



SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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If you would like to include an article or letter in the next issue, please contact Signposts on 01803 666620. Deadline for the July edition is 2 June.

Welcome to the spring edition; as the sun starts to shine we can look forward to getting out and about more, so why not take a look at some of the Carers activities on (P7, 15 & 16) where you can have some fun and meet other Carers.

I would like to thank both of the Carers who submitted their stories for this edition; how encouraging to hear about the difference Anode has made to a family's life and the input of Crossroads Care who enabled a Carer to become more assertive and signposted appropriate organisations who subsequently provided her with advice and support. Please continue to send in your stories; it may be the answer to another Carer's situation.



We are currently looking at the next Measure Up strategy for 2015-17 and would welcome local Carers to get involved in helping us to establish the priorities. There are several ways you can do this, so take a look at (P5) to find out more.

On (P6) a local Carer is asking for Carer input for her research project in Voluntary Sector studies. This lady has worked for a period of 6 years on her degree while caring for her husband and I think this is of great encouragement to other Carers. If you would like to be involved in her questionnaire and share your experience of caring, then she would love to hear from you.

Finally, it's hard to believe it's that time of year, where Carers Week will soon be upon us (June 9-15) (P8&9). There are 12 events on offer, so you will be able to enjoy some much deserved time out. Don't forget, I will need your application forms returned to the Freepost address by the 5th of May, clearly stating your first and second preferences, unless there is an activity that specifies booking direct.

Well I hope you have a lovely Easter and I look forward to seeing you all during Carers Week.

Natalie Townsend on behalf of the editorial team.

Contact us c/o Signposts for Carers
Chadwell Annexe, Torquay Road, Paignton TQ3 2DW
Telephone: 01803 666620 Email: signposts@nhs.net

“Money can’t buy what Anode gives me every day”

It was August last year; I remember it well when my step-son went off to college joyfully oblivious to the many worries hiding behind his mother’s smile. “Have a nice day” she shouted, the door closed and Kate’s smile turned to tears as the true desperation of our financial and emotional state was revealed ...bankruptcy! I made her a hot water bottle as we had no money for gas.

I remember thinking, she deserves better than this, she had been through so much; cancer, emergency hysterectomy and various mental health diagnosis. We were both on anti-depressants and didn’t know where to turn.

I went to make a drink, but we were out of tea bags! There and then I decided we should go down to Cool House, a friendly place, where we could get a cuppa.

At the Cool House we explained to Martin the manager the crisis we were in, with no food in the cupboard and the constant worry over our son. He suffers from A.D.H.D a neurological behavioural condition. He was blissfully unaware of our troubles and we wanted it to stay that way.

Martin introduced us to John Davidson a Carer Support Worker and he told us about an organization that delivered food parcels to people in crisis. I explained to John that we had no money, but John assured us that they were a charity set up to help people. He called them immediately and told me that we would receive help. We continued with our chat, our cuppa tea and made our way home.

I remember thinking, this is too good to be true, that someone I hadn’t met would drop off some food; I was at such a low point in my life that I had lost all hope and purpose.

After a few hours, there was a knock at the door “Hi I am from Anode and I have a food parcel for you.” We were both tearful that someone



could be so kind, we were so grateful.

Shortly after, John came around and explained to me that Anode was all about turning a negative into a positive. He explained that they did all kinds of things for people, helping in the home etc.

I decided that I wanted to get involved with Anode, so John arranged for me to meet Nigel the guy that set up the charity and the rest of the team. I worked for a day and found the environment so friendly and relaxed and I could apply my skills in the building trade to help and benefit other people who had their own crisis of some kind.

I have been working with Anode for five months now, usually 4/5 days a week; my life has changed, our family life has changed, we have more structure and purpose.

Our son is looking forward to helping out in the summer holidays and Kate is feeling more optimistic about the future. Anode also provided us with a couple of heaters; so we are not as cold these days!

We can’t thank Cool House and Anode enough for all their kind support. Financially it’s still tough, but we are seeing things in a different light these days.

I am a volunteer, but money can’t buy what Anode gives to me every day.

BOOK REVIEW

The Boot Camp by Kate Harrison

Three women with very different needs go to a weight loss boot camp. The boot camp does not offer expensive luxury pampering as advertised, but a tough experience with 2 ex-soldiers providing the physical training. The accommodation is in poor repair and the "delicious nutritious" meals are not quite what is expected.

