

CARERS EDUCATION TORBAY

July – December 2026

For more details contact Carers Services on:
01803 208 455 / 01803 208 456

To apply for courses:

Please complete the booking form on pages 14–16

or you can apply online at:

<https://tsdft.uk/carerscourses>

tsdft.uk/carerscourses



OR BOOK DIRECT
WHERE STATED

Interested in attending one of these courses but not sure how to manage travel or respite care?

Please don't let that put you off!

Contact tsdft.adminteamtcs@nhs.net who can discuss potential options/solutions

Feedback received from our Carers regarding our Education Courses:

"Brilliant" Brilliant workshop, thank you! Knowledge is power!" – Adrienne

*"A very useful and enjoyable course. Provides a focus for time for myself,
so I can carry on with my caring role" – Helen*

*"So nice to be able to switch off totally from daily life for a couple of hours a week. So beneficial for my mental
health and lovely to mix with other Carers. Try it – you will love it!! – Sandra*

JULY – DECEMBER 2026

These courses are available to unpaid Carers who care for someone living in Torbay. Unless otherwise stated, programmes are provided free of charge. Where there is a charge, it is paid on arrival.

At the end of this booklet is an application form that can be used to apply for places on our courses. You can apply for a maximum of three courses from those listed in the application form on pages 14 – 16, or you can apply online at: tsdft.uk/carerscourses.

Please return your application form as soon as possible as places are limited to **FREEPOST Torbay Carers Service**. If you have any questions, contact Carers Services on: **01803 208 455 / 01803 208 456**.

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Courses You Book via Carers Services

To access any of the below training offers, please complete the application form on pages 14-16. Please note – some courses start outside of the Jul-Dec timeframe for this education brochure. We have included them due to the early January 2027 start dates.

Strength and Balance Class – For the Carer

This 2-hour workshop gives unpaid Carers a much-needed pause and a boost to their own health. Based on the proven FaME strength-and-balance programme, the session introduces easy, effective exercises that help you feel steadier on your feet, reduce aches and fatigue, and support the physical demands of caring. Everything is tailored to your pace, with a specialist instructor guiding you through safe, confidence-building movements. It's also a chance to relax, meet others and enjoy some protected time for yourself. The session is friendly, low-pressure and suitable for all abilities — simply wear comfortable clothes and come as you are.

Date & Time	Tuesday 18th August 2026, 10:00 - 12:00
Venue	Paignton Library

Strength and Balance Class – For Carers supporting the people they care for

This 2-hour workshop is designed for unpaid Carers who want practical, safe ways to support the mobility, strength and balance of the person they care for. Drawing on key elements of the FaME programme, the session introduces gentle, evidence-based exercises and movement strategies that can help reduce falls risk, improve confidence and make everyday activities feel more manageable. A specialist instructor will guide you through simple techniques you can use at home, always with safety and comfort at the centre. The session also gives Carers space to ask questions, share experiences and build confidence in supporting someone else's movement without straining their own body. It's friendly, relaxed and suitable for all caring situations – no special equipment or sports clothing needed. Just come in comfortable clothes and learn practical skills that can make caring feel safer, easier and more supported.

Date & Time	Tuesday 1st September 2026, 10:00 - 12:00
Venue	Paignton Library

Mandala Stone Art Workshop

A *mandala* is a circular design symbolising the universe in Hindu and Buddhist traditions. Creating a mandala is a soothing and expressive activity that promotes creativity and mindfulness.

In this hands-on workshop: you'll use a variety of materials such as acrylic paints and fine pens to create intricate, geometric patterns on natural pebbles or stones.

Engaging in mindful, creative activity allows you to shift your focus away from daily stress and into a state of present awareness.

What You Need to Know:

- No prior experience is required
- This is a relaxed and informal session with no performance expectations
- All materials and tools will be provided.

Date & Time	Course 1 (3 weeks) – Tuesday 8th September 2026 to 22nd September 2026 13:30 – 15:30, OR Course 2 (3 weeks) – Thursday 7th January 2027 to 21st January 2027 10:00 – 12:00
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT

National Screening Programmes – Cervical, Breast, Bowel and Abdominal Aortic Aneurism Screening.

