



## Torbay learning disability carers





## Support for unpaid carers in Torbay

### **Do you care for an adult with a learning disability?**

You may not think of yourself as a 'carer'. You may see yourself as a relative, partner or friend of someone with a learning disability.

Torbay learning disability carers is for anyone aged 18 or over who provides unpaid support to an adult with a learning disability in Torbay.

We are a service commissioned by Torbay and South Devon NHS Foundation Trust and provided by Mencap. You do not need to be known to health or social care to access support from us.

[www.torbaycarerstogether.co.uk](http://www.torbaycarerstogether.co.uk)

We take the time to listen and recognise that every situation is different.

We offer:

### Information

This may be a one-off query about something connected to learning disability or caring. We can give you information to help you to plan for the future, including wills and trusts. You can also choose to be added to our mailing list to receive regular information from us relevant to learning disability and caring.

### Support

If you need someone to talk to who is outside of your caring situation, we are happy to listen. We can support you at meetings and reviews if you would like us to.

### Health and wellbeing checks

As a carer, you are entitled to a carer's health and wellbeing check. This is the opportunity for you to think and talk about how being a carer impacts on all areas of your life. We are able to carry out health and wellbeing checks on behalf of Torbay and South Devon NHS Foundation Trust.

### Groups

Friendly, informal get-togethers with information, peer support and refreshments. We often have a guest speaker providing information on a topic requested by, or relevant to carers and /or learning disability.

### Social activities

Our social activities are often family-based, providing carers with the opportunity to meet other carers and spend time with the person they care for in a different environment.



We don't put people through a process. You can access as much or as little of our support as you need.

Some carers like to know that we are there 'just in case' they need to contact us.

We are using zoom for our carer group and virtual coffee mornings and intend to keep this as an option when face-to-face contact is resumed. Zoom can also be used for a 1:1 chat.

We are happy to help you with zoom if you haven't tried it before, or are not confident at using it.



"You're my only point of support and I really appreciate it."

Quotes from carers:

"It always hits me when I go to bed and lie awake just worrying about what will happen to him when I am gone."

"I would like to say how useful the service has been and how very important. I have been able to make changes as a direct result."

"I really look forward to going to the group: the speakers have been very useful and beneficial to all. We can all support each other."

Please contact us to let us know what support you would like, or to be added to our mailing list.

## Contact details

Name: **Caroline Saunders and Emma Young**

Email address: **caroline.saunders@mencap.org.uk emmajane.young@mencap.org.uk**

Phone number: **Caroline: 07939 880092 Emma: 07852 546530**