

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

CONTENTS

Introduction	1
Thought For The Day	2
Free Mince Pies & More!	2
Book Review	3
Attention All Carers - Free Parking!	3
Money Matters	4
Hope - A Course For Carers & Their Cared For	5
Torbay People Supporting Each Other	6
Walking Football	6
Stroke Groups in Torbay	6-7
United Against Dementia	7
Who's Your Carer Support Worker?	8-9
Torbay Young Carers Update	10
The Young Adult Carers ..	10-11
Carers Noticeboard	12-13
Building Harmonious Relationships	14
National & Local Carers Strategy	14
Torbay Drug & Alcohol Services, Age UK & Carers4Carers	15
Carers Aid Torbay & Bay Benefits	16

Deadline for the January edition
is Friday 10th November
2017

Hello and Welcome..

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

I know it seems like a long way off, but in fact Christmas is only 12 weeks away!! And into the lead up to the festivities, we would love to invite you to our Free Mince Pies & More event (**P2**), on the 25th of November; we look forward to seeing you on the day.



We also have a new Course running on the 13th of November, in Paignton, for both the cared for and their Carers. HOPE is a course to help you overcome problems effectively and will run for 6 weeks (2.5 hours) – for more details see (**P5**).

In this edition we have some updates on condition specific groups within Torbay and their various meetings and activities: Stroke Group (**P6, 7**), Dementia Group (**P7**), Visually Impaired Group (FoPL) (**P12**), and Torbay Drug & Alcohol Service (**P15**).

On (**P8 & 9**), we have put together our annual CSW (Carer Support Worker) pull-out, so you have the latest contact details for our 10 CSW's located across Torbay surgeries, our 4 Mental Health CSW's, Substance Misuse CSW and our hospital CSW. They will be happy to help you with queries and the Carers Health & Wellbeing checks.

Finally don't forget to take a look at the Noticeboard (**P13 & 14**), so much is happening with the lead up to Christmas and for the New Year.

Wishing you all a happy Christmas and a good start to the New Year.

Natalie Townsend - On behalf of Carers Services.

Carers in Torbay can benefit from...

- A Carers Emergency Card, to alert the appropriate people as a back-up if anything happens to you
- Free parking at local hospitals (when attending in support of the person you care for)
- Discounts in local shops

Contact us c/o Signposts for Carers

Telephone: 01803 666620 Email: signposts@nhs.net

THOUGHT FOR THE DAY

WHATEVER THE WEATHER

Have you ever kept anything for a rainy day?

I've just been sorting through some craft materials I've had for a long time: there was the grout for mosaics that went all over the floor as I tried to divide it into bags, then there was the 'silly string' that really was doing some very silly things, like wrapping itself around some boxes I was trying to move...and the copious amounts of cartridges for a pen I no longer own...

Memories amongst the mess... I started mosaics two weeks after mum died last year. I found a cartridge pen amongst my great aunt's things...

As I looked up from my work today the grey skies had been replaced with blue skies and sunshine.

A literal transformation outside that mirrored the renewing of inside things.

My craft stock is now not just for a rainy day but for the sunshine hours too.

Are there things in your life that need to see the light too?

Helen Elliott - Carer

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 25th November. Our event coincides with the Brixham Christmas market, fireworks and Christmas lights switch on; we will be open from 3pm-5pm.



If you look after a family member or friend, who cannot manage alone because of their age, mental health, drug or alcohol issue, illness or disability, then you are a Carer. So please join us for a free hand massage, nail painting, a raffle 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.

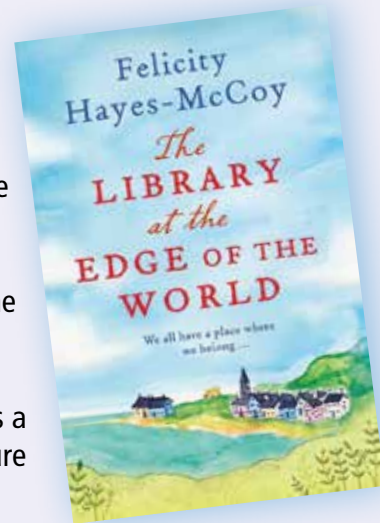
See you soon!

