bear with us, we know you want to come back and we want to see you as soon as we safely can.



Found at the East end of the Pannier Market, our Rest-a-While facility is a great place to stop and watch the world go by with a cup of tea or coffee. You can sit with friends and have a natter, bring your lunch from one of our foodie neighbours delicious stores or bring a home packed lunch.

R-a-W is currently closed, but we look forward to hopefully welcoming you back soon.



Our Charity Shop is a great place to find a bargain, with a range of items; books, art, records, and of course clothing. Please see our current opening times at the end of this newsletter.

We are pleased to be able to offer a new service of Bereavement Counselling. Working with Jeff Goodall, this as a face to face appointment service. We see this as a key part in the role TASS has in supporting those who are going through, the most difficult time of their lives. For more details, please contact the Anchorage centre.

Anchorage Centre

Chapel Street, Tavistock PL19 8AG

Monday - Friday

09:30-12:30

Tel: 01822 616958 General

Tel: 01822 617525 Transport

Email: Transport@tasstavistock.org.uk

Paula: Manager@tasstavistock.org.uk

Bereavement Counselling

Jeff Goodall

Tel:01822 616958 By appointment

Rest-A-While

East End Stores,

The Pannier Market

Currently closed

Spiral Staircase – Shop

24 Market Street,

PL19 0DD

Opening Tuesdays 10:00-14:00

Thursday and Friday 10:30 – 14:30

Saturdays 10:30 – 14:00

Volunteering

To help us deliver our services and assist those in our community, we rely on our fantastic team of volunteers.

One of our key services is our community transport service. We currently need more drivers to assist those who need to get to medical appointments and for our minibuses, to take attendees to support groups. If you have time to spare, a clean driving licence, are patient, compassionate and reliable we need you! Please email our transport office and we will contact you in December when we return to the office.

Befriending Service. If you have a compassionate, caring and kind nature and would like to become a volunteer for our telephone befriending service, please contact befriending@tasstavistock.org.uk.

Tavistock Local Help

If you know somebody, who lives in the Tavistock, Whitchurch, Mary Tavy, Sampford Spiney, Horrabridge or Lamerton area, and will be alone this Christmas. Tavistock Local Help are offering a “**Christmas Lunch Package**”. The volunteers will deliver Christmas lunch and a present to their home. There is no charge, packages are limited and Tavistock Local Help are working on a first come first served basis.

To book a package please contact;

Grahamparker1@me.com or call **07545074942**. You can also contact Graham if you would like to support this initiative financially or by donating a gift.

To volunteer as a driver on Christmas Eve,

Christmas Day or Boxing day please contact **Steve Hipsey** by email at

info@tavistocklocalshelp.co.uk or call **07557050754**

General telephone number 08000465531