



What's Happening At LARC

November/December 2017

Editorial

We need your support

Welcome to our latest newsletter.

The last edition that we produced was a paper version which we delivered to every door in Bampton. Unfortunately that is an expensive exercise and we have therefore decided for this edition to send this to our volunteers and supporters electronically, but there will be hard copies available in LARC shortly.

As LARCS has now been open for over 12 months, now is the time for us to review progress and look at the future. There are two particular areas where we would ask for your support to enable us to continue to make the facilities at LARC available to everyone.

The first is the issue of volunteers to open the premises. The numbers of people providing this support has dwindled over the past year and there have been occasions where we have had to close the premises because no one was available. We have partially addressed this by coming to an agreement with the library who will operate our facilities when they are open, but we do still struggle to provide coverage at other times. If any of you could give up only a little time each week it would really help and avoid these sporadic closures.

We mentioned above that we have not produced this newsletter in hardcopy due to cost and the second area where you can help is in relation to the running costs of LARC. As you can imagine keeping the premises open is an expensive business and we are primarily reliant on hire fees for the use of the facilities and the use of our computers. This barely covers our running costs, so cash flow is something we have to keep continually under review, but there is one way where you could provide some immediate assistance at a modest cost. We have produced a calendar for 2018 which contains photographs of activities that took place in LARC as well as some local Bampton scenes. These calendars are very competitively priced at £5 per copy and if everyone were able to purchase one of these, this would have a very positive effect on our cash flow.

We hope you will agree that LARC provides an excellent facility for local people and we are very anxious to ensure that this remains open and successful, but for that to continue, we do need your support.

An update from The Chairman

The Management Team have come up with the idea of a fairly regular electronic news-sheet which would have a limited distribution compared with our, less regular, paper newsletter. This will enable us to send out an update to all of our regulars via email and also have a limited number of hard copies available in the LARC. I hope that the first of these, as set out here, starts the ball rolling. The Team is constantly looking for ways to improve our communications with the community as a whole and any ideas from you would be very welcome! Hopefully this news sheet will update everyone as to what we are doing and what is coming up.

As always, we are always looking for additional volunteers to help keep the resource centre and running effectively. **PLEASE HELP IF YOU CAN EVEN IF IT IS FOR JUST ONE HOUR PER WEEK. IF YOU CANNOT HELP PLEASE ASK YOUR FRIENDS IF THEY WOULD BE WILLING TO VOLUNTEER.** The resource centre will only continue to be successful with help from our supporters and volunteers.

Les Hartley

Our 2018 Calendar



Our annual calendar is an important source of funds to enable us to keep LARC running. This year it contains local photos centred around LARCS and is priced at £5.

Copies are available from LARCS as well as at the late shopping evening in the Riverside Hall on Thursday 30th November.

By purchasing one of these, you will be providing valuable support for LARC

Volunteers by Mick New

In LARCS terms a volunteer is someone who has offered to act as receptionist at the Old School during the LARC opening hours, or to run regular or one-off events such as the After School Homework Club, IT lessons and Youth Group.

The total number of volunteers on the register as at 25 November 2017 is 45 (down from 48 in June)

We have 11 regular volunteers (14 in June) who cover more or less the same shifts every week, varying in length between one and 4 hours. A further 3 volunteers (14 in June) regularly come forward to cover gaps in the rota (see below) leaving 32 (20 in June) who volunteer rarely or never.

The volunteer co-ordinator (currently Mick New, until 31 January) monitors the situation week by week and sends an email to all 45 volunteers requesting help with filling the gaps. Until May 2017 we had 100% coverage of the 33 hours per week that the LARC is open (10am to 4pm weekdays and 10am to 1pm on Saturdays). Since June the regular gaps have increased for various personal reasons of the volunteers, and offers to fill the gaps have fallen dramatically, leaving between 4 and 6 "opening hours" per week uncovered, so the LARC has been closed during those hours. We have very recently agreed that the LU librarian (Pam) should cover the LARC reception during her shifts which amount to 7 hours per week. This has helped but we are still struggling to open for all 33 hours each week. Pam's shift on Saturday ends at midday, so the de facto opening hours on Saturday are 10-12 and not the intended 10-1pm.