THE LIBRARY AT THE EDGE OF THE WORLD

Felicity Hayes-McCoy (ISBN: 978-1-4736-21053 Hatchette Books, 2016)

Hanna Casey oversees the old-fashioned library in Lissbeg, and drives the mobile van across the stunningly beautiful Finfarren Peninsula, where the remote Irish town is situated. But there, happiness ends and reality begins. Renovating a ruined cottage with the help of erratic builder Fury O'Shea, his Jack Russell 'The Devil' and two goats, she must also contend with life in a household comprising her wonderfully-opinionated mammy and her teenage daughter, with a pompous ex-husband in the background; however, when the future of the library and the livelihoods of the entire Peninsula are put in jeopardy, prejudices are put aside to bring the community together, with help from unexpected quarters seeing new friendships forged.

Based on the Dingle, where Felicity Hayes-McCoy herself rescued a remote property, this is a heart-warming story with an amusing narrative, skilfully drawn characters that avoid caricature and lively Irish humour, woven together to produce a charming and highly enjoyable read.



BOMBS ON AUNT DAINTY

Judith Kerr

(ISBN: 978-0-00-713761-9 Harper Collins, 1975)

Teenage Anna, a refugee from Hitler's Germany, must now survive in Blitz-torn London during the Second World War, but despite the constant danger, lack of money and down-at-heel jobs, she has a passion for art and an extraordinary talent for drawing. Against a vivid background of a city at war, Anna pursues her overwhelming creativity, also finding an exciting new social life and unexpected romantic heartache on the journey to Art School.

This is an autobiographical novel, continuing the story that began with the internationally-acclaimed 'When Hitler Stole Pink Rabbit' and provides a compelling, page-turning narrative from the award-winning children's author and illustrator, who is best known for 'The Tiger Who Came To Tea'.

ATTENTION ALL CARERS - FREE PARKING!

FREE PARKING FOR CARERS

Please make a note that the free parking arrangements for Carers whilst visiting or accompanying the person you care for at Torbay Hospital, will be changing over the next few months. From September, Carers will still be able to get free parking in the barriered car parks, but will no longer be able to use their Carers Card for the pay and display car parks. To make this change easier, additional ticket 'voiding' points will be set up, so we will let you know when these are up and running. At present, voiding points are at Level 4 Reception and Level 2 Outpatients. Just get the ticket at the barrier, take it to the voiding point, show them your Carers Card and tell them the appointment or ward you are attending. If you fear that this will cause you significant difficulties, please contact Signposts for Carers in the first instance on: **(01803) 666620** or via: signposts@nhs.net to let them know your concerns.

Parking arrangements at Newton Abbot and Totnes Hospitals remain the same

– please just put your Carers Card in the windscreen.



FULL SERVICE UNIVERSAL CREDIT (UC) COMES TO TORBAY ON 30 MAY 2018

At the moment only certain local claimants can get UC, but this will change from the end of May next year, when Torbay is expected to become a 'full service' area. The introduction of UC, first announced in 2010, represents a significant shake up in the benefits system and will mean that UC will start to replace means-tested benefits for working age claimants who previously would have claimed:

- Income Support (including that paid to top up Carers Allowance)
- Income-related Employment and Support Allowance (including that paid to top up the contributory version)
- Housing Benefit
- Working Tax Credit
- Child Tax Credit

Benefits such as Personal Independence Payment, Disability Living Allowance and Carers Allowance are unaffected, but any means-tested additions will change to become payable through UC.

LOANS WILL REPLACE SUPPORT FOR MORTGAGE INTEREST FROM 6 APRIL 2018

At present, home owners paying a mortgage on their home can receive help to pay some of the interest, if they are also entitled to a qualifying means-tested benefit. One example is Carers who claim Carers Allowance which is topped up by Income Support. However, from next April, the current scheme will be replaced by the offer of a loan secured on the mortgaged property. All those affected should receive a detailed letter in advance of the changes.

BE AWARE OF THE CAPITAL RULES FOR MEANS-TESTED BENEFITS

Sometimes a gradual accumulation of unspent Personal Independence Payment (PIP) or Disability Living Allowance (DLA) can start to build up in a bank account. This situation can eventually require a reportable change if the claimant is also receiving a means-tested benefit, such as income-related Employment and Support Allowance or Housing Benefit, so it is important to understand the rules.

Although PIP and DLA are disregarded as 'income' for means-tested benefit purposes, they may soon become 'capital' if they start to accumulate in a bank account. Not keeping an eye on the account can mean the legal limits are ultimately exceeded and a breach of the rules may occur if the change goes unreported. This could happen when a Carer is overseeing someone's affairs, but is unaware of the capital rules.

The regulations about capital are very complicated, but the general rule for people under Pension Credit age ignores capital under £6,000 (singles or couples with joint savings), but any excess over £6,000 will reduce the amount of means-tested benefit payable by £1 for every £250 of savings over £6,000. This is known as the 'tariff income' rule. Entitlement disappears altogether once a capital ceiling of £16,000 is reached. There are no capital rules for tax credits, but savings restrictions also apply to Universal Credit.