Vicki is overweight and needs to lose her excess under Doctor's orders. She is a loving Mum and misses her 3 boys terribly while she is away for the week, but she has a sad secret which is revealed during the camp. Steph creates puddings – which she has to sample and Darcy is a TV presenter, formally a journalist who experienced working in war zones.

The women bond with each other and Darcy finds understanding from the soldiers who have had combat experience.

The book is fun and gently paced. There are no total happy ever afters, the ending is more realistic, there are no magic wands here, but there is a chance of contentment if people work at it. I really enjoyed this book, because it is very different from my usual read, and I hope you enjoy it too.

Janet W Proctor, Torquay Library



Letter from a Carer

I first came to the Crossroads office in October 2012, I was very stressed and didn't know who to turn to. My partner had been poorly for a long time and no one was listening, helping or investigating any further. Crossroads Care linked me in with the Disability Information Service and together we began to challenge the assumptions made by medics who had given the diagnosis of "flat feet". Crossroads Care helped me to become more assertive and clear, so that I could challenge both the Employment & Support Allowance and Disability Living Allowance decisions.

A real deterioration in my partners health triggered investigations from professionals. A series of fits and increased mobility difficulties led to an appointment with a consultant Neurologist who diagnosed a progressive neurological condition; myotonic dystrophy.

Crossroads then helped me and my partner through the appeal process, to a successful conclusion. I was supported in accessing funds for driving lessons and to take part as a Carer representative on the Crossroads Care steering group. Crossroads still support me in my role and are my first stop if challenges occur.

If you don't know who to turn to for advice, support or advocacy, maybe Crossroads could also help you.

Many thanks, Carer



THE MONEY PAGE

WHAT'S CHANGING THIS YEAR WITH BENEFITS?



Here is the spring round up topics from the ever-changing world of welfare benefits.

Carers Allowance earnings limit

Carers claiming Carers Allowance and working earning up to the maximum £100 weekly earnings limit will be aware that the limit has not increased in recent years, in spite of several increases in the minimum wage. On 3 February, Mike Penning MP, minister of state for disabled people, told parliament that anyone losing entitlement to Carers Allowance would simply have the difference made up by an increase in their working tax credit (WTC). That will be fine for those in receipt of WTC, but families with two working partners (where one is a carer), can easily fall outside the scope of WTC and therefore lose entitlement to Carers Allowance of £61.35 a week. This is an issue you might want to discuss with your MP in the run up to the next election.

The Department for Work and Pensions (DWP) is also taking a retrospective look at employer's tax records going back over the last ten years or so. Any Carer who has exceeded the earnings limit and who didn't report it at the time will be required to repay allowance for every week the limit was breached. It is wise to get advice if you receive such a letter.

Workplace pensions

Working carers will also be affected by another announcement from earlier this year. Pensions minister Steve Webb has announced that he is raising the salary level that triggers auto-enrolment into the new workplace pension scheme to £10,000. With the average part-time salary being just under £9,000 a year, the majority of the UK's six million part-time workers will no longer be automatically enrolled into a scheme. This move will clearly affect many Carers who are forced to work part-time because of their responsibilities.

Do you oversee someone's benefits?

The DWP is taking a tougher line on benefit claimants who fail to report a change in their circumstances. Historically, claimants were simply asked to pay back what they had been paid, but we are now noticing an increasing number of cases where the DWP have also opted for prosecution on top of recovery.

It is important to understand the basis for the receipt of benefits and it is also essential to report any changes to each and every office that deals with the payments. Disability Living Allowance (DLA) is one benefit that can cause problems; DLA is only paid because of care needs and/or mobility problems arising from a disability. So it is essential to report a change if someone's care needs reduce or their mobility improves. An urban myth which has grown up around DLA is that forms should be completed on the basis of someone's 'worst day' – this is simply wrong. Awards are actually based on needs occurring 'most of the time'. Case law has interpreted this to mean 'at least 5 days a week on average'.

Would you throw away £34.20 a week?