The Trustees are considering options to increase the number of volunteers, and to replace the retiring volunteer coordinator.

Communications with Volunteers

The Trustees run a "tea party" every 2-3 months where volunteers gather to discuss issues arising from their work, to ask the Trustees to make changes to the LARC environment or administration, and to enjoy a cup of tea and a cake (plus wine in December). According to feedback received, these gatherings have proved useful and enjoyable for those who attended, and are now a permanent feature.

Summary

The Trustees consider that all of the volunteers are well trained, extremely capable, conscientious and thoughtful people who do an excellent job. We are lucky to have so many such folk working together to provide an important resource to the residents of Bampton.

Users

We have the following regular users:-

Bampton Library

Bampton Town Council

Bampton Dementia Support Group

Toddlers & Co

Low Carb Group

Mah-jong group

Science for Kids

IT lessons

Art classes

Various healing and conversation groups, and

LARCS own After School Homework Club and Youth Group, both staffed by our own Volunteers.

The occasional "clinics" held by the police and fire services have lapsed due to lack of support, but the trustees are considering ways of resuscitating these and possibly NHS sessions.

DECEMBER TEA PARTY IS ON WEDNESDAY 6TH DECEMBER AT 5.30 pm

Activities Update by Kelvin Holdom

Many thanks to all who helped and supported the LARC café in the Community Hall on Charter Fair day. We made some very useful funds to help keep the LARC open, as well as providing lovely cakes and refreshments for visitors. And weren't the Exeter Authors entertaining with their story telling. We are delighted to say that the Authors have agreed to run a series of story and book events in 2018, on Wednesday evenings in the LARC. The first one is set for January 10th at 7-9pm, when international author Jenny Kaye will be reading from her 'Cornwall and Coffee Shop reads', and telling us how the ideas and the books come together, with tea and cakes, or a glass of wine to complete the evening. With Thriller nights, Fright Nights and Fantasy nights to come, there's a real treat in store for Bampton people. Do come along!



Our Space Walk, which coincided with the Exmoor Park Dark Skies celebrations, was a great success, lots of children and adults pacing out the solar system from the playing field to the playground, being comets and passing through the asteroid belt before landing at the LARC for hot chocolate and cakes. Thanks to Hugh Saxby for being the space pilot. Hoping to do something similar for next year's Dark Skies event.

Christmas will soon be on us, and this year we would like as many people as possible, young or old, to come along and help decorate the LARC. Trees to put up, decorations to make and hang up- or take away if you wish-, Santa's beards to prepare, to make the LARC look like Santa's den. All welcome, materials provided and probably some biscuits too! Saturday 2nd December 10.00 to 12 noon

The Toddlers group has a few more toddlers -and Mums- than recently, so please come along and support it. Lots of toys to play with in a warm and cosy place, the more who join in, the more enjoyable for everyone. Tiverton Children's Centre visit once a month with some more organised activities. Our Toy Library has lots of great toy packs for young children, do drop in on a Friday afternoon and choose something, just 50p for 2 weeks.

The Library would like to start a 'Rhyme Time' session on Thursday mornings for children under 5 years, but need some help to run the sessions. If you would like to volunteer please call in and see Pam (or the Librarian on duty) or call Rachel at Tiverton Library on 01884 244644. Full training given, but volunteers must be willing to have security checks.

All the usual services available from both the Library and the Resource Centre, and a warm welcome from the Librarian and LARCS volunteers, do drop in and see what's going on (tea always available!). And don't forget to get your 2018 calendar, available from the LARC or outside the butchers shop on some Saturdays.

Christmas Opening Times: The Resource Centre will be closed from 24th December to January 2nd inclusive. **The Library** opening times are; Saturday, 23rd December, 10-12; closed 25th – 29th December; open Saturday 30th December, 10-12; closed Monday 1st January; open Thursday 4th January onwards, as usual.

Information on our Facebook page (Bampton Library And Resource Centre Supporters)

PS LARC now offers a laminating service Maximum size A4, as well as projection facilities for Talks and Presentations



Dementia Support Group by Gen Ottaway

The Tuesday Group has been lucky enough to have the support of several tremendous local benefactors over the last year: Bampton Surgery, Exe Valley Rotary Club, Barnhaven Care Home, our Great West half-marathon runner Lisa Booth, Oakford Fete Committee and the Voices of Exmoor singing group have all given us much-appreciated financial backing.. This has enabled the Group to carry on providing stimulating activities for people with mild to moderate dementia, and allowing carers to have time together to share experiences and support each other.