The rules for older people receiving means-tested Guarantee Pension Credit are more generous. The tariff threshold starts at £10,000 and reductions are smaller, nor is there an upper savings limit.

The claimant is always responsible for notifying the DWP or housing benefit office if a change of circumstances has occurred and that includes changes to savings.

HOPE

A COURSE FOR CARERS & THEIR CAREED FOR

Torbay and South Devon **NHS**
NHS Foundation Trust

**A positive approach to looking after yourself when living with health conditions.
What matters to you, and how do you want things to be?**

WHAT IS HOPE?

HOPE stands for Help Overcoming Problems Effectively. It is a licensed programme that helps people who are living with, and whose lives are being affected by, a long term condition to achieve 'What matters to them' and their Carers. These courses are free to attend and run for 6 weeks, for 2½ hours each session, at various times and locations in Torbay and South Devon. They are run by trained HOPE facilitators who are either health or social care professionals and also volunteers who are living with a long term condition.

The course supports you to focus on yourself as a person, not as a long term condition and to rediscover (and discover new) strengths to keep yourself well. Attending the course will boost your self-confidence and resilience to help you cope emotionally, psychologically and practically. There are between 6 to 12 people on each course and time is spent in facilitated discussions, group activities, information sharing and there will be ideas for you to try between each session.

WHAT CAN HOPE DO FOR YOU?

It aims to help you to achieve some of the following positive outcomes and to:

- Feel more able to support and share your experiences with others to help you feel less isolated
- Feel reassured and able to recognise your own potential and enhance your happiness and quality of life
- Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- Increase your ability to handle stressful situations
- Discover how to use relaxation techniques to refresh your mind and body
- Learn how to make plans & achieve goals that are important to you & help make changes for the better
- Apply the skills from the course to improve and self-manage your life

WHAT HAPPENS WHEN I GET THERE?

You will find a warm friendly atmosphere, support when you need it and general discussions on topics such as:

- Managing fatigue
- Getting active/feeling good
- Goal setting
- Gratitude diary
- Managing stress
- Communication



HOW DO I GET ON A COURSE?

The next course will be running at: **Paignton Health & Wellbeing Centre** (Paignton Hospital).

Meet at reception, on: **Monday 13th November**, for 6 weeks.

Time: **10:00am – 12:30pm**

For more information about the course, please ring Trudi May on: **07825 027589**

To book a place, please ring **(01803) 208455** and speak to Pauline O'Reilly.

TORBAY PEOPLE SUPPORTING EACH OTHER



One in five dependent stroke survivors are cared for by their family and friends. 64% of Carers say that the emotional impact of stroke is the hardest thing to deal with. When a stroke happens in a household, everyone is affected. A stroke is often frightening and exhausting for all involved.

To try to ease the path, the Stroke Association in Torbay has a small Information and Peer Support service, contracted by the NHS.

Talking things through with people who understand can really help. We aim to visit (**call 07717 275848**) as many people as possible, and we organise peer support - stroke survivors or Carers supporting each other. We have various discussion and social groups every week, and one to one peer support can be arranged for those unable to get to a group.

The Torbay Stroke HUB welcomes Carers and stroke survivors. A well-attended weekly drop-in (Monday 11.00am at Paignton Library), it enables stroke survivors and Carers to share their challenges and triumphs, and mostly to learn from hearing the experience of others. Sometimes the most helpful message we can give someone who has had a stroke, or to those who care for them, is that "you are not alone". The best support is often from those who have "been there". Do come and see if it might be helpful for you.

WALKING FOOTBALL

SLOWER VERSION OF THE BEAUTIFUL GAME

Thousands of men and women are now rediscovering the joys of football by playing it at a more leisurely pace. The only rule that can be agreed on, is that one foot must remain on the ground at all times. "If it looks like running," notes the WFU, "it probably is. Whistle". As players have had strokes, we also have a local rule that means any ball kicked above shoulder height incurs a free kick.



Stroke City is Torbay's walking football team for stroke survivors. It has been playing weekly since April, and is very popular.

Challenge: How about a team of Carers for a regular match? It is cheap, great fun, good exercise, and only takes an hour a week. Though one suspects Carers might struggle a little against Stroke City...

