



CONTENTS

Introduction	1
Letters From Carers	2-3
Farewell Annie	3
Money Matters	4
Work Coaching For Carers ...	5
Torbay Carers Is Now On Facebook	5
Stuffers Club	5
Emotional Wellbeing Planning in 2016	6
Torbay Bi-polar Support Group	6
Torbay Lifestyles	7
Staying Steady and Strong	7
South Devon and Torbay Clinical Commissioning Group	8-9
Carers' Consultation	8-9
Torbay Young Carers Update	10
The Young Adult Carer Operational Group	11
Fundraising Event - Tall Ships Trust	11
Carers Noticeboard	12-13
Carers Trust Phoenix	14
Other News	15
Project DAVE	16

Deadline for the January edition is **4th November 2016**

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello and Welcome..

to the Autumn edition. I hope you've all had a lovely summer.

Firstly, thanks go to the Carers who sent in letters (P2 & 3). We welcome all feedback and anything creative, including poems, stories and photos that may encourage other Carers.

If you fancy trying something new, then take a look at the Torbay Carers Facebook page; developed in May of this year. Facebook is a great way to communicate with large numbers of people – you can either read the posts, or you can become a member and make comments, or give feedback (P5).

This edition we have a number of articles which focus on your wellbeing; (P6) WRAP planning (Wellness Recovery Action Plan), Torbay Lifestyles Drop Ins which help you with lifestyle behaviour change (P7) and Staying Steady & Strong (P7). Also, don't forget flu vaccines are now available through your GP surgery (P13) and you can access a 10 week exercise programme for £15, (P15).

Please take some time to read (P8 & 9) which looks at the changes around bed based hospital care, to community based care and the consultation process involved, whereby you can get involved and have your say (closing date 23rd November 2016). There is also a separate Carers Consultation on: 10th November 2016, please ring to book your place.

Finally, there are plenty of events and days out to get involved in between now and January, so have a look at the Noticeboard (P12 & 13) and Other News (P14 & 15).

Wishing you all a lovely Christmas and a Happy New Year.

Natalie Townsend - On behalf of Carers Services.

Coming in January's edition:

- YAC transition event • Carers Rights Day
- Results of the New Model of Care / Care Closer to Home Survey

Contact us c/o Signposts for Carers

Telephone: **01803 666620** Email: **signposts@nhs.net**



LETTERS FROM CARERS

CARERS USING DIRECT PAYMENTS

I have been looking after my wife for 9 years, who needs 24/7 care. During this period we have seen many paid private Carers come and go, but recently we encountered a problem which I think Carers using direct payments should be aware of.

In June of last year our main private Carer had tummy problems and was signed off for one month for investigation, unfortunately this continued for 7 months. The change in employer's rules means that the Carer has to pay statutory sick pay. During the 7 month period I tried to get another private Carer but nobody wanted a temporary position. Also, the agencies could not guarantee that the same private Carer would come every day, which is of no use to my wife.

The stress of the whole thing made me very ill, losing so many hours of care. At the end of 7 months I had to pay a week in lieu of notice and outstanding holiday pay, showing that the private Carer had no intention of coming back, which seems to be a terrible waste of care funds. To all Carers in my position please be aware of the impact of this practice.

** If any other Carers have had a similar experience of employing someone through Direct Payments, please contact: Healthwatch, who are currently looking into this situation. Freephone number **(08000 520 029)** or email: info@healthwatch.org.uk **

'HELP WAS THERE WHEN IT MATTERED MOST'

I am writing this to reassure Carers who may be worried if their loved one becomes ill. My dear wife has a Mental Health Condition. She was very unwell around ten years ago and times were very difficult... however over the last few years things have improved greatly. My wife is a songwriter and musician and it's been wonderful to see her again doing what she loves doing best.

Sadly, things took a turn for the worse a few weeks ago; some of the old symptoms of her illness returned and quite quickly we had to see our doctor. He looked at her medication and tried at first to adjust that to help. After a few days, there was no improvement, in fact she got worse. Our doctor then informed the Mental Health Crisis Team who came out to see her immediately. They were kind, gentle, reassuring and again looked at ways of helping her. Following discussions with the Psychiatrist, they agreed to alter her medication and the team thought that a period of 'respite' would help, which was promptly organised.

Although it was hard for her to go away for what amounted to four/five days, the rest, attention and care had a great effect and she was soon back home. The Crisis Team continued to monitor her health and wellbeing for a few days and then arranged for follow up support by the local Mental Health Team, who we have been assured will carry on with the care that she needs.