We are looking forward to a fun session with Bampton's Heritage Centre in the New Year, and also a writing workshop from Jenny Kane of the Exeter Authors' Group, both specially tailored to suit our Group.

The Support Group is run entirely by volunteers - if you have an hour to spare on one or more Tuesdays in the month, please do make contact to offer your help. Tel 01398 331732 or email Bampton-TuesdayGroup@outlook.com

The Toy Library by Gen Ottaway

Young family members coming for a stay over the holidays? Need some entertainment before the Christmas toys are unwrapped? Want to entertain the kids when the schools break up?

The LARC Toy Library now has a terrific collection of over 40 sets of toys, each of which can be borrowed for only **50p for 2 weeks**. The toys on offer range from vehicles large and small, family board games, Duplo and Lego blocks, prams and cots for dolls, an assortment of toy food, puzzles, garage buildings, Buzz Lightyear and more!

The Toy Library is open on the second and fourth Friday of each month, between 2 and 4pm; in addition, it's also open during the Toddlers and Co Playgroup sessions from 10 - 12 noon on Fridays, just for those attending the group.

There's no joining fee, we just take a note of your name and contact details along with the number of the Toy you're borrowing.

We also offer a reminder service to help you remember to bring the toys back next time the Toy Library's open!

The next sessions are on Friday the 8th and 22nd December. Come and have a look!

Seasons greetings

All the Committee members would like to extend our best wishes to all our supporters for a very **Happy Christmas and a healthy and prosperous New Year**.

Thank you all for your support, which is much appreciated



Telephone number (Resource Centre) 01398 332466 Library 01398 331076

Opening times (volunteer dependant) Mon – Friday, 10am – 4pm; Saturday, 10-1pm

Library Opening Times: Monday, 3-5pm; Thursday, 9.30 – 12.30pm; Saturday, 10-12noon.

Forthcoming Events Diary

Regular Events

Dementia Group -Tuesdays 10-12 noon -Closed to the Public—Members Only Restarts in New Year

Art Class—Wednesdays 10 - 12 noon

Homework Club— Wednesdays 3.30—5 pm

Low Carbs Group—2nd and 4th Wednesday 8.00 to 9.00 am—restarting in January

Mah-Jong group—Every other Thursday (next date 30th November)

Computer Support Drop In— Thursdays 10- 12.30 (No charge)

Youth Group—Thursday 6.30—8 pm

Toy Library—Every other Friday (next date 8th December)

Toddlers Group— Fridays 10-12 noon

CHRISTMAS & NEW YEAR CLOSING

LARC—22nd December to 2nd January

LIBRARY—23rd December to 2nd January BUT open on Saturday 30th December—10- 12 noon

NEW EVENT

Exeter Authors group (who were at Charter Fair) regular readings and events on every other month schedule below

January 10th	Cornwall and Coffee Shop Reads
March 14th	Non- Fiction Night
May 9th	Thriller & Crime Night
July 11th	An evening of Poetry
September 12 th	Fright Night Horror
November 14th	The Fantasy Department presents...

ASSISTING THE LIBRARY

When the new Library system is installed (scheduled for January) it is hoped that LARC Volunteers will be able to receive and issue books on behalf of the library. Volunteers will need to be trained, but this will provide another service that our Volunteers can provide. Further information later

BAMPTON WELL BEING PROJECT

Presentation in LARC by Doctor Helen from Bampton Surgery —24th January 7.30 pm

BREAKING NEWS

Many of you will remember the visit to LARC last year of Sarah Winman the author and actor who talked about her life and writing. Sarah's first book "When God was a Rabbit" became a best seller, as did her second "A Year of Marvellous Ways". Sarah has released her third book "The Tin Man" and it was nominated for the Costa 2017 novel of the year. It has just been announced that it has been shortlisted for the award—final will be judged in January.

We are hoping that Sarah will visit us again next year for another evening of conversation