Stroke Association - call David on: **07717 275 848** or david.mannion@stroke.org.uk

STROKE GROUPS IN TORBAY

STROKE HUB AT PAIGNTON LIBRARY: DROP IN

Peer support and information drop-in for stroke survivors and Carers. Confidence building, sharing and communication. Meet people with similar interests. Cafe.

Every Monday at 11.00am. First floor, Great Western Road, Paignton TQ3 5AG.

BABBACOMBE COMMUNICATION GROUP

Peer support: stroke survivors over 60 supporting each other. Coffee and communication in a nice hotel in Torquay. **Every Tuesday at 10.30am**

STROKE SURVIVOR COMPUTER GROUP

For stroke survivors who have never used a computer, or those who would like to relearn or develop their skills. Qualified tutor in a stroke survivor led group. **Paignton**

STROKE GROUPS IN TORBAY

YOUNGER WOMENS STROKE SURVIVOR GROUP

Peer support: stroke survivors supporting each other.
Coffee and communication in a nice cafe in Paignton.

Every Tuesday at 10.30am

YOUNGER MENS STROKE SURVIVOR GROUP

Peer support: stroke survivors supporting each other.
Coffee and communication in a nice hotel in Torquay.

Every Wednesday at 11.00am

RELAXATION AND MEDITATION GROUP

Relaxation and meditation techniques for management of pain and anxiety.

Paignton

STROKE WALKING FOOTBALL

A slower version of the beautiful game.

Paignton



For information on all groups contact the Stroke Association on:
07717 275 848 | david.mannion@stroke.org.uk

UNITED AGAINST DEMENTIA ALZHEIMER'S SOCIETY



Alzheimer's Society Memory Cafés are activity groups for people with a Dementia and their Carers.

They are planned, structured groups based around a variety of activities which vary every week. The facilitated activities encourage participation and include opportunities to talk to other like-minded people.

People can attend alone or with a Carer. The activity groups are not suitable for anyone to attend on their own if they have personal care needs, or require a secure environment.

The activity groups are led by Wendi Bennett and supported by a committed team of volunteers. Our staff and volunteers are carefully selected and where required undergo a full Disclosure and Barring Service (DBS) check.

Please come and join us for refreshments, somebody to talk to, information, and some mental stimulation. Activities include games such as dominos, indoor bowls, talks, music and quizzes. You will have fun, laughter and enhance your social circle.

The groups are in Babbacombe on a Tuesday afternoon, Brixham on a Wednesday afternoon and Paignton on a Thursday afternoon. They are held **every week** from: **1:30pm to 3:30pm** and there is a charge of £1.00 per person.

Singing for the Brain is every **2nd and 4th Friday** in Paignton, from **2:00pm to 3:30pm**.
The cafes and Singing for the Brain are open to people living anywhere in Torbay.

Carer Support Group **1st Friday of every month** in Preston, Chadwell Centre, from **1:30pm to 3:00pm**.

For more information, contact Wendi Bennett on: **07712 30146**

WHO'S YOUR CARER SUPPORT WORKER?

The Carer Support Worker (CSW) Service was originally set up 17 years ago as a pilot project in two surgeries. This project was created to highlight the needs of Carers and to support them through their GP surgeries. Now there are 10 CSW's in surgeries across Torbay, generally working one day a week.

We also have 4 Mental Health Carer Support Workers, which includes Dave Baker, Sera Blewitt-Gilbert, John Davidson and Ele Morgan, as well as Paul Stewart a Family Carers Worker (Drug & Alcohol), and Steve Black CSW at Torbay Hospital.



Sally Corbishley

“I've been a CSW for 17 years and I run the Torquay & Paignton Carers Groups. I feel privileged to meet so many wonderful Carers.”
Chelston Hall:
(01803) 605359 (Mon)
Barton:
(01803) 323761 (Tues)



Val Shute

“I've been a CSW for 11 years and enjoy my role immensely.”

Corner Place Surgery:
(01803) 557458
 (Mon & Tues)
Mayfield Surgery:
(01803) 558257



Liz Woods

“I have been a CSW for 4 months now, I am learning a lot and enjoying the challenge!”
St. Lukes & Greenwood:
(01803) 852731 (Mon)
Compass House:
(01803) 855897 (Tues pm)



Diane Evans

“I have been working as a CSW for six months.”

St. Lukes & Greenwood:
(01803) 852731
 (Tues)
Compass House:
(01803) 855897
 (Wed/Fri am)



Roselyn Vian

“I have worked with Carers for many years and have also been a Carer.”
Pembroke Surgery:
(01803) 553558
 (Tues, Thurs & 1st & 3rd of each month)
Old Farm:
(01803) 556403 (Wed)



Caroline Saunders

“Every Carer situation is unique. I have been in post since 1998 but learn something every day.”