Do you have any concerns, anxieties or questions relating to cancer screening?

We are pleased to invite you to an important information session delivered by Sarah Henwood (Cancer Screening and Early Diagnosis Engagement Practitioner). The session will provide an overview of all the national screening programmes, why they are important, what they involve and how to access them. There will be lots of opportunities to ask questions and have discussions.

Date & Time	Wednesday 9th September 2026, 10:00 – 12:00
Venue	Carers Centre, Paignton Library

Wet Felt Making Course

Discover the tactile and creative world of wet felt making – a traditional craft that blends wool fibres to form unique pieces of artwork.

In this hands-on course, you will learn the fundamentals of the wet felting process.

Explore needle felting and decorative embellishment techniques and create a bespoke felt piece, which can be turned into a functional item

What You Need to Know:

- No prior experience is necessary
- Some physical effort is involved in the felting process
- **Please bring a small towel** and consider wearing an apron, as soap and water are used during the session
- All other materials and tools will be provided.

Date & Time	6 Week Course, Thursday 10th September to 15th October, 10:00 – 12:00
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT

Men's Story Project – A Space for Men Who Care

If you're a male Carer, you spend a lot of time looking after everyone else.

This session is a chance to look after *yourself* for a change.

Join other men for a mix of fun activities, practical skills, and honest conversation.

Nothing heavy, nothing awkward – just a supportive space to:

- Build confidence
- Meet other men in similar situations
- Boost your mental health
- Sharpen communication skills
- Feel more connected and less alone
- Come as you are. Leave feeling lighter.

Date & Time	Saturday in September 12th September 10:00 – 13:00
Venue	Carers Centre, Paignton Library

Pilates for Strength, Balance & Wellbeing

Enjoy a supportive and sociable Pilates course designed to improve strength, flexibility, balance, breathing, and relaxation. Through guided movement and mindful exercise, you'll work towards developing better posture while nurturing your overall wellbeing. This Pilates course supports physical strength and flexibility while encouraging calm, focus and relaxation. It's a wonderful way to care for your body, improve posture, and enjoy gentle movement in a social setting.

What You Need to Know:

- Suitable for those who can comfortably get down onto the floor and back up again
- No previous Pilates experience required
- Please bring an exercise mat and wear comfortable, stretchy clothing
- Bring water to stay hydrated
- All additional equipment is provided.

Date & Time	Course 1 (4 weeks) – Friday 25th September 2026 to Friday 16th October 2026 10:00 – 11:00 , OR Friday 15th January 2027 to Friday 12th February 2027, 10:00 – 11:00
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT

Paint Yourself Calm – Introduction to Watercolour

This course offers a gentle, creative introduction to watercolour painting with a focus on the calming benefits of the process, rather than artistic outcomes.

Many people are drawn to painting but hesitate to begin, often held back by self-doubt or the belief that they aren't good enough or 'creative'. This course takes a fresh approach – focusing on the act of painting simple washes, textures, and patterns using calming or dynamic colours. Watercolour is an accessible medium for all, and paying close attention to each brushstroke can have a powerful, meditative effect.

What You Need to Know:

- No prior experience or skill is necessary. This is a relaxed, informal course open to all
- You will need to bring a cold pressed watercolour sketch book on Week 2, the tutor will discuss types in week 1. All other materials and equipment are provided.

Date & Time	10 Week Course (with break for half term), Tuesday 29th September 2026 to 15th December 2026, 13:30 – 15:30
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT
Cost	Equipment costs (sketch book)

Botanical Lino Printing

Discover the basics of lino printing in this relaxed and creative course. Designed for beginners, this course introduces you to simple printmaking techniques while giving you time to explore and enjoy the process at a comfortable pace.

Lino printing is a rewarding and hands-on creative activity that encourages focus and creativity. This course offers a great opportunity to unwind, build confidence with a new skill, and enjoy creating your own printed designs over several weeks.

What You Need to Know:

- No previous experience required
- All tools and materials will be provided
- This is a hands-on craft involving some repetitive movement
- The course runs over 5 weeks, allowing plenty of time to learn at a relaxed pace.