It's been an exhausting few weeks for the both of us, but it was great for me to know as a Carer, that when it mattered most 'help' was there ...and quickly.

We are both very grateful. David (Carer)

LETTERS FROM CARERS

A CARER'S EXPERIENCE OF THE DYSTONIA DIAGNOSIS

Would you expect a nine year old boy diagnosed as suffering from "nerves" to go-on and play guitar, often in front of hundreds of people, then present radio shows to thousands of listeners for more than 30 years and, during that time, also appear before millions of viewers on prime-time television? Probably not, but that's exactly what happened to my husband David.

When we met in 1980, I was aware David had a tremor in both hands, but he seemed to cope with it quite well and he was still able to play his guitars. However, by the mid-1980s, his tremor symptoms had become increasingly severe, and his guitar-playing days were over. So I encouraged him to seek medical advice. Over the next ten years the tremors increased and eventually in 2010 we received the long awaited diagnosis of Dystonia (Dystonic Tremor). At last, we knew for certain what David had been suffering from since childhood.

We've since discovered that David's challenging journey to correct diagnosis is not uncommon. In fact a significant number of other Dystonia sufferers we've met have spoken of similar experiences. But why should this be? After all, there are more than 70,000 known Dystonia sufferers in the UK, but the condition is not nearly as well-known as Parkinson's disease which has approximately 130,000 diagnosed UK sufferers.

So, my message to all my fellow Carers is this: if you and/or the person you're caring for have doubts about the diagnosis he or she has been given, please go back to the diagnosing GP. A second opinion or a referral to a specialist can provide the much needed reassurance and clarity necessary.

Jenny Lowe - Carer

A CARERS EXPERIENCE OF FREE PARKING AT TORBAY HOSPITAL

A much appreciated benefit – thanks goes to Torbay Carers Service. "Being able to leave your Carers card on the dashboard** when you have forgotten change for the car park, wonderful! As my mums Carer I am already stressed, wondering where we are going to park, have we left enough time to get to the appointment, will we have a long walk if I can't find anywhere to park, will I have to abandon her literally at the entrance – totally wearing.

All this goes through my head long before we get to the appointment. This benefit means I have one less thing to think about." Carer

**In barriered car parks the ticket and card will need to be voided at one of the validation points across the hospital site.

FAREWELL ANNIE

It is with great sadness that we say our final good byes to Annie Smallbones, who died recently after a short battle with Cancer.

Annie was a very kind and helpful volunteer with both Crossroads Care/Carers Trust Phoenix and at the Brixham Carers Centre/Torbay & South Devon NHS Foundation Trust; she will be sorely missed by all her friends and colleagues.



MONEY MATTERS

Council tax rules include concessions for Carers and other groups, such as people with disabilities, so we are taking a look at how these work. The rules are complex, so we have provided links at the end of this article to more detailed information.

NOTHING TO PAY - LEAVING YOUR HOME UNOCCUPIED TO CARE AWAY

If you have left your property empty to provide personal care to someone, specifically because of old age (frailty), disablement, illness, alcohol or drug dependency or mental illness, the council may determine that you do not have to pay any council tax.

25% DISCOUNT - DISREGARDED PEOPLE

Discounts apply to Carers who are:

- Providing care for at least 35 hours a week
- Living in the same property as the person cared for
- Caring for someone who receives either the middle or higher rate of the care component of Disability Living Allowance (DLA), or daily living component of Personal Independence Payment (PIP) at any rate, or Attendance Allowance (AA) at any rate, or Armed Forces Independence Payment, or the highest rate of Constant Attendance Allowance (CAA)

Bear in mind:

- You must meet all the conditions set out above
- You cannot be the spouse or partner of the person you care for, or their parent, if you care for a child aged under 18
- You don't have to claim Carers Allowance to qualify for the discount
- Income and savings do not affect eligibility
- If there is more than one Carer in the property



(i.e. caring for a different person), each Carer is disregarded for council tax purposes, so long as all the rules are met

- In certain situations, the council may decide that another person living at the property is liable to pay council tax, such as a working tenant

25% DISCOUNT - 'SEVERELY MENTALLY IMPAIRED' PEOPLE

All the rules must be met, the person must:

- Have a certificate from a registered medical practitioner confirming 'severe mental impairment' – in practice this will usually come from a psychiatrist
- Be in receipt of the middle or the highest rate of the care component of DLA, or the daily living component of PIP (either rate), or AA (either rate), or Constant Attendance Allowance, or *Severe Disablement Allowance (SDA), or *Incapacity Benefit (IB), or Income Support with a disability premium included

Note: if everyone in the property is considered to be 'severely mentally impaired', the property is exempt from council tax.