Mayfield (CherryBrook) Medical Centre:
07732 034800
 (Mon/Wed am)



Lynne Healey

“I've had the pleasure of working with you all for over 17 years.”
Croft Hall:
(01803) 298441 (Tues)
Southover:
(01803) 327100 (Wed)
Parkhill:
(01803) 212489 (Mon)
Sherwell Valley:
(01803) 605123 (Thur)



Amanda Raffell

“I've been a CSW since '08 and help run the Time Out group.”

Chilcote Surgery:
(01803) 316333
 (Tues/Weds)
Abbey Road Surgery:
(01803) 290000 (Thur)
Shiphay Manor Surgery:
(01803) 615059 (Thur)

WHO'S YOUR CARER SUPPORT WORKER?

The role of the CSW has grown over the years and involves working with GPs and other practice staff who have become more aware of Carers needs. All CSW's offer Carers Health & Wellbeing Checks and enable Carers to get the support which they need.

If you haven't already registered as a Carer with your GP practice, or you haven't had the opportunity to meet your CSW, then you can ring for an informal chat, or make an appointment to see how they can be of assistance.

There is a friendly face and a listening ear available at each practice listed below.



Lesley Bill

“I joined Michele 2 years ago, but have been a Carer for many years.”

Brunel Medical Practice:
(01803) 312233
(Thur)



Michele Glanfield

“I joined Brunel Medical Practice in 2010, I also help run the *Time Out* group.”

Brunel Medical Practice:
(01803) 312233
(Mon/Thur)



Ele Morgan

“I have been in post for a year now and am thoroughly enjoying working with Carers and their loved ones.”

Older People's Mental Health
Chadwell Centre,
Paignton:
(01803) 546470
(Mon-Fri)



John Davidson

“I am also involved with the two Carers Groups *The Riviera Carers* and *The Cool Wednesdays Carers*.”

Mental Health Chadwell:
07909 873275 (Mon-Fri)
E: johndavidson1@nhs.net



Dave Baker

“I've been a mental health CSW since 2015 and I am involved with the Haytor unit.”

Mental Health Chadwell
(03005) 555000
(Mon & Tues)



Paul Stewart

“My role is as a Friends and Family worker in Torbay.”

Substance Misuse Shrublands:
(01803) 291129
(Mon - Fri)



Sera Blewitt-Gilbert

“I've been a CSW supporting Carers within Mental Health Services for 12 years.”

Mental Health Chadwell:
(03005) 555000
(Wed, Thur, Fri)



Steve Black

“As well as being a Carer, I've worked in the NHS, social care and in welfare rights for 32 years.”

Torbay Hospital:
(01803) 654747
(Mon - Fri)

TORBAY YOUNG CARERS UPDATE



Horses, tropical plants, tree houses, air drying clay, genie lamps, **meeting new people** and **making new friends**, were all a part of the magic ingredients for a fun packed summer programme.

Many thanks to The Rotary Club of Preston for funding twenty two Young Carers to go horse riding at Finlake Riding Centre. Everyone enjoyed horse riding so much, they wanted to stay all day. Thirty one Young Carers visited the Eden project in Cornwall, experiencing the tropical and mediterranean weather in state of the art biomes. We even got to meet an alien as part of the Eden Project Journey Into Space exhibition.

Thirty one Young Carers also went to see Aladdin at Paignton Palace Theatre, where everyone had a great time singing along with all the songs. Eighteen Young Carers went to do forest skills at Indigos, where everyone had a great time climbing tree houses, making air clay models and finally cooling down on the water slide.

For many of the young people, it was their first time attending activities, as they had recently registered as a Young Carer. It was great to see many new people making new friends.



Many thanks for the fantastic Eden Project photos which were taken by one of our Young Carers **Stephen Martin**.

Andrew Wright,
Young Carers Support Worker
Tel: (01803) 208657

THE YOUNG ADULT CARERS



SOCIAL SUCCESS SEES NEW FACES JOIN YOUNG ADULT CARERS

Caring for someone when you are a young person can be scary and can leave you feeling isolated and alone. That's why the Young Adult Carers Service is so important, in making sure that young people have support and opportunities to socialise, allowing them respite from their caring role. This often requires services working together to ensure that the transition from Young Carers (5-18 years) to Young Adult Carers (16-25 years) runs smoothly.



