

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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Deadline for the January edition is
2nd November 2018

Hello and Welcome..

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

I'd like to thank Hilary Milner (Carer) for her inspirational story **(P2)** and for offering her time on the 7th November to demonstrate encaustic wax art, I do hope you enjoy the opportunity to get involved and to be encouraged by another Carer.

Don't forget to take a look at **(P5)** the National Carers Survey. This is your opportunity to give feedback about Social Services/Local Authority support which provides us with the necessary information upon which improvements can be made.

In this edition we have an exciting new opportunity for Carers, in addition to the courses that we offer every six months, you can now get involved in learning new skills and earn a recognised qualification and certificate at the end of the course. The Learning Curve Group are offering our Carers three courses that will start in November. If you'd like to enrol, please contact us on one of the numbers provided **(P7)**.

Once again it's that time of year where we provide you with an updated pullout on 'Who's Your Carer Support Worker'. We hope this encourages you to pop into your surgery and seek out your CSW should you need support, information, or a Carers Health & Wellbeing Check.

We have various updates around Dementia **(P14)**; sadly Purple Angel Dementia Day Care is at risk, there is information about groups meeting up currently run by the Alzheimer's Society Memory Cafes and a link in connection with The Herbert Protocol.

Over the next few months there's a lot to get involved in **(P12, 13 & 16)** and I know that it seems like a long way off, but in fact Christmas is only 11 weeks away!! Leading up to the festivities, we would like to invite you to our Free Mince Pies & More event in Brixham **(P15)**, on the 24th of November. We look forward to seeing you on the day.

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) and discounts in local shops

Contact us c/o Signposts for Carers

Telephone: 01803 666620 Email: signposts@nhs.net

ART, POETRY & WRITING

TIME OUT IN MY SHE SHED

Hilary Milner, Carer

I have a lovely new She Shed, which I use to create my artwork, spend time listening to music or just reading the paper. My husband is not allowed in, unless he knocks first!

My mum has been living with us since January last year; we converted our garage into her own space with an en-suite. She has Alzheimer's disease and is also bi-polar. I am, together with my husband, a full-time Carer for my mum. We gave up fostering to do this. So I've gone from looking after an 8 year old, to looking after an 89 year old!

As a Carer, you will all know how difficult it can be to look after yourself as well as the one you are caring for.

I have learnt over this last year that I must take care of myself first, as I was definitely heading towards Carer burn out and possibly even a nervous breakdown. I was contacted by Carers Aid Torbay, who kindly donated some funds for me to take up my art again.

I used the funds to start attending Marldon Art Group and have been going since last September, and began re-engaging with my abstract art. This has spurred me on to take up photography again, and write poetry. I've also got into creative writing - my journey through my parents' dementia.

I had neglected my art for many years, as I was too busy running around making sure my mum was safe in her own home. It transpired that she wasn't and we took the decision to have her live with us.

My She Shed is my sanctuary. It helps me to get away, and, even if only for an hour or so, to then immerse myself in something creative.

Recently I met up with Natalie Townsend, Carers Services Coordinator and we discussed my Carer journey and how art, poetry and writing has helped me to cope with the day to day challenges of caring.

Natalie has invited me to hold a workshop, where I will demonstrate my new venture into encaustic wax art work, at Paignton Library. This sort of art is very easy to do, not an expensive hobby and very rewarding. If you would like to come and learn the techniques of encaustic wax art and see examples of my other art work, then please join us.



ENCAUSTIC WAX ART DEMONSTRATION

Wednesday 7th November 1:30-3:00pm | Paignton Library, Room 13

If you would like to attend, please book your place by ringing Pauline O'Reilly on: **(01803) 208455**, or Natalie Townsend on: **(01803) 208456**, alternatively email: ntownsend@nhs.net

BOOK REVIEW

By Samantha Little

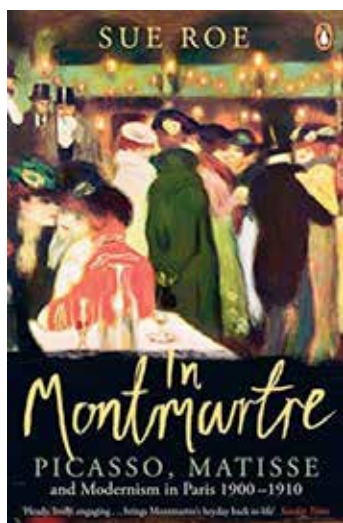
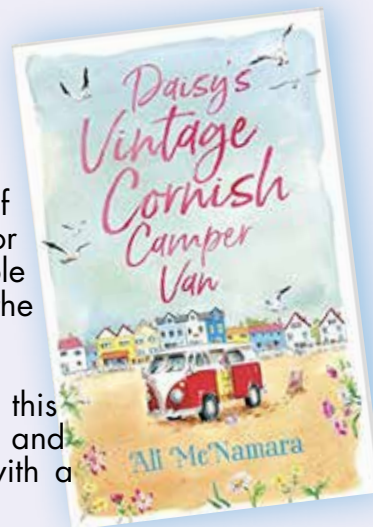
Enjoy an end-of-Summer novel and a colourful narrative for Autumn.