*Most claimants of IB and SDA have by now been required to claim Employment and Support Allowance (ESA), but council tax legislation has not been amended in England and Wales to reflect the introduction of ESA.

OTHER REDUCTIONS AND FURTHER INFORMATION

There are several other ways to get help with council tax, including the disability reduction scheme, and low income support. You can download a detailed guide, Help with Council Tax, from Carers UK at:

<http://tinyurl.com/j82mkpb> or call their advice line on Freephone: **0808 808 7777**.

Torbay Council has information on reductions at <http://www.torbay.gov.uk/council-tax/>

WORK COACHING FOR CARERS

Carers who are in receipt of Carers Allowance who are not claiming it in conjunction with Job Seekers Allowance, Employment and Support Allowance, Incapacity Benefit or Income Support have the option of voluntary interviews with a Jobcentre Work Coach. They may be eligible for help under the Flexible Support Fund. This is a fund that can help people overcome the barriers that are preventing them moving into employment.

Many Carers will require help with replacement care costs to enable them to participate effectively in Jobcentre Plus approved activities and interviews. Regardless of which benefit group a Carer falls into, they may be able to access funding where there is a replacement care need – in the same way Jobcentre Plus fund payments of childcare costs for eligible parents.

To be eligible for replacement care costs the Carer must:

- be aged 18 or over, and
- be working less than 16 hours per week, and
- spend a significant proportion of their lives providing unpaid support to relatives, partners or friends who are ill, frail, disabled or have a mental health or substance misuse problems.

Replacement care can be used when the Carer is engaged in Jobcentre Plus approved activity, or attending an interview with a JC Work Coach, provider or employer.

If you want to know more please contact Torquay Jobcentre Plus on: **0345 604 3719**

TORBAY CARERS IS NOW ON FACEBOOK!

The Torbay Carers Facebook site was developed in May of this year and now has 114 people who follow the pages which regularly reach over 400 people per week, with some individual posts receiving views from almost 600 people.

We are keen to develop our readership on Facebook, as it is an excellent way of communicating quickly with large numbers of people and it provides important information for Carers across Torbay. If you are not yet linked in with our site, please visit us at:

www.facebook.com/TorbayCarers

The Facebook site gives readers access to up to date information about events and services for Carers in Torbay, and the opportunity to ask questions or comment on the items we have posted on the site. You don't need to be a member of Facebook to access the information, but you do if you want to comment or ask us questions.

STUFFERS CLUB

Would you like to get involved?

We are always very grateful for the help that we receive from our volunteers who tirelessly stuff all the Signposts Newsletters into envelopes at our 'Stuffers Club'.



The club runs every 3 months and the next one will take place on 11th January 2017, from 2.00pm until approximately 3.30pm, at Paignton Library – The Drummond Suite, 1st Floor.

There will be tea, coffee and cakes, so it's not all hard work and it's a great opportunity to meet other Carers!

EMOTIONAL WELLBEING PLANNING IN 2016

Wellness Recovery Application Plan (WRAP), is a tool you can use to support your recovery to good emotional health. It can be used when planning for low moods or coping with a serious mental health diagnosis. Devised by Mary Copeland, WRAP is an evidence based tool tested by people with mental health issues. You will find lots more information at:

<http://mentalhealthrecovery.com>

In the meantime here is a summary.

The WRAP document takes you through a number of stages; it begins with a Daily Maintenance Plan which gets you to ask yourself 'what am I like when I am well'. It reminds you about your outlook when you are well; perhaps you are more open to suggestions, are outgoing, you may share a good sense of humour, or you might be a positive person, sharing gifts and full of good ideas. It is good to remind yourself that you are this positive person.

The plan will then ask you to write down what you need to do in order to maintain your wellbeing. For example 'What do you need to do on a daily basis?' This can range from applying your favourite make-up to a wash/warm bath, to reading a good thriller. It could also include eating healthily, we tend to feel better eating a healthy diet. Whatever it is, you need to write this down, as it then becomes a reminder for you when your emotional health is suffering. On a less frequent basis it might include a holiday or a day off work, going to the pictures, phoning a friend, these events can make the burden of low moods pass far more quickly. The plan will encourage you to create lists of these 'Things you need to do' and to keep them safe so that you can refer to them when you need to.

Triggers to poor emotional health are also explored. Examples might be the anniversary of a relative's death, unexpected bad news, bills landing on the doorstep. The plan can support you to recognise these triggers and to give you tools to deal with these effectively.