And so, this term, the services collaborated to hold a "transition event", inviting Young Carers who are in year eleven, to find out more about the YAC service and meet those involved in the running of it. The event was held at Laserquest in Torquay and attended by thirteen young people, who were split into two teams to compete in a game of laser tag. The event was successful, seeing eight new young people join the YAC service. The team look forward to working with them and thank everyone for their support in the running of this event.



TALLSHIPS - ALL ABOARD THE STAVROS S NIARCHOS

In August of this year we were once again able to offer three Young Adult Carers the opportunity of a week's sail with the Tallships Trust, aboard the Stavros S Niarchos, which is a 200ft Brig (a ship with two square-rigged masts) designed to sail anywhere in the world.

They set sail from Portsmouth and made their way to Alderney and across the Channel to Cherbourg, with the return leg to finish in Brixham. They all had a great time learning new skills and enjoyed climbing the masts and setting the sails to catch the winds. They made lots of friends and thoroughly enjoyed the experience; stating that it was hard work at times, but if asked they would jump at the chance to do it again.

Once again, a big THANK YOU to our sponsor Richard Peyton-Jones of the Eleanor Hamilton Educational Trust and Chas Cowell and his team at the Tallships Trust. This certainly would never happen without them.

Dave Baker, Young Adult Carer Support Worker

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: torbayyac@nhs.net or phone: (01803) 208455/852421



FISH MARKET FUNDRAISER

To raise money for events like our transition evening, Young Adult Carers host a range of fundraising events and this term, we teamed up with other services to take over Brixham Fish Market on Tuesday 18th July. It was a busy, fun filled day, and had a variety of stalls.

Dee and Neville from Healthy Lifestyles were encouraging members of the public to participate in fun exercises with an award of free fruit upon completion. It resulted in a lot of discussion around healthy living. Jayne Morris from Carers Services had a stand informing the public about the Carers Register and helping Carers to join.



Volunteers Rose Coulton and Sue Watkins sold their delightful homemade cakes. The YAC team also ran a bric-a-brac and tombola stand, whilst two of our own YAC's, Gabby and Annabel Law sold their handmade jewellery.

The day was a great success, with beautiful weather and saw the team raise £190.88!

We'd like to thank everyone involved for helping to make the day so pleasant and a brilliant success.

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

November

Ian Cooper – Retired Policeman
More interesting tales...

11th December

Christmas social at the Carers Centre

18th December

Christmas lunch at the Livermead Cliff Hotel – please
advise Sally Corbishley if you wish to attend

8th January 2018

Post Christmas get together at the Carers Centre

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

Torbay Mid-Age Carers Group

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

2:00pm - 3:30pm

All Carers 40/60 welcome (with some flexibility)

12th October

Afternoon Tea at Living Coasts, Torquay

9th November

Bowling at AMF

14th December

Christmas Meal – venue to be decided

11th January 2018

Palace Hotel, Paignton for a tea/coffee
and catch up after the festive season.

For further information about the group
please contact Val Shute on: **07596 103291**

"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.

Thursday 19th October 2017

'Young People are from Mars – Adults are from Mercury!'
Keith Hodgins will be talking about his 30 years of experience in
the police force working with Young People.

Thursday 16th November 2017

Jackie Bufton will be demonstrating her amazing talents again this
month and there will be an opportunity to have a go at making
some Christmas Ornaments (choice of two). There will a charge of
£2.50 per item to cover material costs

Time Out Christmas Lunch

Date, Time and Venue to be confirmed!

For More Information, Contact

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

Plans to start a Spoken Word Book Club - For the Visually Impaired (FoPL)

The club will run one Tuesday morning per
month, beginning Tuesday 14th November,
12th December etc. and the launch is
planned for World Sight day on 12th October
– **Venue: Paignton Library.**

The book club will need a couple of co-
ordinators whose main tasks will be to order
the audio books, (which will be on MP3
sticks,) steer the discussions and make some
tea/coffee.

If you would like to get involved, as a
volunteer coordinator, or if you would like
to find out more, then please contact Shona
Keen on:

(01803) 208288
(Mon/Tues/Wed)

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

26th October

Rod Cullum

Staffordshire and Bisque Antique Figures
Bring your own if you have any!

30th November

Ian Cooper

Retired policeman - more tales.

