

## Carers' Services (Brief Information for Carers of People in Torbay)

Name of Service	What the service does	How is the service accessed
Brixham Does Care	Brixham Charity with drop-in facilities, groups, outings, individual support for carers (and person cared for), plus newsletter	Brixham Town Hall 01803 857727
Brixham Carers Centre	Drop in or call for information or advice. Mon/Tue/Thu/Fri 10-4	Friends Centre, Brixham Hospital Site 01803 852421
Carer's Emergency Card	Via <b>Carers Register</b> , provides a card that carers can use if they are in an emergency to coordinate care for cared for person. Can also be used as <b>Carers Passport</b> for <b>discounts</b> in many local shops and hospital, hospital free parking and other benefits	Register application forms from Signposts for Carers 01803 666620, signposts@nhs.net or in each Health and Social Care team and surgery
* <b>Carer's Register</b>	Provides a database for mailing information, including <b>Signposts Newsletter, Education courses</b> . Provides <b>Carers Emergency Card</b> (including <b>Discount Scheme</b> ) / contingency planning / <b>Safely Home Scheme</b> .	Signposts for Carers 01803 666620 will send it with Signposts newsletter and Carers Education booklet. Application forms in each zone / surgery.
Carers Support Workers	Based at GP surgeries & Torbay Hospital. Specialist 16-25 support and Mental Health (MH), Older People's MH & Substance Misuse services. 1-1 & group support for carers inc. parent carers.	Carers should ask at own surgery or Signposts for Carers 01803 666620
Carers Aid Torbay	1-1 support for carers, events, IT courses, breaks. Drop in/call for information and advice Mon – Thu 9-5 and Fri 9-1. Can support Carers with a Health & Wellbeing check	Carers Aid Torbay (Olive Carers Centre, rear of St Edmunds, Victoria Park Road, Torquay) 01803 323510
Direct Payments	Available for eligible carers of adults to give a break from caring role. Accessed via Health and Social Care.	Requires Carer's Assessment by Health and Social Care Team - 01803 219700 or Carer Support Worker in GP Surgery
Discount Scheme	See Carer's Emergency Card	01803 666620
Education Courses	Usually free courses for carers—including End-of-life care, 1 <sup>st</sup> Aid, Moving & Handling, Legal Issues, Relaxation and many more.	Signposts for Carers 01803 666620 can give brochure (also in zone)
Emotional Support Vouchers	For eligible carers of adults, vouchers for up to 6 free counselling sessions for support linked with emotional impact of caring role.	Requires carer's assessment by Health and Social Care team - 01803 219700 or Carer Support Worker in GP Surgery
Finance / benefits support	Advice in accessing benefits.	Signposts for Carers 01803 666620 Bay Benefits 0753 079 0354
Hospital support for carers	Carer Support Worker at Torbay Hospital. Advice Point on Level 4 Main Entrance Torbay Hospital. Carers passport (see emergency card) may enable overnight stay / flexible visiting / parking	01803 654747. Ask on ward about carers' passport.
Lifestyles Health Trainers	Health Trainers support carers to improve their lifestyles e.g. through weight management, stopping smoking, pregnancy support etc.	Lifestyles Team – 0300 456 1006

Learning Disability Carers	Support to all Carers who support an adult with a Learning Disability	Caroline Saunders 07939 880092 Emma Young 07852 546530
Memory Cafés	Drop-in with refreshments for people with memory problems and their carers at Cafes in Paignton, Brixham, and Torquay	Drop in sessions are currently suspended due to unforeseen circumstances
Mental Health Carer support	Carers Groups—support from people with “lived experience” in mental health. Chilled Out Centre Torquay every Wed 11am-1pm and 2 <sup>nd</sup> & 4 <sup>th</sup> Tues 5pm-7.30pm. Contact the Chadwell Centre, Paignton on 01803 546470 for more information.	Dave Baker, Mental Health Carer Support 01803 208455 – mobile 07557 253317
Mid-age Carers Group (age 35 – 60)	Monthly activities / events / breaks	Caroline Saunders, Carer Support Worker 07732 034800
Phone Line / email for Carers	Trained volunteers call or email carers on a regular basis to chat/support	Contact Caroline Saunders on 07732 034800
Paignton Carers' Centre	Drop in / call for information or advice. Mo/Tu/We/Th 10-4, Fr 10-1	Rm 17, Paignton Library 01803 208455
Replacement Care – Age UK, Filo Project, Shared Lives	Range of replacement care services, from discounted hotel stays, a variety of sitting/enabling services; 'Day services' or overnight care in host carers' house or on outings. Either pay privately or be assessed by Health and Social Care. Ring Signposts for info.	Requires Eligibility and Financial assessment of person you care for by Health and Social Care team - 01803 219700
Safely Home Scheme	Provision of ID bracelet linked to Carers Register – for people who wander or have communication issues e.g. Dementia /Learning Disability/ Acquired Brain Injury / stroke.	Application forms from Signposts for Carers <b>01803 666620</b>
* Signposts for Carers	Specialist advice and information for carers including benefits. Make referrals on behalf of carers and chase up services. Access to training for carers, <b>Carers Register / Emergency Card / Discount Card / Safely Home Scheme</b> . Holds stocks of all carers leaflets.	<b>01803 666620</b>
Signposts Magazine	Quarterly magazine for carers.	Sent via <b>Carers Register</b> / ring 01803 666620
Drug / Alcohol Misuse – family support	Weekly “drop in” sessions for people affected by someone’s substance misuse - informal chat and support Wednesday 3 – 5pm (alternative 1 – 1 appointments can be arranged if required)	Friends and Family Support Shrublands, 8 Morgan Avenue, Torquay. 01803 291129
Support Groups for Carers	Many groups for carers of all age groups and needs across Torbay. Disability Information List offers additional details, including condition specific groups, e.g. Parkinson’s.	Details from Signposts for Carers 01803 666620
Young Carers Service	1-1 and group support / activities for under 18’s in caring role. Also school-based support.	Torbay Youth Trust 01803 895299 Email: <a href="mailto:info@torbayyouthtrust.org.uk">info@torbayyouthtrust.org.uk</a>
Young Adult Carers	1-1 and group support / activities for people aged 16-25 in a caring role. Also based at South Devon College	Young Adult Carers Team 01803 208455 <a href="mailto:Torbayyac@nhs.net">Torbayyac@nhs.net</a> , <a href="http://www.torbayyac.co.uk">www.torbayyac.co.uk</a>