Sleeplessness could be a product of the build up of triggers, and there is an organisation which could help, you can find them at:

www.sleepcouncil.org.uk. Other ways to minimise triggers could be talking

it through via a forum, so that you identify other ideas to solve issues you are dealing with.

Our Health Trainers for Carers Services can run through the WRAP plan and support you to create your own WRAP, which can be used when times get stressful. Contact us on:

0300 456 1006 or visit our web site:

www.torbayandsouthdevon.nhs.uk/services/healthy-lifestyles

There is further help available from

Depression and Anxiety Service on:

www.devonpartnership.nhs.uk/DAS.das.0.html

Tel: **01803 696600**

www.moodgym.anu.edu.au

www.lltff.com – Living Life to the Full

www.depressionalliance.org

www.nhs.uk – NHS Choices

TORBAY BI-POLAR SUPPORT GROUP

IMPORTANT CONTACT INFORMATION

Now that Waverley House and Culverhay have closed the central location for all enquiries is: Community Mental Health, Chadwell Centre, Torquay Road, Preston, Paignton, TQ3 2DW. There is a single access number which ought to make getting through somewhat easier, it is: **0300 555 5000**.

Similarly, the Disability Information Service (Sue Morris) and the Mental Health Information Officer (Lynne Tremlett) have moved, as reported in December's Newsletter, to St Edmunds, Victoria Park Road, Plainmoor, Torquay, TQ1 3QH. The single access number there is: **0300 456 8373**.

Dates For Your Diary

3 November: Christmas and How to survive It + Wellbeing 5 GIVE (Tony)

1 December: Christmas Social

Get In Touch

Central Church, Torhill Road, Torquay, TQ2 5RN

Tel: **07490 183404**

Email: torbay@bipolarukgroups.org

The Healthy Lifestyles Team are proud to introduce two Drop-In's which streamline access into our service.



PAIGNTON

Paignton Library, Station Lane,
TQ4 5AR

Every Tuesday 4:15 – 6:30
Rooms 10 and 11 upstairs



TORQUAY

Acorn Centre, Lummaton Cross,
TQ2 8ET

Every Monday 1:30 – 3:30

The Drop In's allow you to start your lifestyle behaviour change when YOU want. It could involve; losing weight, changing nutrition, increasing physical activity, stopping smoking or reducing drinking. The Drop In's are designed to dramatically cut down the time you wait to start your lifestyle changes, and capture motivation. It may be as simple as signposting or signing you up for one of our services, but with knowledge at our fingertips we can get you started with a minimum of fuss. Sessions are friendly, informal but totally confidential.

STAYING STEADY AND STRONG

It is a challenge to all of us to manage the amount of physical activity that is recommended to keep healthy – 150 minutes a week. In older age, in addition there is a need to fit in 2 sessions of strength and balance exercises as well! Physical activity has positive implications for all of us, which includes boosting our confidence, well-being, helping our bone health and often adding a social element to our lives.

There can be a tendency to overlook your own needs when caring for others, but your health is vital. There is an inspirational video on the Torbay & South Devon NHS Foundation Trust website with contact numbers, if you are interested in increasing your level of activity, improving your strength and balance, losing weight or stopping

smoking. Here is the link:

www.torbayandsouthdevon.nhs.uk/services/healthy-lifestyles

If you are not online, you can contact the Healthy Lifestyles team on: **0300 456 1006**.

If you need any further information on falls prevention have a look at the link below, or if you are not online contact: Jane Reddaway – Falls Prevention Lead for Torbay & South Devon NHS Foundation Trust on: **(01803) 219745**.

www.torbayandsouthdevon.nhs.uk/services/falls-fracture-prevention-bone-health

DON'T MISS NEXT MONTH'S CONSULTATION DEADLINE

Calling all Carers

Don't forget that you have just over one month to take part in a public consultation on the future of local community health services. This is the message from South Devon and Torbay Clinical Commissioning Group (CCG), which is running its consultation until 23rd November 2016.

The consultation proposals aim to strengthen the health services used by most people – switching resources from bed-based hospital care to community-based care, so that the majority of support will be provided as close to home as possible, helping people to remain independent.

Two-hour public meetings have taken place across South Devon and Torbay, enabling people to discuss the four elements of the proposed new model of care – clinical hubs, including community hospital beds and minor injuries units (MIU); local health and wellbeing centres; health and wellbeing teams; and intermediate care provision.

The health and wellbeing teams would be co-located with GP services, where possible, offering community nursing, physiotherapy, occupational therapy and social care support.

However, some buildings from which inpatient and community services are provided will no longer be required, so community hospitals at Ashburton, Bovey Tracey, Paignton and Dartmouth would close if the proposals are approved.