If you are receiving state retirement pension or another contributory benefit such as employment and support allowance, you will probably have been refused a claim for Carers Allowance. However, those people who are (or would be) also entitled to income-related benefits, such as pension credit or income-related Employment and Support Allowance, can have a Carer's premium added to their benefit calculation. Get some impartial advice by calling Signposts for Carers on **(01803) 666620** or email **signposts@nhs.net**

Attendance Allowance for people 65 or over

This is a tax-free, non-means tested benefit, aimed at people who have frequent care needs (throughout the day at a minimum). The needs must be related to personal care or supervision - a need to keep an eye open on someone for safety reasons.

Carers Allowance

If you are a Carer looking after somebody who is getting Attendance Allowance, Disability Living Allowance or Personal Independence Payment, you may be eligible to claim Carers Allowance. Receiving Carers Allowance does not preclude the Carer from also having their own claim for their personal needs if someone is also caring for them.

An application form will need to be completed if you would like to apply for Attendance Allowance. A decision will then be made by the Department for Work and Pensions to see if the person you care for qualifies. Attendance Allowance is worth £54.45 per week (2014/15); that's over £2,800 per year.

John Dudley at Crossroads Care Torbay can help you to obtain the application form and fill it in. If you would like assistance, he can meet you at your home, or wherever is most convenient and the service is free of charge.

John Dudley is available for Benefit Advice on: **(01803) 323510**

MEASURE UP 2015-17

- YOUR CARERS STRATEGY NEEDS YOU!

'Measure Up' has been Torbay's interagency Carers strategy since 2000. The 5th edition of the strategy will be developed during this year and will set out our plans and priorities for Carer support in Torbay for the 3 years from April 2015.

Given the dramatic changes in the NHS and Social Care and the tough budget we face, it is important for us to focus on what Carers tell us they need most.



In order to ensure an independent consultation we will work with Healthwatch Torbay to develop the proposals for Measure Up. They will lead the consultation and analyse the results. We want local Carers to help us establish the priorities for Measure Up 2015-17. There are several ways to be involved.

- Carers on Torbay Carers Register will be consulted during May – June 2015
- An open survey (paper based and on-line) will be available
- Healthwatch Torbay will link with local Carers networks to explore issues
- There will be a telephone helpline available to take calls and collect views

Pat Harris from Healthwatch Torbay said "We want to talk to as many Carers as possible to hear what they want and where the gaps are in Carer support services."

The results of the consultation will be analysed and written up by Healthwatch. Proposals for the new strategy will be drafted in the autumn and will be available for comment. We expect to have the strategy in place by the end of this year.

Please watch out for opportunities where you can be involved in building our next strategy action plan. If you have any questions, or comments, please contact James Drummond, Lead Officer for Carers Service on: **(01803) 208453** or email jamesdrummond@nhs.net, or Pat Harris on: **0800 052 0029**

Paignton Carer's Research Project Needs Your Views on Care-Giving

My husband has a debilitating condition rendering him virtually housebound, and I have been his full-time Carer for 25 years.

In my spare time(!) over the last 6 years, I have been working towards a degree in Voluntary Sector Studies, as a long distance student of the University of Wales, Trinity Saint David. I am now approaching the end of my course. My final piece of coursework is my dissertation and I have chosen the title: *In sickness and in health: the strains and gains of caring for a chronically ill or disabled spouse.*

There is an abundance of literature on 'carer burden', but I would like to explore both the positive and negative aspects of care-giving. In order to do this, I am looking to recruit as many spousal Carers as possible, to complete a questionnaire.

If you are your husband's or wife's Carer and would be happy to take part in a short 5-minute telephone questionnaire, I would be very grateful for your views on caring. All information given will be completely confidential. As a token of my gratitude, you will be entered into a prize draw to win lunch for two at Russina's restaurant in Paignton.

If you are happy to share your experiences as a Carer, please telephone me, Victoria on: **(01803) 400095** or email: **vikkisolomi@hotmail.co.uk**

NEW DEMENTIA ADVISER SERVICE IN TORBAY NOW AVAILABLE

A new Dementia Adviser service has been launched in partnership with the Devon Partnership Trust to support people with dementia and their Carers. There are five Dementia Advisers, working across Torbay; Jennie Langridge & Chris Delaney in Torquay, Jo Davison & Ros Vian in Paignton and Claire O'Brien in Brixham.

Liam McGrath, Dementia Support Manager said: "Our core purpose is to provide guidance, information and support to people who have been diagnosed with Dementia and their Carers. The service is designed to offer a single point of sustained contact for service users."

