

Find us at

Paignton Carers' Centre

The Drummond Suite, Paignton Library
Great Western Road
Paignton TQ4 5AG
Tel: (01803) 208455
Opening Hours: Mon - Thurs 10am - 3pm,
Fri 9.30am - 12pm

Brixham Carers' Centre

King Street
Brixham TQ5 9TF
From 1st April 2019 we will move to
The Friends Centre, Brixham Hospital,
TQ5 9HW
Tel: (01803) 852421
Opening Hours: Mon, Tues, Thurs and Fri
10am – 4pm

Olive Carers Centre (Torquay)

(Run by Carers Aid Torbay)
St Edmunds
Victoria Park Road
Plainmoor
Torquay TQ1 3QH
Tel: (01803) 323510
Opening Hours: Mon – Thu 10am - 4pm
and Fri 10am - 1pm

Advice Point (Torbay Hospital)

Level 4 Main Entrance
Lowes Bridge
Torquay TQ2 7AA

Two out of three of us will
be a Carer at some time in
our lives

You can be a Carer for
someone with physical health,
mental health or substance
misuse issues

You might not realise you
are a Carer

You can receive Carers
Allowance and still be an
unpaid Carer

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This document can be made
available in other formats.
Contact (01803) 208455

A service commissioned by Torbay Council



Torbay and South Devon
NHS Foundation Trust

Family, Carers and Friends

Advice and information
from Torbay Carers Service



Working with you, for you

Working with you, for you

Am I a Carer?

Does this sound like you?

- I am a friend or relative of someone who can't manage alone without me
- They are unable to manage because they have: a physical, hearing, visual or learning disability; a neurological condition; drug, alcohol or mental health issue; or are frail or vulnerable
- I am not paid to care (apart from benefits)

If you answer 'yes' to each of the above you are a Carer and can use our services, no matter what age you are.

"I am 16 and look after a parent. Am I Carer?"

Yes, if your parent cannot manage without you, you are a Carer

Carers in Torbay can have

- Someone to talk to
- Carers Health and Wellbeing Check
- Finance and benefits advice
- A break from caring
- Emotional support
- Courses to help with caring
- Time to yourself

If you join the Carers Register you can also receive the following:

- A Carers Emergency Card, to alert the appropriate people as a back-up if anything happens to you
 - Free parking at local hospitals (when attending in support of the person you care for)
 - Discounts in local shops
- and much more

"I am close to someone with a drink problem. Can you support me?"

We can support you

What do I do now?

Contact us



Call Signposts for Carers on
(01803) 666620
9am - 4.30pm, Mon - Fri



Email signposts@nhs.net



Meet your Carer Support Worker
within your GP practice



Drop in to one of our Carers Centres
(details overleaf)



Visit us online

www.tsdfc.uk/carers



www.facebook.com/TorbayCarers

"I look after my family member and they help me. Are we both Carers?"

Yes, if you are reliant on each other for support, you are both Carers