

## Annual General Meeting

Sidwell Community Centre - Hems room  
St Sidwells Street, EX4 6NN  
13 April 2026 - 11:30 to 14:00

I trust this finds you more optimistic and in better weather given I write this when the rain feels continuous.

The world of politics is changing, and the pressure of AI is changing the workplace both are putting pressure on jobs so we should be thankful for those who sowed the seeds to improve our experience in retirement. Those who follow may not be so fortunate as us and what we have now is not perfect or may not suit the future and we as the elders need to use our life experience to ensure those who follow have a similar or better experience.

CSPA has the objectives set out in the Later Life Ambitions campaign to achieve the wider requirement though it is you the member who give us direction on what improves retirement now. The national AGM in October is when your voice is heard on topics such as access to safe housing, good reliable transport, care in the community, sufficient income, safe environments or to influence for fairness, as example, on the campaign for examinations the elder drivers for driving licence compliance.

We have moved a long-way from the historic poor houses by vision of those that paved the way for us and if you have nothing to complain about, then their job was well done. Please recognise it only takes one voice to start a campaign which will benefit those now and to come.

In recent years we miss those members who brought their thoughts for us to take as motions to the national AGM. We are reliant on the members experience to give context to any motion we raise and assure we listen in confidence.

We ask for your nominations for those who will be your committee in 2026/27 and your proposals for motions, please forward by email, letter and phone to Clive or a member of the committee.

**Les Calder** Chairman/Regional & NEC  
Representative

## CSPA East Devon Committee for 2025/2026

**Chairman: Les Calder**

Tel: 01626 830266.

Email: landmcalder@btinternet.com

**Treasurer: Barbara Roberts,**

Tel: 01626 927352

**Secretary: Clive Roberts.**

3 Connaught View, Sidmouth,  
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Tel: 07541 246 576 - email

clive.dee.roberts@talk21.com

**Membership Secretary: Phil Roberts**

Tel: 01626 927352

**Member: Colin Passey**

Tel: 07503 123022

**Member Wilf Hudson**

Tel:

**Member: Barbara Farrell**

Tel: 01392 424691

### Vacancies (4)

Aging seems to be the only  
way to a longer life

Kitty O'Neill Collins

### CSPA AGM agenda Headings

Constitutional Amendments -

Other CSPA business -

Pension & Related Matters -

Health & Social Care - Digital

exclusion - Transport - General

## Local Government Reorganisation Consultation.

The initial proposals for mayor led unitary authorities was intended for Devon & Cornwall though this has changed as Cornwall, whilst not achieving independence, have negotiated a mayor led unitary authority agreement that will supply all the services throughout Cornwall & Scilly Isles.

The remit for unitary authorities is to remove the present two-tier County and Districts/Borough Councils, where both deliver different services, to be replaced by Mayor led Councils delivering all services as a Unitary Authorities for a recommended coverage of at least 500,000 residents, which will achieve savings and where the decisions will be made closer to the users

The five proposals which are with the National Government for a decision. They will take into consideration any submitted preferences and/or comments from organisations and individuals in the consultation which is open until 26 March 2026. Once the decision is made there will be elections in May 2027 with implementation on the 1 April 2028.

There are in essence two choices - Devon C.C. proposal initially with 3 existing unitary authority of Plymouth, Torbay and the rest of Devon. Devon will have sixteen decision making, subcommittees integrated with Care & NHS services. The intent for the future is to merge into a single mayor led unitary authority. Districts & Unitary authorities offer variations of boundary changes to deliver decision making closer to the residents.

The detail for each proposal is best found through an internet search as follows

Devon C.C. proposal - *democracy devon unitary submission statement*

Districts etc. proposals. *democracy north devon unitary submission statement*

### CSPA Consultation on the Incorporation

The CSPA is undertaking consultation on the advantages of moving from an association to a company run by directors and the Spring Pensioner magazine will contain further details together with a questionnaire for posting or completion on-line, we urge you complete and return.

There is a consultation meeting on the 16 April 2026 at Reading where questions can be put to the General Secretary, Treasurer and the advisor Bernard Seymore from Regulatory Solutions Ltd. Your Group Chairman and Secretary will be attending, and we have one funded place for an active member available. They have yet to confirm on-line access.

Clive is travelling by car leaving Sidmouth at 07:00 hrs on the day and should return to Sidmouth by 19:00 hrs, traveling via the A30/303 or the M4 and would welcome company

There will be amongst us those who have experience of an Association or Company and Clive would welcome your thoughts on this change or questions you would like raised and answered.

If you want to join the meeting or follow online let Clive know before the 18 March 2026 your name, contact detail and for attending the meeting any dietary or access requirement

### Cross road

Clearly if we are to maintain benefits at the present rate, to include the state pension, then we have to find a way of ensuring the Government have sufficient funds. The talk of ratios of those working to pay for benefits will reduce to one in two in fifty years is not unreal. Income tax will be insufficient given the advent of Ai and Robotics that will change job roles and reduce the work force we know.