Referrals can come from any source including self referral, and the Advisers work as part of integrated teams within the Torbay Care Trust.

Each of the Advisers has been allocated a number of G.P. surgeries and have met with them and promoted the service.

The Dementia Advisers also co-ordinate Alzheimer's Society's Paignton Memory Café, Babbacombe Memory Café, Brixham Memory café, Singing for the Brain & Memory Matters.

There is also a drop in service available in the Alzheimer's Society Office in Torquay Road, Preston, every working day, with a Dementia Adviser available to speak to.

To find out more about this service, other services in the area, or volunteering contact Jo Davison on: **07712 301467** or log on to: **alzheimers.org.uk/localinformation**



Carers4Carers

The telephone line set up for Carers, known as 'Carers4Carers' has been successfully running now for several years.

The service is benefitting Carers who may be isolated due to their caring role and wanting to link in with other people. Carers are asked if they wish to speak to a male or female caller and Val Shute, Phone Line Co-Ordinator will match the Carer with a volunteer, who is a Carer or has been a Carer and knows from experience how important it is to hear from a friendly voice.

If you are a Carer and would like to have a regular chat on a Tuesday evening, between 5pm and 9pm, then please ask your Carer Support Worker to make a referral to Val Shute, or if you wish to find out more, please call Val on **07596 103291**.

INVOLVING LEARNING DISABILITY CARERS IN TORBAY

Carers are the real experts on services for those they care for. They have the knowledge and experience and should be involved as true partners in planning. At the centre of the local decision-making process is the Torbay Learning Disability Partnership Board which focusses on services for adults with a learning disability alongside their Carers. The Board is an important forum where local Carers can be involved in how health and care services are designed and delivered.

To improve the partnership with Carers, the Partnership Board has asked Carers Services to lead a project to look at how to involve the Bay's Carers and to make sure that Carers are active in planning services across Torbay. Torbay Carers will look at new ways to make sure that those caring for people with a learning disability will have their views taken into account when decisions are made, and when services are designed and evaluated.

We now need your views, so contact Kevin Dixon at Signposts **(01803) 666620** or email **sdkdixon1@tinyworld.co.uk** for more information on this project, and with any ideas you may have. Kevin is happy to attend meetings of Carers or talk to individuals.

CARER SUPPORT - PILOT TRIAL

Multi-organisational approach to a 'bowling break' scheme



Hosted and facilitated by Torquay indoor Bowling Club at Plainmoor, two local charitable organisations Carers' Pathways and Crossroads Care together with Torbay & Southern Devon Health & Care Trust are piloting an 'Indoor Bowling' break scheme, aimed at supporting Torbay Carers.

**Commencing
Monday 26th May 2014
2pm - 4.30/5pm**

The 'Bowling Break' pilot scheme is limited in numbers, but if successful, could be repeated in the future.

For more information please contact: Crossroads Care at the Olive Carers Centre **(01803) 323510**

The organisers express grateful thanks to Torbay Indoor Bowling Club for their generous agreement in allowing the club to be used to facilitate this pilot.

TORBAY CARERS WEEK 9-15 June 2014



Carers Week 2014 will take place from 9-15th June. The theme this year is Carers Week 'Quest'.

The Carers Week Quest is an exciting new initiative to encourage improved collaborative working in local communities to reach out to Carers. It aims to reach out to the thousands of Carers in the UK who are currently missing out on services and support.

At the heart of the activities will be a focus on working together in local communities, to reach as many Carers as possible during Carers Week.

Carers Week takes place every year to recognise and celebrate the 6.5 million people throughout the UK caring, unpaid, for a family member or friend who is ill, frail or has a disability.

This year, Torbay have organised a programme of events during Carers Week designed to reach a large number and variety of Carers, from young to old, either working or not working. The events will be open to Carers across Torbay.

There will be an opportunity for Carers to take part in various pampering options, an afternoon's activities at Paignton Library, meals out with entertainment and learning to fish, among other exciting opportunities. Most events will be on a ticket only basis and for Carers only, unless otherwise stated.

To apply please complete the back page of Signposts, noting your 1st and 2nd preferences only and return (no stamp needed) to: Torbay Carers Register, FREEPOST SWB 31010, Paignton, TQ3 2ZZ. No later than Monday 5th of May.