21st December

Christmas Social

(different date due to Christmas)

25th January 2018

Post Christmas get together

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

Carers @ The Park

Coffee Mornings

2nd Thursday of every month at:
Park Hotel, The Esplanade, Paignton

9th November

14th December | Christmas lunch

11th January 2018

10:30am - 12:00pm

£1.50 per head

Meetings are attended by Sally Corbishley, CSW

Afternoon Tea & Biscuits

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

20th October, 17th November, 15th December

19th January 2018

2:30pm - 4:00pm

£1.50 per head

Meetings are attended by Ros Vian, CSW

Age UK Torbay presents

Spectacular Spectrum Christmas Concert

Join us for a festive musical evening of Christmas Carols and songs, featuring the Spectrum Music Concert Wind Band



Saturday 25th November
Paignton Parish Church, 6.30pm

Church Street, Paignton TQ3 3AQ

Half time break

with refreshments and mince pies included

Adults £7.50 Children £4.00

Tickets available from Age UK Torbay

12 Dendy Rd, Paignton TQ4 5DB

or 216 Torquay Rd, Manor Corner, Preston TQ3 2HP

All proceeds to support lonely and isolated older people in Torbay.

No one should have no one at Christmas

**Torbay
ageUK**

Registered Charity No: 1084684



CHRISTMAS 2017

Please put this date in your diary, we would love to celebrate the beginning of the Christmas period with you.

Annual Christmas Coffee Morning

At the Olive Carers Centre,
St Edmunds, Victoria Park Road

On

Wednesday 13th December
11am - 1pm

The Christmas draw will take place at
12noon

For more information please call
Carers Aid Torbay on:

(01803) 323510



BUILDING HARMONIOUS RELATIONSHIPS

Having received feedback from Carers, especially YAC's and those caring for someone with drug and alcohol problems, we have pulled together 6 top tips for Carers, in their caring role.

The 6 top tips below have been put together to help you to think differently about scenarios you may encounter within your caring role :-

1) Acceptance

See yourself as worthy, your opinion counts and what you have to say matters.

3) Explore

Be brave, say yes to hobbies and interests that you once enjoyed.

5) Acknowledging Difficulties

Being a Carer can be challenging and there is help available e.g.: CSW's (Carer Support Workers), ESS (Emotional Support Scheme, Healthy Lifestyles Team) etc.

2) Resilience

Stay strong and flexible – the degree to which you can be flexible will affect your ability to cope.

4) Communication

Facebook, Twitter, Skype are all great for real time exchanges in the modern day world, instantaneously across the planet.

6) Unhelpful Assumptions

If you feel that you lack skills in your caring role, be encouraged, you probably know the person you care for better than anyone else, and there are Carer's courses available to help you in your caring role.

Created by the Healthy Lifestyles Carer Specific Health Trainer Davinia Allbrook, for further support please contact: **0300 456 1006** (charged at local rate)

NATIONAL AND LOCAL CARERS STRATEGY

You may remember that we mentioned in the last Signposts, that the National Carers Strategy has been delayed. At the Carers UK Conference, it was announced that it would be included in the Green Paper about Social Care, which is due out next year. There are a few key themes that they wish to emphasise:

- Recognising the scale and scope of caring now
- Recognising the scale and impact of caring on Carers' health, and supporting Carers to look after their own health and wellbeing
- Importance of having carer-friendly communities...
- Especially supporting Carers in, or into work, improving employers' attitudes, improving accreditation of Carers skills (Fuller Working Lives' published in February)
- Carers' high value on access to formal services, and to Carers breaks
- Technological support to help Carers balance education/training and caring
- Young Carers

Locally, we are nearing the end of our 2015-17 Measure Up Carers Strategy (progress can be found on:

www.torbayandsouthdevon.nhs.uk/carers on the 'Strategy' tab, then 'Action Plan') and we are starting to plan the next one, which is usually launched in April. As there will be a Devon-wide consultation about health services, and Torbay-wide consultation about adult social care, we will coincide our consultation about Carers priorities with these. We really want to make sure that Carers are fully involved in deciding these priorities, so apart from filling out our future questionnaire, and attending focus groups, we are looking for Carers or former Carers to be involved in our planning meetings. We already have Carers involved in our strategy group, but if you would actively like to be involved in shaping the future strategy, or to discuss further, then please contact: **katy.heard@nhs.net** or ring: **(01803) 219790**.

Torbay Drug and Alcohol Services

Does your friend, family member, partner or someone close to you use drugs or alcohol?

We can offer you some support with someone to talk to who understands your situation.



Phone support: 01803 291129

Structure courses and info

Confidential 1-2-1 sessions

Drop in sessions for a coffee/tea and informal chat

Group meetings of friends and families in the same situation

Come along to our weekly drop in for an informal chat and some information at Shrublands House, 8 Morgan Avenue, Torquay TQ2 5RS every Wednesday 3-5pm (appointments outside of these hours by prior arrangements)

For more information or to talk please contact
Friends and Family Support on 01803 291129.