Dr Nick Roberts, chief clinical officer at the CCG, said: *"Carers play an extremely important part in the day-to-day lives of patients, and they are often key in ensuring the best healthcare is received by the people they care for."*

That's why it's really important that Carers have their say on this consultation, which is about choice. Do people want us to spend our limited budget where it will have most impact, on the services used by most people, or on keeping expensive-to-run buildings open when they don't use staff effectively?

CARERS' CONSULTATION

WHAT DO YOU THINK?

As already explained above, there is a major consultation about proposed changes to how Health Services are organised across Torbay and South Devon. The article highlights how you can have your say about these proposals, and complete the consultation questionnaire. The CCG have also agreed to run a consultation event solely for Carers to find out what aspects particularly impact you as a Carer. The event will be held on: **Thursday November 10th, from 2-3pm, refreshments from 1:30pm, in rooms 10, 11 and 12, at Paignton Library.** To book your place please ring Pauline on: **(01803) 208455** (and leave a message), or e-mail us at: torbaycarersservice@nhs.net. Carers Services and Healthwatch will also attend to make sure that your opinions are heard.

Our proposed model of care puts greater focus on keeping people well, and on prevention and self-care, making sure there are effective alternatives to A&E.

Research shows that about a third of the people in community hospitals shouldn't be there, and for many people hospital is not the best place to recuperate.

To keep people out of hospital unless clinically necessary, we need to increase resources on community-based care. That means spending less on hospitals that have served us well in the past but are not needed today. We need a 21st-century NHS which can meet the needs of our growing population and the increasing demand for health and social care.

If there are any Carers meetings taking place during the consultation and you'd like us to come along to discuss the proposed model of care, do let us know. No decisions have been made about the proposals. We are open to alternative ideas, and all the feedback will be thoroughly considered."

The consultation document is online (www.southdevonandtorbayccg.nhs.uk/community-health-services). To take part in the consultation, the questionnaire is here: www.communityconsultation.co.uk.

A paper copy of the document and questionnaire can also be requested by emailing: sdtccg.consultation@nhs.net or calling: **(01803) 529745** during office hours until the deadline on 23rd November 2016.

In addition to the main document there are locality summary documents, including questionnaires. These are available online or by phone.

Views expressed in this consultation will be independently collated by Healthwatch and then reported to the CCG's governing body, ahead of its members deciding what changes should be made.

Photo: Dr Nick Roberts, South Devon and Torbay CCG's Chief Clinical Officer.



of working – the principle of 'Care Closer to Home'. There are a few strands to this - more outpatient appointments will be available in the community rather than at Torbay Hospital and intensive rehabilitation (Intermediate Care) services will be increased. People who need to be cared for in hospital will still be cared for in hospital, but wherever possible, people will be supported at home. Although many of you continue to support the person you care for if they are in hospital, supporting them at home is obviously different, and so we would like to know what you think the impact on you would be. You may also have ideas about what services would be needed to make sure that there isn't a negative impact on you, the Carer.

We have therefore drafted a short questionnaire just for Carers (Carers Views on "Care Closer to Home") – only 10 questions. This can either be done on-line: <https://www.surveymonkey.co.uk/r/CRPSFZQ>, or paper copies can be collected / completed at Carers Centres, or from your Carer Support Worker.

If you want a paper version to be posted (but please remember we try to keep costs down) then contact Signposts on: signposts@nhs.net or ring us on: **(01803) 666620**.

TORBAY YOUNG CARERS UPDATE

Torbay Young Carers had a brilliant summer packed with fantastic activities. This was due to the generous donations from BMAD.

The activities included 16 Young Carers attending the National Young Carer's festival, a residential in Southampton.

Thirty Young Carers also visited the AT Bristol Science museum and 22 Young Carer's went to the River Dart Country Park.

We also organised a superb Young Carers' family fun day with 93 people attending. Many thanks goes to everyone who made this an amazing day: BMAD who brought their bikes, the Rotary club of Preston who provided garden games, scrumptious sausage rolls and pasties, Soroptomists International of Brixham for their gorgeous homemade cakes and serving tea, coffee and refreshments; and Neville and Davinia from the Healthy Lifestyles team who were promoting 'being healthy can be fun' with exotic fruit tasting and sports games. All the hard work that goes into the fun day is much appreciated and it was a huge success due to all the support from these organisations.

This summer there has also been many other activities. Thanks to Pancake Island, Torquay for their generous donation of pancakes, they were delicious.

Activities are a very important part of Young Carers support as they provide the opportunity for Young Carers to build friendships with other Carers and to access opportunities that are not available under normal circumstances.