DAISY'S VINTAGE CORNISH CAMPER VAN

Ali McNamara (ISBN: 978-0-7515-6623-9 (Sphere, 2018))

Anastasia is bemused to discover she has a highly unusual inheritance after the early death of her schoolfriend, Daisy – a VW camper van! But having travelled to the picturesque fishing port of St Felix (St Ives) to collect it, she discovers a shabby, immobile wreck, currently being restored at the hands of the impish Malachi. Beguiled into remaining in Cornwall until the work is completed, Daisy finds herself settling into the Celtic community, making friends, encountering a potential suitor – an antiques dealer with a hidden past – and setting out to solve an irresistible mystery when decades-old postcards revealing a love affair are discovered in the VW's upholstery.

Grief for the loss of Daisy is gradually assuaged by intrigue and happiness, as this enjoyable narrative blends romance and mystery, leading to an unexpected and whimsical conclusion. An essentially joyful book, who wouldn't love a story with a camper van at its heart?



IN MONTMARTRE

Sue Roe (ISBN: 978-0-241-95603-8 (Penguin, 2014))

After the Fin de Siècle, the end of the 19th Century in France, the vibrant Parisian neighbourhood of Montmartre became home to a group of struggling artists, among them Picasso and Matisse, whose extraordinary paintings would later explode upon the contemporary art world. Surrounding the Moulin Rouge, the expanding collection of artists' studios and communes, crammed in close proximity to cabarets, cafes and the circus, led to the establishment of a new creative quarter in the city, thronged with writers and art dealers, prostitutes and artists' models, poets and left-leaning politicians.

Sue Roe's lively prose is a sparkling firework display, exploding the colourful life of Montmartre and its inhabitants to reveal a kaleidoscope of quarrels, duels, dramas, controversy and love affairs, and effectively transporting the reader to the ancient nooks and crannies and winding cobbled streets of this wonderful, alternative landscape.

NEW PERSPECTIVE

I woke up this morning with a familiar sense of dread: post sorting day. You may be different from me - but my experience of being a Carer is that paperwork, paperwork, paperwork! is never ending...

Today I tried a new technique: I had two hours free.. that is what I would allocate. And if it wasn't all done - then what was left would have to wait for another day.

In the past I would have sat there until I completed it...however, walking away from the remainder today gave me the time I needed for the other demands on my time - resulting, as well, in a greater level of peace.

Just a thought to help you on your way...and if you are already there - well done!!

Helen Elliott - Carer



ATTENDANCE ALLOWANCE

It's understandable that new Carers can sometimes confuse Attendance Allowance (AA) with Carers Allowance (CA), however, the two benefits are quite different:

- AA is paid to people aged 65 or older, who have care needs arising from long-term illness or disability.
- CA is paid to unpaid Carers - often a family member – looking after someone in receipt of a qualifying disability benefit such as AA.

The rest of the article is about AA, but you can read more about CA here - <http://bit.ly/2KcSRHV>.

WITH AA IT DOES NOT MATTER WHETHER THE HELP IS ACTUALLY PROVIDED

What's important is whether the person reasonably requires the care, so what counts towards an award?

- Frequent practical help with 'bodily functions', such as using the lavatory, bathing and washing, getting up/going to bed, dressing/undressing, eating and drinking, certain types of dialysis.
- Supervision indoors and outdoors, including watching over to minimise serious harm to themselves or others because of mental illness, advanced dementia, prevention of falls, etc.
- The care must always take place in the presence of the Carer, so checking on someone by phone doesn't count and nor does help with errands and shopping.

AA IS PAID AT ONE OF TWO LEVELS AND AN AWARD CAN ALSO LEAD TO AN INCREASE IN MEANS-TESTED BENEFITS

- A lower weekly rate of £57.30 and a higher one of £85.60, the level being determined by the duration and time of day that care is required.
- An award of AA can lead to extra pension credit, housing benefit and council tax support, depending on individual circumstances.
- Pension credit and housing benefit are ignored for AA as are state retirement and occupational pensions.
- Savings do not affect entitlement and details are not required.
- AA is non-contributory (not reliant on national insurance contributions) and isn't taxable.
- It's possible to move from the lower to the higher rate if needs substantially increase.