Date & Time	5 Week Course (with break for half term) – Thursday 5th November 2026 to 3rd December 2026, 10:00 – 12:00
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT

Christmas Rag Wreath Workshop

Create a charming and unique rag wreath. Using recycled fabric strips, ribbons and other decorative elements, you will craft a one-of-a-kind wreath.

What to Expect:

- Step-by-step instructions on creating a rag wreath
- Techniques for tying and arranging fabric to form a full, textured wreath
- Use of various fabrics, ribbons, and seasonal embellishments provided but **please bring any of your own materials if you would like.**
- A relaxing, creative environment to get you into the festive spirit.

What You Need to Know:

- No prior experience required
- All materials and tools will be provided
- This is a very **hands-on Craft workshop with repetitive movement.**

Date & Time	2 Week Course – Thursday 10th December 2026 to 17th December 2026, 10:00 – 12:00
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT

Watercolour Improvers Course

Building on the skills and techniques learned in the *Paint Yourself Calm – An Introduction to Watercolour* course, this improvers course is designed to deepen your understanding of watercolour painting while continuing to focus on the calming, meditative aspects of the process. As you build on your previous experience, you will further develop your ability to focus, relax, and create with intention. This course emphasises the joy of painting without pressure or expectations, offering a creative space to refresh and recharge while improving your technique.

What You Need to Know:

- This course is for students who have **completed *Paint Yourself Calm***
- You will need to **bring a cold pressed watercolour sketch book**
- All other materials and equipment will be provided.

Date & Time	10 Week Course, Tuesday 12th January 2027 to Tuesday 23rd March 2027, 13:30 – 15:30
Venue	South Devon College, Torquay Campus, 187 Newton Rd, Torquay, TQ2 7FT
Cost	Equipment costs (sketch book)

Legal Workshop with Woollens Solicitors

An interactive workshop with legal experts. This session will provide a basic overview of Lasting Power of Attorney (LPA), Wills and the Court of Protection. This will be an interactive session with the opportunity for Carers to ask questions.

If you have specific topics you would like discussed at this workshop, please let us know at signposts@nhs.net or 01803 666620 and we can work with our expert to provide a more tailored experience.

Date & Time	TBC
Venue	Paignton Library

“Don’t always believe what others tell you. Listen to the professionals”

Courses You Book Directly

Digital Skills Training

Need help with your emails?

- Want to book a GP appointment online, or do your shopping online?
- Need to know how to avoid digital scams?

Ability Net charity's friendly team runs free training sessions to boost your skills with mobile phones, laptops, computers and tablets.

Call 0300 180 0028 digitalskills@abilitynet.org.uk www.abilitynet.org.uk/BTDigitalSkills

Read Easy – helping adults learn to read

Read Easy provides free and confidential one-to-one reading coaching for adults. It's friendly, flexible and fun!

Read Easy Torbay and South Devon on: 07593 233 600 or email: torbaysupporter@readeasy.org.uk

Connect to Work – Torbay (Eat that Frog)

Connect to work is a free employment support programme for people living in Torbay who want to work but need the right support to get there. Aimed at adults who face barriers to work, including due to their caring responsibilities.

Phone: 01803 551 551, Email: info@eatthatfrog.ac.uk, www.eatthatfrog.ac.uk/connect-to-work

The HOPE (Help Overcoming Problems Effectively) Programme

The Face-to-Face HOPE Programme is available to anyone over the age of 18, living in Devon.

Please be aware the places on the programme are filled on a 'first come, first served' basis. More courses are added regularly and can be found here: <https://tinyurl.com/torbayhope>

Course	HOPE Programme for people living with chronic pain, fatigue and low-level anxiety and depression
Date & Time	Tuesday 21st July – 25th August 2026, 13:00 – 15:30pm
Venue	The Courtenay Centre, Kingsteignton Road, Newton Abbot TQ12 2QA

Course	HOPE Programme for people living with sensory loss
Date & Time	Tuesday 1st September – 6th October 2026, 13:00-15:30pm
Venue	Paignton Library, Great Western Road, Paignton, TQ4 5AG

Course	HOPE Programme for long term conditions
Date & Time	Wednesday 14th October – 18th November 2026. 12:30-15:00pm
Venue	Phoenix Hall, St John's Lane, Bovey Tracey, TQ13 9FF

Drumming

Step into a grounded, heart-opening space where rhythm becomes a tool for connection, healing, and personal expression. Guided by an experienced facilitator, the session blends gentle ritual, intentional rhythm, breath and mindfulness.