Some Young Carers described the festival as their first opportunity to have a holiday and others said that it was nice to know that there are other Young Carers.

Andrew Wright
Young Carers Support Worker
(01803) 206251



THE YOUNG ADULT CARER OPERATIONAL GROUP

Being a Carer is hard. It's especially hard when you're a young person with so much to juggle. Fortunately, services like Young Adult Carers are there to support people like us within our role. And even better- we get to decide how they do this.

We are the Young Adult Carer Operational Team - a fancy name but the long and short of it is that we are a group of Young Adult Carers that get together one Saturday a month. We drink coffee, have a giggle and discuss what the Service is providing, what needs to change, and how we're going to change it. This involves making decisions about the promotion of the service, what support we're actually providing, and most importantly fundraising.

Our role as the Operational Team isn't just about saying what we can do - it's about doing it. We get involved in fundraising events to raise money, so that we can offer fun 'time out' events for Young Adult Carers and raise awareness of the YAC and what a YAC is.

Most recently, we pitched up at Marldon Apple Pie Fair and raised money with Pig Racing! It encouraged members of the public to bet on one of our 6 (battery-operated) pigs, to see which one would reach the finish line first. It costs £1 a go, and the lucky winners got to choose a prize. Overall we ran 40 races, raising a grand total of £240. It was a lot of fun; our stall was definitely the loudest!!

We'd like to thank everyone who supported us on the day.

Written by Annabelle Gillard

Young Adult Carer Operational Group



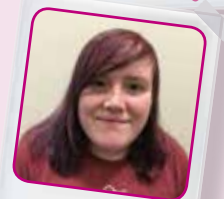
Annabelle



Rob



Gabby



Rebecca



Skye

FUNDRAISING EVENT - TALL SHIPS TRUST



Stephen | Jacob

During the month of August Torbay Young Adult Carers were asked by the Chairman of the Tallships Trust if it was possible for myself and a couple of YAC's to attend a fundraising event at Salcombe Yacht Club.

On arrival we were greeted by Jock Lennox, Chairman of the Tallships Trust who spent time talking to us about last years Challenger yacht activity. He gave a talk to some 40 guests about the Tallships Trust and its support of young people, after which we were introduced to all the guests

and we then took some time to answer questions about the trip and its outcomes.

Well done to the two young men who were able to give a great impression of the activity and its outcomes; as a result we raised £300 towards funding for the Challenger trip which took place on the 14th-18th of September.

Many thanks also goes to the Tallships Trust for their continued support.

Dave Baker, Young Adult Carer Support Worker

For more information about Young Adult Carers visit our website: www.torbayyac.co.uk

CARERS NOTICEBOARD

Torquay Carers Group

Meet at the **Olive Carers Centre**,
Victoria Park Road, Torquay
Second Monday of every month
2:30pm - 4:00pm | £2.00 per head

10th October

Ian Handford

Tony Handcock

14th November

Peter Haywood

'The Humorous Side of Funerals'

12th December

Christmas Social

9th January 2017

Christmas Lunch at the Livermead (12:30pm)

For further information
please speak to your surgery CSW
or ring **Sally Corbishley** on: **07531 947687**

TORBAY HOSPITAL CAR PARKING



Just to let you know that the Hospital Car Park near the Farmhouse Tavern (newly-named Car Park D) is now a public car park with barriers (rather than staff parking), so if you park there, you will need to take your ticket to Level 2 - Patient Enquiry Desk, to get it voided.

Car parks, without barriers are remaining as Pay and Display for now, so you can still leave your Carers Card on the dashboard, and we will let you know any future changes in the system!

Torbay Mid-Age Carers Group

We meet on the second Thursday of the month in various locations around the Bay

2:00pm - 3:30pm

All Carers 40/60 welcome (with some flexibility)

10th November

*Visit to the Wildlife Garden Centre & Tea Room,
Long Road, Paignton*

8th December

*Christmas Meal. Venue - Toby Carvery, Newton Abbot.
1:30pm. Please book with Val, £5 deposit required*

12th January

Meet up at the Palace Hotel, Paignton for a post-Christmas catch-up

For further information call:
Val Shute on: **07596 103291**

Carers @ The Park

Coffee Mornings

2nd Thursday of every month (except August) at:
Park Hotel, The Esplanade, Paignton

**13th October, 10th November,
8th December (Xmas Lunch), 12th January 2017**

10.30am - 12.00pm

£1.50 per head. Raffle is extra

Afternoon Teas

3rd Friday of every month at:
Park Hotel, The Esplanade, Paignton

**21st October, 18th November, 16th December,
20th January 2017**

2.30pm - 4.00pm

£1.50 per head

For further information:
contact **Sally Corbishley** on: **07531 947687**

"TIME OUT"

For Chilcote and Brunel Carers

We meet on the **third Thursday** of every month
1:45pm - 4:15pm
at The Anchorage Hotel, Aveland Road, Babbacombe,
(unless otherwise stated)

20th October 2016

Janet Downer will be telling us about 'Dark Deeds of Dartmoor'.

