

# CARON CARES

Caron Sprake writes about issues in care



In recent years it has been well reported that loneliness is a killer equating to smoking ten cigarettes a day. Tasked with the challenge of combatting this is Baroness Diana Barran. She has the challenging role of Minister for Loneliness, the third person tasked with such in three years.

A 2017 report in showed that of a 67million population, nine million people have felt lonely some or most of the time. This alone poses a timebomb to public health with more people dying from loneliness-related illness exacerbated now with Covid here to stay.

Ottery Travel are keen to address the issue of loneliness for people of all ages but especially for older people with their varied selection of coach trips.

Coach trips first originated back in 1925 when due to a rail strike Greyhound Motors ferried stranded passengers between London and Bristol.

In 2019 the coach trip industry was said to be valued in excess of two and a half billion pounds with over five million people choosing to enjoy such excursions. Brexit saw a plunge in foreign travel with the value of the pound to euro making it costly. Covid as we all know has recently necessitated staycations.

After the subsequent and seemingly endless lockdowns people of all ages are desperate to escape the restraints of their homes and locality. Many of us have seen the droves of traffic heading our way to enjoy the joys of Devon and neighbouring Cornwall. Welcome visitors to boost our tourist industry. We need them whatever we say!

Deep down many of us are social creatures at heart and Ottery Travel who are operating Devon coach trips love having fun and bringing people together. They want people to have an enjoyable day out whilst adhering to the social distancing and PPE rules we are



Picture Getty Images

## Coach trips for companionship

so accustomed to keeping every safe. Included in the price is a snack box showcasing local food and drink with specialist dietary requirements catered for.

Coaches today offer exceptional comfort and legroom and the ability to switch off and let someone else take responsibility for getting you to your destination in safety and comfort hopefully with some fun and laughter along the way.

I have to admit I do love a good coach trip, having loved every moment of our 25th wedding anniversary trip into the Sahara-desert and the delights of surrounding date palm farms and Troglodyte houses carved into Tunisian rock. It was fun to share these amazing experiences with

others of all ages. Ottery Travel are currently offering coach trips including a South Devon Railway experience, Farm tours, theatre matinee visits, trips to shopping villages and one-night food and drink themed events.

All the Dartline coaches have ample storage areas for mobility aids such as rollators, wheelchairs and scooters making travel inclusive for all.

What are you waiting for? Call Ottery Travel to book your next adventure and make some new friends along the way. ♦

**Call 01404 811 849 or email [Bookings@DevonCoachTrips.co.uk](mailto:Bookings@DevonCoachTrips.co.uk).**

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**ABOVE:** Coach trips are a great way to combat loneliness