No musical experience is required – just a willingness to listen, play, and be present. Drums and percussion instruments will be provided, but you're welcome to bring your own if you have one.

To Book Contact: georgie.brown@shekinah.co.uk or diane.laird@shekinah.co.uk /

Telephone: 01803 203895

Date & Time	Thursday 23rd July 2026, 12:00 – 13:30
Venue	Endeavour House, Union Street, Torquay, TQ2 5QS

Mosaic

Beginners guide to mosaic. Come and have a go and learn the techniques of mosaicking, whilst meeting new people and having fun. You can design your own piece or be part of designing something that will go back into the community. This is a four-week rolling workshop.

To Book Contact: georgie.brown@shekinah.co.uk or diane.laird@shekinah.co.uk /
Telephone: 01803 203895

Date & Time	27th July 2026 to 31st August 2026, 13:00 – 15:00
Venue	Endeavour House, Union Street, Torquay, TQ2 5QS

Declutter your space, transform your life

Clutter isn't just about the physical mess – it has a profound impact on our mental, emotional, and even physical wellbeing. In this workshop, we'll explore the hidden effects of clutter on your mind, energy, and daily life. We'll uncover how a disorganized space can drain your motivation, increase stress and even impact your health. Most importantly, you'll learn practical strategies to clear the clutter and create a more peaceful environment.

To Book Contact: georgie.brown@shekinah.co.uk or diane.laird@shekinah.co.uk /
Telephone: 01803 203895

Date & Time	Wednesday 29th July 2026, 10:00 – 12:00
Venue	Endeavour House, Union Street, Torquay, TQ2 5QS

Wellbeing Hour

Take a moment for you. This course explores simple, nurturing practices – from sound therapy and acupuncture tasters to mindfulness and gentle relaxation techniques. This is a calm, supportive space to unwind, rebalance, and reconnect with your wellbeing. Everyone welcome.

To Book Contact: georgie.brown@shekinah.co.uk or
diane.laird@shekinah.co.uk /Telephone: 01803 203895

Date & Time	Friday 31st July 2026 & 28th August 2026, 13:00 – 14:00
Venue	Endeavour House, Union Street, Torquay, TQ2 5QS

Doodle with Di

Let your imagination run wild in this playful and creative workshop! Doodle with Di invites you to explore drawing in a relaxed, no-pressure environment where there's no right or wrong – just fun. Each session begins with a simple theme or subject, and participants are encouraged to doodle their own interpretation of it. Whether it's abstract, detailed, quirky, or completely unexpected, every version is celebrated. Perfect for beginners and seasoned doodlers alike, this workshop is a great way to boost confidence, spark imagination, and unwind. Come along, pick up a pen, and see where your doodles take you!

To Book Contact:

georgie.brown@shekinah.co.uk or diane.laird@shekinah.co.uk/Telephone: 01803 203895

Date & Time	Tuesday 4th August 2026, 13:00 – 14:30
Venue	Endeavour House, Union Street, Torquay, TQ2 5QS

Self-Healing

We will look at hands on self-healing reiki, how it can be beneficial and the importance of using self-healing. We will explore other forms of self-healing and handouts will be provided.

To Book Contact:

georgie.brown@shekinah.co.uk or diane.laird@shekinah.co.uk/Telephone: 01803 203895

Date & Time	Tuesday 25th August 2026, 14:00 – 16:00
Venue	Endeavour House, Union Street, Torquay, TQ2 5QS

Book Directly & Additional Online Resources

Please note, whilst most of the education advertised below is free to access, there may be costs associated with some of the courses.

Bridgit An online AI platform to support you in your caring role.