17th November 2016

John Risdon will be giving us a glimpse into a 'Christmas in Victorian Torquay'.

15th December 2016

This year we will be having Christmas Lunch at the Anchorage Hotel. Times & cost to be confirmed. We have limited places, so please contact us directly to book your place.

19th January 2017

Trevor Badcott will be showing us examples of 'illustrations' that the Victorians used for storytelling using Magic Lanterns.

———— For More Information, Contact ————

Amanda at Chilcote Surgery : (01803) 316333
Michele at Brunel Medical Practice : (01803) 312233

FLU VACCINATIONS

It's nearly that time of the year again. Don't forget that as a Carer you are entitled to a free flu vaccination. All you need to do is contact your GP.

Trekking Challenge – Grand Canyon

In October, Teresa Mikalauskas, Senior Project Leader at Torbay Young Carers Service, will undertake a trekking challenge in the Grand Canyon region to raise money for Torbay Young Carers Service. The trip is self-funded, meaning all money raised (after crowdfunder fees) will go directly to the services' voluntary grants fund and be used for the benefit of young people.

How to donate (closing date 22nd October):
www.crowdfunder.co.uk/torbay-young-carers-supporting-mental-health/

You can choose to pledge from £5 up, with a number of 'rewards' available.

If you would like to donate direct, please ring Teresa on:
(01803) 208657 / 07786 856139

Torbay Social Club For The Blind & Visually Impaired

Meets at Jasmyn House, 1 Midvale Road, Paignton on the
2nd & 4th Wednesday of every month

2.00pm-4.00pm | All Welcome

26th October
Rose's Quiz

9th November
In-house Bonfire Meeting

23rd November
Coleton Fishacre Day Out (TBC)

14th December
Christmas Lunch at The Paignton Club Evening

28th December
No Meeting

11th January
AGM

1st Wednesday in the month lunch club
Ring Rose Hewitt on: **(01803) 555347**

For further information please ring
Graeme Leach on: **(01803) 209574**
Email: leach852@btinternet.com

Paignton Carers Group

Meet at the **Paignton Carers Centre, Paignton Library** on the last Thursday of every month
2.30pm-4.00pm | £2.00 per head

27th October
John Risdon:
'Paignton Past and Present (Part 2)'

24th November
Peter Haywood
'The Humorous Side of Funerals'

15th December
Christmas Social

26th January 2017
Post-Christmas Catch Up

For further information please speak to:
your **Surgery Carer Support Worker**
or ring **Sally Corbishley** on: **07531 947687**

HELLO EVERYONE

What a busy summer we have had. Thank you for all your support at our Picnic in the Park event. We had such fun in Cary Park; water slides and puppets, a glorious day and a fab free picnic for over 100 Carers and their families.

Don't miss out on our events, check out the noticeboard. We hold regular Pub Quizzes, one to one IT support, free legal advice from local Solicitors, ancestry workshops, a craft group and grandparents group.

To find out more pop into the Centre, or ring us on: **(01803) 323510**.

Wishing you a happy Christmas and hope to see you all at our Christmas coffee morning on the 14th of December.

Pennie Evans - Manager

CHRISTMAS COFFEE MORNING

Wednesday 14th December 2016
11:00am - 1:00pm

Christmas Raffle to be held at 12 noon

Please drop in if you can
A hot drink and a slice of cake awaits you



Carers Events 2016

Autumn into Winter

Free One To One Legal Advice for Carers

During a 30 minute one to one session Edward Lee of Wollen Michelmores Solicitors, will offer advice on Wills and Power of Attorney.

To book an appointment call Carers Trust Phoenix.

Mondays from 2pm

26th September 2016

21st November 2016

9th January 2017

Ancestry

What interesting things can you find out about your ancestors? Learn how to use the family history sites on the internet. If you would like attend, please think about what you want to know and gather as much information as you can, to bring to the session.

Wednesdays 10:00am - 1:00pm

21st September 2016

19th October 2016

23rd November 2016

New Worker

Thank you for welcoming our new worker Hayley Tranter.