We are now at a cross road and need to decide that those in the future who do not have employment either have sufficient money to contribute to the economy or they will live a in sub-culture of survival in the black economy of barter.

The one thing I cannot understand if the population does not earn/have money then who buys the produce or afford the service supplied by robots?

## NHS Choices Live Well

The recent TV Spotlight highlighted the NHS Torbay instructing people to exercise to improve their diminishing confidence in their ability to stand, balance and walk. That was brought into context for me in a social media advert for chair yoga - that this was less about fitness and more about ensuring we enjoy life and can get up from a toilet when ninety years old. If you think you are too young, think again, exercise now as the clock is ticking. Enjoy.

NHS statements: These gentle sitting exercises can be done at home and will help improve your mobility and prevent falls. - If you have not done much exercise for a while, these seated exercises are gentle and easy to follow. If you're not sure if they're suitable for you, check with a GP or a health professional involved with your care. - For these exercises, choose a solid, stable chair that does not have wheels. - You should be able to sit with your feet flat on the floor and knees bent at right angles. Avoid chairs with arms, as these will restrict your movement. - Wear loose, comfortable clothing and keep some water handy.

Build up slowly and aim to gradually increase the repetitions of each exercise over time.

### Chair Exercises



#### **Chest stretch - This stretch is good for posture.**

**A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

**B.** Gently push your chest forward and up until you feel a stretch across your chest. Hold for 5 to 10 seconds and repeat 5 times.



#### **Upper-body Twist - maintain flexibility in the upper back.**

**A.** Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

**B.** Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

**C.** Repeat on the right side. Do 5 times on each side.

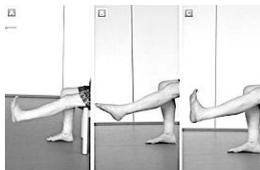


#### **Hip marching - This exercise will strengthen hips and thighs, and improve flexibility.**

**A.** Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair. traveling via the A30/303 or the M4

**B.** Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

**C.** Repeat with the opposite leg. Do 5 lifts with each leg.



#### **Ankle stretch - This stretch will improve ankle flexibility and lower the risk of developing a blood clot.**

**A.** Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

**B.** With your leg straight and raised, point your toes away from you.

**C.** Point your toes back towards you

Try 2 sets of 5 stretches with each foot,



#### **Arm raises - This exercise builds shoulder strength.**

**A.** Sit upright with your arms by your sides.

**B.** With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

**C.** Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

## NHS Choices Live Well - Chair Exercises

**Neck stretch - This stretch is good for loosening tight neck muscles.**



**A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

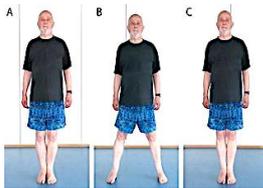
**B.** Slowly tilt your head to the right while holding your shoulder down.

**C.** Repeat on the opposite side.

Hold each stretch for 5 seconds and repeat 3 times on each side.

## Balance Exercise

### Sideways walking

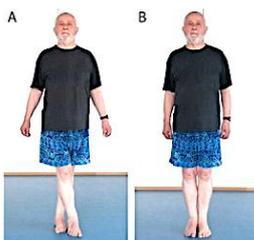


**A.** Stand with your feet together, knees slightly bent.

**B.** Step sideways in a slow and controlled manner, moving one foot to the side first.

**C.** Move the other to join it.

Avoid dropping your hips as you step. Perform 10 steps each way or step from one side of the room to the other.



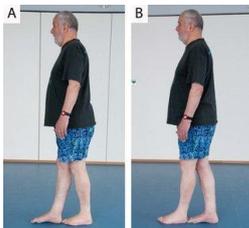
### Simple grapevine

This involves walking sideways by crossing one foot over the other.

**A.** Start by crossing your right foot over your left.

**B.** Bring your left foot to join it.

Attempt 5 cross-steps on each side. If necessary, put your fingers against a wall for stability. The smaller the step, the more you work on your balance.

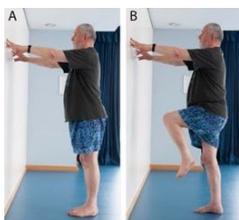


### Heel-to-toe walk

**A.** Standing upright, place your right heel on the floor directly in front of your left toe.

**B.** Then do the same with your left heel. Make sure you keep looking forward at all times. If necessary, put your fingers against a wall for stability.

Try to perform at least 5 steps. As you progress, move away from the wall



### One—Leg Stand

**A.** Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.

**B.** Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.



**Step up** - Use a step, preferably with a railing or near a wall, to use as support.

**A.** Step up with your right leg.

**B.** Bring your left leg up to join it.

**C.** Step down again and return to the start position.

The key for building balance is to step up and down slowly and in a controlled manner. Perform up to 5 steps with each leg.