

Are you 25 to 35 and have an unpaid caring role?

Do you live in Torbay?

Do you want to spend time going to the movies, quiz nights and meals out?

This group is for Carers who would like the opportunity to meet other Carers of a similar age and with similar interests.

Check out our web page at <http://tsdft.uk/takota> to find our referral form and refer yourself into the group.

Contact us

TAKOTA

c/o The Drummond Suite
Room 17, Paignton Library
Great Western Road
Paignton, TQ4 5AG

Signposts for Carers

01803 666 620 | tsdft.takota@nhs.net
<http://tsdft.uk/takota>



Are you 25 to 35?

Do you care for someone?

Would you like some time out from your caring role?

If you have answered **yes** to these questions this may be

the group for you

How do we work?

It's simple. Fill in a self-referral form which you can find on our web page and then we will contact you to invite you to our next monthly meeting.

Please let us know what you are interested in doing.

The aim is to meet once a month either on an evening or at the weekend. This is so people who work alongside their caring role are able to have support too.



*We can't help
Everyone
but everyone can help
Someone*

- RONALD REAGAN

How Takota Started...



A group of Carers who had previously been a part of Young Adult Carers helping to run the Operational Group, identified the need for ongoing peer support for Carers over the age of 25.

In addition, each member of the group has cared for a family member for several years and knows what it's like to be in a similar situation to you.

What is our aim?

We are a peer support group helping each other through our individual caring roles.

We will try our best to signpost people to outside services if needed. Our aim is to support each other, doing everyday things, like making new friends and connecting to the world outside of the caring role.

*Helping one person may
not change the world...*



*...but it may change
the world for one person*