For more copies of this brochure or general information on Carers Week 2014 contact Signposts for Carers on (01803) 666620.

CARERS WEEK EVENTS

Monday 9 June

Fishing

10am - 2.30pm (to include a BBQ lunch)

Town Parks Coarse Fishing Centre, Paignton

The event is suitable for all, irrespective of fishing skills! Full tuition and fishing equipment will be offered. For more expert fisher folk who prefer to use their own fishing materials that will be fine. Activities are situated in a beautiful lakeland setting and we should have a fantastic day!
(Carers only)

Flower Arranging

2.00pm - 4.00pm

Paignton Library & Information Centre

Enjoy an afternoon of flower arranging; get creative with a summer arrangement to adorn your table. **(Carers only)**

Tuesday 10th June

Relax & Unwind

10am - 3pm

The Olive Carers Centre, St Edmunds, Torquay

Relax and unwind with Reflexology, facials/ beauty treatments, Reiki and manicures. A day to focus on 'you' and your wellbeing.
(Carers only)

To book please call:
(01803) 323510

Wednesday 11th June

Paignton Library Carers Event

12.45pm - 4.45pm

Doors will open at 12.45; there will be entertainment with special guest Maggie Duffy, a jewellery and Pilates demonstration with opportunity for participation, Juicing for Health and healthy eating workshops, and an opportunity to trace your ancestry. Tea & cakes provided.

(Carers and Cared for welcome)



Wednesday 11th to Sunday 15th



Torre Abbey

10.00am - 4.00pm
Enjoy a visit to Torre Abbey gardens, or join in an interactive tour and learn about this intriguing landmark and its colourful history.

(Carer free on presentation of Carer's Emergency Card and Cared for £7.50)

Thursday 12th June

Relax and Unwind

To book please call:
(01803) 323510

10am - 1pm

Brixham Carers Centre

Relax and unwind with a reiki session, a file and polish, or reflexology – a morning to focus on 'you' and your wellbeing. **(Carers only)**

Bric-a-brac

10am onwards

Cool Recovery, Morgan Avenue, Torquay

Contact Jon Davidson for more information on:
(01803) 214597 or **07909 873275**
(Carers and Cared for welcome)

Carers High Tea & Entertainment

2.00pm - 3.30pm

The Park Hotel, Paignton

Come and enjoy a light hearted, fun afternoon, with a High Tea and entertainment with the Sacred Heart School. Open to all Torbay Carers but priority will be given to those who attend Carers@ThePark coffee morning and afternoon. **(Carer free & Cared for £2.50)**

House of Marbles

Time: TBA

Meeting at St Annes Road, Cary Park

We will catch a coach to the venue, where you can take a glimpse into the past at the pottery, glass, marble and games museums, or take a stroll around the shop.

Ploughmans and cup of tea included. Places are limited so please call direct to book on: **(01803) 316333** Amanda or **(01803) 312233** Michelle
(£10.00 for lunch per person)



Friday 13th June

Pamper Day

at The New Devon Clinic, Paignton

The New Devon Clinic are delighted to offer a range of therapies including Reflexology, Reiki, massage, laser lipo, hypnotherapy and much more. Please check their website for details **www.devonclinic.co.uk**. In order to book your free half hour treatment please call: **(01803) 557681 (Carers only)**



Italian Cooking

10.00am - 2.00pm

The Cool House, Torquay

Come along and be entertained by Luigi, the chef who will demonstrate how to prepare and cook an Italian dish –

Penne Primavera. Everyone will get the chance to do some cooking for themselves.

(Carers only - to bring ingredients)

Saturday 14th June

Pamper Afternoon

1.30pm - 3.30pm

Living Waters Church, Preston

Come and enjoy a fun, relaxing afternoon, with a buffet lunch and a selection of treatments from massage, pedicures, manicures, haircuts, to makeup demonstrations. Come and be pampered.

(Carer free & Cared for £4.00)

Many thanks to the Rotary Club of Preston, who provided an activity at Occombe Farm called The Knights Adventure. Young Carers aged 6 – 11 took part in the adventure, which involved a trail working out riddles, finding clues and overcoming obstacles to find the lost unicorns golden treasure, where a knight in shining armour awarded a prize. Then children had the opportunity to make a shield or tiara.

