

Summary of Services for Carers of People in Torbay

Name of Service	What the service does (if word in bold, see that heading)	How is the service accessed
Autism Carer Support	1-1 and monthly group support for Carers of adults with Autism without a learning disability	trishdarke.dimensionsforautism@gmail.com or signposts@nhs.net 01803 66 66 20
Brixham Does Care	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	Make an appointment for information, advice, support M-Fri 10-4	Friends Centre, Brixham Hospital, 01803 852421 signposts@nhs.net
Carer's Passport / Emergency Card	Via Carers Register , a card for Carers to use if they have an emergency with back-up plan for cared for person; also Discounts .	Contact Signposts for Carers 01803 66 66 20, signposts@nhs.net. Application forms also in doctor's practices and social care
* Carer's Register	Database for mailing information, including Signposts Newsletter, Education courses, Carers Passport Card for discounts and Emergency Card contingency planning.	Contact Signposts for Carers 01803 66 66 20, signposts@nhs.net. Application forms also in doctor's practices and social care
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.	Ask at surgery or Signposts for Carers 01803 666620, signposts@nhs.net for details of specialists and groups
Carers Aid Torbay / Torquay Carers Centre	1-1 support for carers, Carers' advocacy, events, breaks. Drop in/call for information and advice Mon – Thu 9-5 and Fri 9-1. Carers' Choices cost-of-living and Bay Benefits finance support	Carers Aid Torbay (Olive Carers Centre, rear of St Edmunds, Victoria Park Road, Torquay) 01803 323510 steph@carersaidtorbay.co.uk
Direct Payment	Available for <u>eligible</u> carers of adults to give a break from caring role. Accessed via Carer Support Worker or Social Care.	Requires Carer's Assessment by Social Care Team - 01803 219700 or Carer Support Worker in GP Surgery / Carers Aid etc
Discount / Passport Scheme	Use Carer's Passport Card to get discounts in many local shops, hospital free parking etc.	01803 66 66 20, signposts@nhs.net www.tsdf.t.uk/carers on the 'Finance, benefits, and discounts' tab
Education Courses	Usually free courses for carers—including End-of-life care, 1 st Aid, Moving & Handling, Legal Issues, Relaxation, crafts etc.	Contact Signposts for Carers 01803 66 66 20 signposts@nhs.net for brochure
Emotional Support Vouchers	For <u>eligible</u> carers of adults, vouchers for up to 6 free counselling sessions to look at emotional impact of caring role.	Requires Carer's Assessment by Social Care team - 01803 219700 or Carer Support Worker in GP Surgery / Carers Aid etc
Finance / benefits support	Advice in accessing benefits, cost-of-living support for Carers	Bay Benefits 0753 079 0354
Hospital support for carers	Carer Support Worker for complex discharges. Advice Point on Level 4 Main Entrance Torbay Hospital. Carers' passport may enable overnight stay / flexible visiting / parking / discounted food	Support worker - 01803 654747. Ask on ward about Carers' passport. www.tsdf.t.uk/carers 'Carers Hospital Passport' tab
Healthy Lifestyle Support	Health Coaches support Carers to improve their lifestyles e.g. weight management, stopping smoking, pregnancy support.	Your Health Torbay 01803 422 422

Torbay Family Carers	Specialist support to all Carers who support an adult with a Learning Disability.	Emma Young 07852 546530 Caroline Saunders 07939 880092 Helen Burns 07973 838789
Memory Cafés	Drop-in with refreshments / activities for people with memory problems and their Carers. Paignton, 3 rd Thursday of the month 2.00pm – 4.00pm. Goodrington Monday 2.00pm – 4.00pm, Babbacombe Tuesday 2.00pm – 4.00pm, Barton 2 nd Saturday of the month 1.30 – 3.30pm	Paignton call 07974 561721. Goodrington call 07958 558066; St Anne's Hall, Babbacombe Road, Torquay, TQ1 3TJ, Purple Angel Cafe Barton call 07707 048 595
Mental Health Support Cared for < 65 If Cared for 65+ (OPMH)	1-1 support and group at Paignton Carers Centre 1st and 3rd Weds 10:30 – 1pm or Chadwell Centre 2nd and 4th Tuesday 5pm – 7:30pm OPMH 1-1 support + group at Chadwell Centre 1 st Friday 1.30-3pm	Phil Enness: 07799 658407 Dave Baker: 07773 632554 OPMH Laura Walsh 07468 719719
Phoneline / email for Carers	Trained volunteers call or email isolated carers on a regular basis to chat/support	Contact Signposts for Carers 01803 66 66 20 signposts@nhs.net
Paignton Carers' Centre	Drop in / call for information or advice. Mo/Tu/We/Th 10-4, Fr 10-1	Rm 17 Upstairs Paignton Library 01803 208455
Parent Carers (of child <18 with additional needs)	<u>General information</u> on assessment, support <u>Tissues and Issues</u> - Information, advice and support for parents / grandparents / Carers of child with disability or additional needs. <u>Torbay SEND Family voice</u> – Volunteers supporting parent Carers to have a voice / engage with services	www.fis.torbay.gov.uk search 'parent carer' www.tissuesandissues.org tissuesandissues@outlook.com www.familyvoicetorbay.org admin@familyvoicetorbay.onmicrosoft.com
Replacement Care (Adults) – Age UK, Filo Project, Shared Lives etc	Information about sitting/enabling services; 'day services' or overnight care in host carers' house or on outings. Either pay privately or be assessed by Social Care. Also discounted hotel stays as Carers' breaks.	If need funding, requires Eligibility and Financial assessment of person you care for by Social Care team - 01803 219700. Otherwise Contact Signposts@nhs.net 01803 66 66 20
* Signposts for Carers	Specialist advice and information for carers. Make referrals for Carers and chase up services. Access to training for carers, Carers Register, Passport / Emergency / Discount Card, Safely Home Scheme . Stock of all carers' leaflets.	01803 66 66 20, signposts@nhs.net www.tsdfit.uk/carers
Signposts Magazine	Quarterly magazine for Carers, via email or post.	Signposts 01803 66 66 20 signposts@nhs.net
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 in all parts of Torbay. Disability Information List offers details of condition specific groups, e.g. Parkinson's.	Details from Signposts for Carers 01803 66 66 20 signposts@nhs.net
Men Who Care Group	A group for male carers who want to get in contact with other males in a caring role. Meetings are at The Palace Hotel, Esplanade Road, TQ4 6BJ on Paignton Seafront on various days at 11am	Email menwhocare@yahoo.com or call Scott on 07799 666035
Young Carers Service	1-1 and group support / activities for under 18's in caring role including primary school age. Also school-based support.	Via 01803 208 100 youngcarers@torbay.gov.uk
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 via 01803 208455 Torbayyac@nhs.net, www.torbayyac.co.uk.