(Telephone out of house, someone will call you back, please leave your name and contact number as well as a good time to call)

www.devonpartnership.nhs.net

Torbay Drug and Alcohol Services

Contact Information

	<h4>TELEPHONE NUMBERS</h4> <p>Shrublands House: 01803 291129 Walnut Lodge: 01803 604330 Torbay Alcohol Referral Line: 01803 604334 Drug Service Referral Line: 07825 027845</p>
<h4>USEFUL INFORMATION</h4> <p>Drugs website: WWW.TALKTOFRANK.COM NARCOTICS ANONYMOUS (NA): 0300 999 1212 - WWW.UKNA.ORG Alcohol website: WWW.DRINKAWARE.CO.UK ALCOHOLICS ANONYMOUS (AA) 0800 917 7650 WWW.ALCOHOLICS-ANONYMOUS.ORG.UK</p>	<h4>FAMILY SUPPORT</h4> <p>ADEFAM: 020 7553 7640 AL-ANON: 020 7403 0888</p>

www.devonpartnership.nhs.net

Top Ten Tips

For the top ten tips to help family, friends and supporters of those suffering with a drug or alcohol problem, go to: www.addictsmom.com



Need a helping hand, Home Support can help



- Laundry & ironing
- General cleaning
- Pension collection
- Changing bed linen
- Shopping
- Light cooking
- Short sitting / respite breaks for carers
- Other services available on request

Lucy is great, she changes my bed & takes me shopping...

We provide support and companionship in the home, helping with housework, shopping, pension collection, cooking, respite for carers etc. A regular weekly service, with the same carer visiting each week.

Call 01803 226766
emily@ageuktorbay.org.uk www.ageuktorbay.org.uk

Helping people love later life in Torbay

Registered charity no: 1084684

TORBAY CARERS' TELEPHONE LINE: CARERS4CARERS

Would you like to receive a regular call from our volunteers?

Our volunteers are happy to call you for a chat – they are all Carers or ex-Carers so can 'walk alongside you' or if you want a bit of a laugh and 'time out' from your caring role - they are very capable of that too!

We can call you on a Tuesday evening between 5.00 pm. and 9.00 pm, either weekly, fortnightly or whenever suits you. All volunteers have had the relevant mandatory training and checks and are ready and eager to give you a call!

Please note that I am also available for phone and/or email contact during the same evening for those who are working Carers, or for any Carer who has a query that can't wait to be resolved by the daytime services.
Val Shute: 07596 103291
Email: val.shute@nhs.net



Carers Aid Torbay Update

Hello Everbody. Is it me or has this year just flown by?

We had some great events over the summer – a day out on the Moors and our relaxing day in Dartmouth, which were particularly well attended and enjoyed by Carers. Did you catch us at Paignton Carnival in our fun cat costumes and tutus? some of our gentleman volunteers looked particularly fetching.

We now have John working alongside us providing “Bay Benefits” (see article below). He is available by appointment on **(01803) 323510**.

We still run our Ancestry workshops and free legal advice for Carers from local solicitors on a regular basis. If you want to make an appointment, refer into our service, or get an up to date events list, then please ring now and we will be happy to help.

I look forward to seeing you at our free Christmas coffee morning, on Wednesday the 13th December.
Warmest wishes - **Pennie Evans**, Carers Aid Torbay | Tel: **(01803) 323510**

BAY BENEFITS



As Pennie has already mentioned, Carers Aid Torbay was successful in obtaining a grant from the National Lotteries – Awards for All fund. This grant will enable us to assist Carers and their families with Entitlements and Benefit advice.

John Dudley who many of you will already know, having received assistance from him over the years in his various benefit advisory positions, will be available to guide Carers through the benefit process, including assistance with completing the daunting forms that are associated with the benefit system. John will be able to assist with Carers Allowance, Attendance Allowance, Disability Living Allowance (DLA), Personal Independence Payments (PIP), Blue Badges, Housing Benefit and housing queries.



John will be holding surgeries in all three of Torbay's Carers Centres The Olive Carers Centre, Torquay, Paignton Carers Centre, at Paignton Library and Brixham Carers Centre, Kings Street. All sessions will be by appointment only, and the service gets very busy so please book in good time.



Please call Carers Aid to book your appointment on: **(01803) 323510**

Coming in January's edition:

- Planning Ahead • Advocacy Contract • Interim Update on Torbay Carers Strategy

Do you know a Carer who would benefit from our services?

- FREE parking at local hospitals • Discounts in local shops • A Carers Emergency card

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