<https://carers.bridgit.care/app/torbay/live>

Future Learn Offers you the ability to choose from thousands of online courses from top universities and specialist organisations. The courses have a set start date and are accessed by learners around the world at the same time, enabling additional peer support.

Open Learn The home of free learning from the Open University. There is a huge range of courses available from short, animated videos to level one and two qualifications.

<https://www.open.edu/openlearn/>

Park Yoga Making yoga inclusive and accessible for all, offering an inclusive, welcoming, friendly and non-judgmental environment. Every Sunday. 09:30–10:30.

Until 13th September. No need to book. Bring a mat or towel. All abilities welcome.

Sharpham Trust – Weekly Online Meditation For further details, including information on the themes of each session and how to join, please visit www.sharphamtrust.org or call 01803 732 542.

South Devon College – Free Online Courses Online courses are fantastic for anyone with a busy schedule, as you can choose your learning environment, whether that's at home, out and about, or in your work environment. <https://www.southdevon.ac.uk/adult-learning/access-to-higher-education>

Step One Empowers people with mental health problems, learning disabilities, and neurodiversity in Devon to achieve their goals and live more independently. They offer a unique and holistic approach to mental health and wellbeing through a range of varied services, including access to training sessions. www.steponecharity.co.uk/what-we-do

We Find Any Learner Has a wide range of level one and level two qualifications available to access for free on their website. Their full range of courses is listed at: www.wefindanylearner.com/course-list

APPLICATION FORM



Please complete the first section in full with your details and then tick all programmes you wish to apply for with a maximum of 3 per Carer, stating your 1st, 2nd & 3rd preferences. Please post this form to **FREEPOST Torbay Carers Services** (all on one line). Example shown here:

Example 1	tick to apply
Aromatherapy	1st

Example 2	tick to apply
Legal Workshop for Carers	2nd

Name:.....

Address:

.....

Telephone No:

E-mail:.....

Your GP Surgery:

Cared For Name:.....

Do you need any help with transport? Yes / No

Do you need care for cared for person? Yes / No

Do you have any specific needs as a learner? (please give details).

.....

Access/Mobility

Any other thing we should know to help ensure a positive learning experience for you (please give details).

.....

.....

Strength and Balance Class – for the Carer	tick to apply
18th August	

Strength and Balance Class – For Carers supporting the people they care for	tick to apply
1st September	

Mandala Stone Art Workshop	tick to apply
8th September OR 7 January 2027	

National Screening Programmes	tick to apply
9 September	

Wet Felt Making Course	tick to apply
10th September	

Men’s Story Project – A Space for Men Who Care	tick to apply
12th September	

Pilates for Strength, Balance and Wellbeing	tick to apply
25th September OR 15th January 2027	

Paint Yourself Calm – An Introduction to Watercolour	tick to apply
29th September	

Botanical Lino Printing	tick to apply
5th November	

Christmas Rag Wreath Workshop	tick to apply
10th December	

Watercolour Improvers Course	tick to apply
12th January 2027	

Legal Workshop with Woollens Solicitors	tick to apply
TBC	

If there is training that you think you might benefit from that isn't available in this brochure, especially training that is more specialist and/or medical, please contact Signposts on 01803 666620 or signposts@nhs.net to see if we can help.

For courses that are online, via MS teams for example, if you need help to access these please contact Signposts 01803 666620.

There are still some spaces on courses for Carers this Spring. Details can be found via the link below or pop into the Carers Centre, Paignton Library to pick up a copy of our education brochure available at tsdft.uk/carerscourses

You can book your place online (confirmation to attend courses will be sent by email unless you do not use email – please regularly check your junk email to check whether you have been allocated a place), or by calling Signposts number 01803 66 66 20.

Please note that if you are using our freepost address to apply for education courses, you will need to use the correct address which is: FREEPOST Torbay Carers Service. This should be written all on one line and without the s in services.



If there is training that you think you might benefit from that isn't available via Carers education, especially training that is more medical, please contact Steph Malyon on **07350 403923** or tsdft.adminteamtcs@nhs.net to find out more and contact Signposts – 01803 666 620

For courses that are online, via MS teams for example, if you need help to access these please contact Signposts 01803 208 455.