Next up for the 11 + age group we visited Torquay Museum and took part in the Museums trails; we learnt about Agatha Christie and the inspiration behind many of her books. We also learnt about the real Indiana Jones, namely Percy Fawcett, discovering his favourite artefacts and working out clues to find numbers to unlock a treasure chest to receive a prize. The children found it interesting to discover how people used to live and the connection between Torquay and world history.

For the 13 + age group we ran an activity at The Cool House, making pizzas, jewellery and nail art. Many thanks to Lauren Drewery for nail art and Ria Reed for jewellery making.



The family activity was a swim at The International Riviera Centre; this was a popular choice.

Here's some feedback from the Young Carers:

Ryan: "Thank you for the Knights adventure"

Katie: "I really enjoyed the jewellery making"

Zara: "The Museum was fun"

Andrew Wright
Young Carers Support Worker:
(01803) 208657 / 208525



TORBAY'S FIRST RECOVERY FAYRE - *a great beginning!*

On 6th March, Torbay held its first Recovery Fayre for people with drug or alcohol issues or dual diagnosis (also having mental health issues) and their families.

The turn-out was fantastic – having originally planned to cater for 20 information stands and a maximum of 100 people, the number of stands increased to over 30, with well over 150 people attending. There was a great buzz about the event and people said: "It was a fantastic chance to see all that is being

offered as support in Torbay." Mirror Mirror Playback theatre compered the event and also performed two interpretations of people's experiences which, although often heart-wrenching, were brilliantly done and obviously struck a chord with many people.

Katy Heard, Carers' Lead said, 'The fact that so many people turned up and many stayed for the whole day really shows the level of interest and commitment in Torbay. Besides information-sharing, the event was about

YOUNG ADULT CARERS

A group of Young Adult Carers got busy cooking in January when they went along to the Cool House for the second cooking workshop with Anna Murch, Health Trainer from the Healthy Lifestyles team.

One Young Adult Carer commented: "When I heard that cookery sessions were about to start at the Cool House, I was initially a little apprehensive about going. Flashbacks to food classes at school; stuck in a turgidly hot classroom, 12 ovens blaring, 30 portions of some sort of socially acceptable mystery stew getting roasted, follow up paperwork, perpetually angry teachers... thankfully, these lessons are quite different. I was part of a group of other Young Adult Carers, all interested in learning to cook and Anna our friendly instructor, always came prepared with ingredients and healthy recipes, neither bland, nor overly complicated for a newbie chef.

Everyone was invited to put his or her own spin on the recipes (vegetarians need not fret), while Anna cheerfully instructs and answers every question. Work gets done, and you end up with some very tasty edibles. Since beginning these basic cooking lessons, I find myself making more of my own food than ever before, and with every culinary success comes a great sense of accomplishment. I'd wholeheartedly

recommend this course to anyone who can't already cook—fight the takeaways, make your own!"

Another Young Adult Carer said: "I found the time spent with my Health Trainer very helpful. I was able to talk to her about the different foods that would benefit my specific needs. We also spent a lot of time talking about what meals are quick and easy to cook. This was very useful, as I have ME/CFS and I am a Carer, so when it's time to cook I am generally exhausted. Being able to come up with meals that are quick and easy has been a real relief. My health trainer was a great help; she was friendly, caring, always ready to listen and helped me to move forward. If you are thinking of seeking help with a health trainer, I would definitely recommend their service."

If you are a Young Adult Carer or you know someone aged between 16 – 25 years old who is in a caring role, please contact us via our website www.torbayyac.co.uk or email yac.tct@nhs.net



getting people's views on what can be improved in Torbay. An action plan will be developed from the day so that people can see change taking place. As part of the substance misuse and mental health service providers panel, I can see that much is already happening, but often people don't know about it, so that is definitely an area that needs to be worked on.

We will use Signposts newsletter to keep you updated!



CARERS NOTICEBOARD



Co-ordin8

Co-ordin8 works with people with learning difficulties together with their parents and Carers to deliver the most suitable and enjoyable social experiences for everyone.

Based in Torbay, we provide a wide range of meaningful activities designed specifically for what people want and will benefit from the most: promoting choice and person centered approaches.

All of our activities are run by qualified CRB checked staff. They have many years of professional experience providing development, dignity and purpose to those with a learning difficulty in a safe, relaxed and fun environment.