Hayley has joined us under a 12 month contract as an enabling one to one worker. She comes to us with a lot of expertise and experience as well as being a Carer.

Hayley will be based at the Brixham Carers Centre, where she will be carrying out Carers Assessments, and will provide immediate support and information for Carers coming into the Centre.

Please don't hesitate to pop in, or to give Hayley a ring on: **(01803) 852421, Thursdays (1-4pm)**.



Hayley

OTHER NEWS

Have you had a Carers Assessment Recently?

National Carers Survey and Local Evaluation of Carers Assessments

Every Carer is entitled to have an assessment of their needs, either as part of the assessment of the person they care for (a combined assessment) or on their own (a separate assessment). In Torbay, Carers can have a Carers Health and Wellbeing Check from their Carer Support Worker or from Carers Trust Phoenix, or a fuller assessment from the zone team or specialist mental health team.

Every 2 years there is a National Carers Survey of people who have had a Carers assessment, asking them their opinion about the services they have received. The results are really important for Carers Services, as it compares us to other Carers Services across the country, for example

- how easy it is for Carers to find the information they need. This October, roughly 800 Carers in Torbay will receive a survey through the post. We know that you are already very busy, so really appreciate you giving this your attention. If you need ANY help in completing the survey, there will be a number to ring, or just pop into one of the Carers Centres.

In Torbay, we will also be doing some evaluation work around the Carers assessment itself; what you think about it and how it can be improved. The Care Act brought in some changes and we need to make sure that we are meeting those requirements. This evaluation will be undertaken by our local Carer Evaluators, so you may get a phone call asking if you are happy to be interviewed, either over the phone or face-to-face.

Any help you can give us is much appreciated!

CARERS EXERCISE COURSE

Torbay Leisure Centre are pleased to announce that Carers can now access a 10 week exercise programme, on a Thursday from 11am to 12pm for a reduced cost of £15.00 for the course.

If you are interested, please contact Simon Kitchen on: **522240**
Please bring your Carers Register Card on application.

FREE MINCE PIES AND MORE!



Join us at Brixham Carers Centre for **free mince pies and more** on the night of Brixham's 'Christmas Lanterns, Lights and 'Luminations' on Saturday 26th November. Our event coincides with the Brixham Christmas market, fireworks and Christmas lights switch on; we will be open from 3pm-5pm. Carers who join us can also have a free hand massage, or their nails painted, with raffle prizes and gifts for sale. Information about support services will also be available.



We hope that many people in town will pop in to find out more about the centre and what we offer Carers, or just take the opportunity to get warm and have refreshments.

For more information, please contact the Carers Centre on **(01803) 852421**, or pop in between 10am and 4pm Mon, Tues, Thurs, and Fri.

See you soon!

Has their care become an obsession? You are not a possession.

Youth
GENESIS
Inspiring Young People with a Dream for Life
Project
DAVE



Reported a crime and want support? **01392 475900**
Not reported a crime but want support? **03003030554**
Email **victimcareunit@dc.police.uk**

This is abuse. Speak up.

Photo by Oliver Ford-Wilson

Project DAVE (Domestic Abuse Victim Equality) is a campaign that raises awareness of domestic abuse, promoting the idea that it doesn't discriminate. The project was started by young people in Brixham, who attend a drop-in on a Friday evening run by local charity, Youth Genesis Trust Ltd. The drop-in is one of the many services provided by the charity who work with young people who are at risk across Torbay and Dartmouth, providing safe places for young people to socialise and "inspiring them with a vision for life".

The project began in October 2015, after leader, Annabelle Gillard, was concerned after a national campaign that raised awareness of domestic abuse which only reached out to heterosexual female victims, vividly portraying men as the sole perpetrators. Recognising that this was only half the story, she called together a group of 10 young people in the bid to create new posters that didn't discriminate.

Over the course of 9 months, the young people heard testimonies, learnt about all 4 forms of

abuse and independently created 7 posters that raised awareness of financial, sexual, physical and emotional abuse. They acted as models, in explicit snapshots of abuse, paired with thought provoking captions that young people created, and a simple message; "This is abuse. Speak up."

The posters are on display around Torbay and have recently been updated with contact details of a Victim Support Unit in Exeter. Police and Crime Commissioner, Alison Hernandez and MP Sarah Wollaston have worked with the project and are key supporters. Since the launch, it has been recognised by the Home Office, high profile domestic abuse charities and even organisations in Australia, whom plan on displaying the posters over there.

The next step is a national launch. To find out more, visit www.youthgenesis.org.uk/project-dave.php

Written by Annabelle Gillard
Project Dave Leader, Youth Genesis