Activities may run daytimes or evenings, weekdays or weekends. There are about 23 activities on offer, some are listed below.

Activities Available

- Nature Safari
- Click Photography
- Total Communication Skills
- Computer Whizz
- Cookery
- Grow it Cook it Eat it
- Make My Own Fashion Items

For more information, please give us a call on **01803 327869** or email **co-ordin84action@hotmail.com**

co-ordin84action.org



Co-ordin8

Enabling People



ART & CRAFT SESSION

January to July
Mondays, 9.30am to 3.30pm
& Saturday Club, 10.00am to 3.00pm

At Jasmine House, Midvale Road, Paignton

First come first served

12 places available
(you will need to bring proof of benefits to register)

Please bring a packed lunch
if you plan to stay all day

Refreshments provided

A contribution of £5
for the day towards
resources and £2.50
for half a day

Funded by the WEA

Co-ordin8

Enabling People



Torbay Libraries Complete Beginners Computer Course

Never touched a computer keyboard?

Wondering what email is all about?

Never browsed the internet?

A FREE 5 week course starting early May

10.30am - 12.30pm

You will be guided through the sessions at
your own pace

For more information ring your local
library on: Torquay (01803) 208300 or
Paignton (01803) 208321

TORBAY
COUNCIL

LIBRARIES



**@bsolute
beginners**

TORBAY MID AGE CARERS GROUP

We meet once a month on every second Thursday in various locations around the bay 2.00 - 3.30 pm.

All Carers between 40 and 60 welcome (there is some flexibility)

Programme of events for 2014

8 May Jungle Journey Adventure Golf Abbey Park, Off Belgrave Road, Torquay. An 18 hole jungle themed adventure 'crazy' golf course, £4.00 per session for Carers. Then meet for tea/coffee in the One World Café opposite.

12 June Visit to Compton Castle Marldon £5.00 per head (whole property)

10 July A walk with John Risdon 'Walk Paignton's fascinating Past' meeting at the Harbour Light Restaurant at Paignton Harbour under the Arch, finishing with a coffee/tea.

14 August Tea/Coffee Drinks/Ice Cream (if weather permitting) on the balcony at Shorelines, Paignton. If weather bad, meet inside.

For further information about the group, please contact Val Shute on 07596103291

PAIGNTON CARERS GROUP

Meets at the Carers Centre, Paignton Library on the last Thursday of the month

2.30 - 4.00pm £2.00 per head

24th April Gemma Tremlett (Project Support Manager), Ben Corbishley (Business Intern) DART (Devon Access and Referral Team) - What they do!!

29th May Ian Handford: Isadora Duncan

26th June Lucy Channon: The History and Language of Fans

31st July The Fracture Liaison Service

For information please contact your Carers Support Worker or Sally on 07531 947687

Come and join Amanda & Michele for
"TIME OUT"
For Brunel and Chilcote Carers

We meet on the third Thursday of the month - 1.45 to 4.15pm, at the Trecarn Hotel, Palermo Road, Babbacombe, unless otherwise stated.

Thursday 15 May 2014

Jackie Bufton will be showing us her expertise in the art of glass fusion and glass work. She will be bringing examples of her work for us to see.

Thursday 19 June 2014

Join us for a trip to the House of Marbles at Bovey Tracey to celebrate Carers Week!

Speak to Amanda or Michele for details or to book your place. Places are limited and are for Carers and cared for. Ploughmans plus tea/coffee, £10 per person payable in advance.

The coach is sponsored by Chilcote Care.

TORQUAY CARERS GROUP

Meets at the Olive Carers Centre, Victoria Park Road, Torquay on the second Monday of the month

2.30 - 4.00pm £2.00 per head

12th May Ian Handford: Isadora Duncan

9th June Bowling, meet at AMF Bowl 2.30pm

14th July Lyn Yeoman: Torquay and the surrounding area during the War

11th August Cream Tea, venue to be decided

For information please contact your Carers Support Worker or Sally on 07531 947687

CROSS ROADS CARE

Update

A big hello and how are you doing? It has been a very busy few months with new referrals and we are now supporting over 395 families within Torbay who care for someone. The Grandparents groups are thriving and we have also started a new Parent Carer group. If you would like to join one of these groups

please give us a ring.

We have recently set up a steering group which is made up of Carers registered to Crossroads; they provide feedback about how the charity is run, how we fundraise and the services we provide. This informs us as a charity and directs how we best support Carers in Torbay. If you would like to have your say and be involved in the direction of future services we provide, please get in contact.

Our Ancestry and Craft group have also been a great success, with fantastic feedback from Carers. The groups offer both social opportunities, a chance to share skills and common

interests with other Carers.

We also held a hugely successful Pamper Evening with 49 Carers and their guests. Sainsbury's kindly provided the venue and a wonderful selection of nibbles and drinks. We had 9 specialists who offered their time free of charge, with treatments including Makeovers to Reflexology. With a fabulous evening had by all, we raised over £200 for our Carers Fund.

Well a happy Easter to everyone and we hope you enjoy some of the events we have planned for the next 3 months. For more information please contact us on **(01803) 323510**.

COURSES FOR CARERS

I.T Taster Sessions

Session 1: Social networking (Twitter, Facebook etc.)

Session 2: Safe shopping on the internet

Session 3: Digital cameras

At Olive Carers Centre

Tues 13 May 1.30-3.30pm

Tues 20 May 1.30-3.30pm

Weds 28 May 10am-12pm

Paignton Carers Centre

Paignton Library

1st Floor

Thurs 15 May 10am-12pm

Thurs 22 May, 10am-12pm

Thurs 29 May 10am-12pm

Planning Your Future

At Carers Centres on Fridays 10am-2pm

A taster session to give you the opportunity to think about and cover a statement of your wishes, preferences and decisions. A light lunch will be provided.

9 May **Olive Carers Centre**

16 May **Paignton Carers Centre**

30 May **Brixham Carers Centre**

Computer Course

Thursdays, at Olive Carers Centre

5, 12, 19 & 26 June

3 July

A five week free training course. For more information please contact the office, or Mel on: **07528 714955**

Crafty Carers

10am - 12pm, Olive Carers Centre

Friday 2 May

Friday 6 June

A new monthly group set up by Carers for Carers. Come along share skills and make some new friends. Starting with paper crafts.

If you would like to attend, please phone: **(01803) 323510**

COMING IN JULY'S EDITION:

- ◆ Carers Week Update ◆ Carers Support at Torbay Hospital ◆
- ◆ Healthwatch Update on Measure Up ◆

TORBAY CARERS WEEK 9-15 JUNE 2014

APPLICATION FORM

Carer's Name:

Address:

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.....

.....

Telephone No: Email:

Cared For's Name:

Address (if different from above):

Your Surgery:

● Are you a member of Torbay Carers Register? YES NO

Will you need any of the following to enable you to attend an event:

● Transport

● Support to look after your cared-for at home YES NO

● Do you have any specific dietary needs?

Details.....

.....

● Do you have any mobility difficulties?

Details.....

.....

● Please give details of cared-for's dietary and/or mobility needs if attending an event

.....

.....

Please turn over

Supported by:

Torbay and Southern Devon Health and Care NHS Trust and Torbay Council



TORBAY CARERS WEEK 9-15 JUNE 2014

APPLICATION FORM *continued*

Please indicate which two events you would like to attend by ticking the box in order of priority, for example:

Carer	Carer
✓ 1st choice	✓ 2nd choice

Monday 9 June	Carer	
Fishing at Town Parks Fishing Centre, Paignton		
Monday 9 June	Carer	
Flower Arranging at Paignton Library		
Tuesday 10 June (Please ring 01803 323510 to book your place)	Carer	
Relax & Unwind at The Olive Carers Centre, Torquay		
Wednesday 11 June	Carer	Cared for
Paignton Library Carers Event		
Thursday 12 June (Please ring 01803 323510 to book your place)	Carer	
Relax & Unwind at Brixham Carers Centre		
Thursday 12 June	Carer	Cared for
Carers at the Park Hotel, High Tea & Entertainment, Paignton		
Friday 13 June	Carer	
Italian Cooking at The Cool House		
Saturday 14 June	Carer	Cared for
Pamper Afternoon with Buffet Lunch at Living Waters Church		

This document can be made available in other formats. For details please contact 01803 666620.

Please return this form (no stamp needed) to:
Torbay Carers Register, FREEPOST SWB 31010 Paignton TQ3 2ZZ
Closing date for applications 5th May 2014