YOU NEED TO KNOW

- AA cannot be claimed if someone is already getting personal independence payment (PIP) or disability living allowance (DLA) - even if they are over 65.
- The qualifying care needs must have existed 6 months prior to the claim and be expected to at least last a further 6.
- Special rules apply to people with terminal illness and these claims are expedited.
- AA cannot be backdated to any period before the date of claim.
- Restrictions apply if moving into residential care - <http://bit.ly/2vcGHdi>, temporarily or permanently or NHS care - <http://bit.ly/2LveEsm>
- Claimants must meet the usual UK residence and presence tests.

HOW TO CLAIM

Before helping someone claim, it's advisable to study a detailed guide, such as Age UK's factsheet - <http://bit.ly/2LXNelQ>. You can then request a claim form from the AA enquiry line - **0800 731 0122**.

Claims are backdated up to 6 weeks from the call date. Forms can also be downloaded at <http://bit.ly/2ne6LR3>. Local agencies such as Carers Aid Torbay - <http://bit.ly/2LkiOIk> can help with applications, but it's essential to contact them promptly as demand for assistance is heavy.

As part of our work about replacement care, we are trying to develop the range of provision across Torbay. The NHS is not allowed to advocate for / advertise particular providers where there is cost involved, so we will only feature details here where there have been changes in service. Full lists of service providers are available from our Disability Information Service on: **0300 456 8373**, or look at:

www.torbayandsouthdevon.nhs.uk/services/disability-information-service/dis-information-sheets/

Day Opportunities sheet or Care Home: Day Care sheet.

FILO DAY SERVICE EXPANDING INTO TORBAY

The Filo Project is a not-for-profit organisation offering small group day care. The service supports people over 60 who are socially or intellectually isolated, most of whom are experiencing symptoms associated with moderate dementia. Age UK Torbay recently asked them to take over their Days Out service, which seems to have gone very smoothly. They are expanding their capacity in Torbay to support more older people and their Carers with opportunities for either meaningful social interaction or replacement care.

The formula of The Filo Project is simple. Groups are small, generally no more than four people and the sessions exist in the intimate setting of a 'host's home'. A hot lunch is provided - a welcome and important part of the day. The service is akin to spending a day with friends, everyone can hear and engage with each other, no one gets left out. The focus is firmly on people's capacities, not their incapacities. This in turn not only eases the loneliness that so many older people with dementia experience, but supports them to flourish and be re-invigorated.



At a stage of life where many older people find themselves often isolated, The Filo Project provides a place where people can enjoy gentle conviviality and friendship in an unhurried environment.

For more information on our services in Torbay and the surrounding areas please call: **(01392) 982138** or visit www.thefiloproject.co.uk. The full cost if privately funding is £67.50 which includes lunch and transport, but if the person you care for is eligible for assistance from social care, or you have 'enhanced' eligibility for a break, their contribution would be means-tested. Adult Social Care is available on: **(01803) 219700**.

NATIONAL CARERS SURVEY (CARERS OF ADULTS)

For those of you who have been Carers for a while, you will know that every couple of years there is a survey of every Carer who has had a Carers' assessment or support, so an envelope may be landing on your doorstep sometime in October. This survey helps compare us nationally, and the last one showed a significant deterioration in Carers' Health and Wellbeing, hence our work to try and improve this.

<https://www.torbayandsouthdevon.nhs.uk/uploads/signposts-spring-2017.pdf>

Please note: It is a standard questionnaire, so it asks how you feel about Social Services / Local Authority support – just to explain that the Carers assessments and Carers services you receive from any of Torbay's Carer Support Workers, the NHS, Mencap and most of Carers Aid Torbay are provided on behalf of Social Services / Local Authority, so please do answer about your satisfaction with Carer Support.

Any questions, please ring Signposts: **(01803) 666620** or if you require help to fill it in, ring the number on the letter.

Learning Curve Group deliver programmes that support local communities with the development of key work and life skills. We support 50,000 learners every year.

Why LCG?

Named as 'education business of the year' for the past two years at the Education Investor Awards. Attained Investors in People Gold status. Won 'outstanding contribution to the development of apprenticeships' at the FE Week annual awards. Have access to over £20m of adult education budget funding. Have a market-leading achievement rate of 94%.

Learning Curve Group has a proven track record of supporting your community and supports pathways to employment.

We offer a range of courses in the following sectors:

- Creative Crafts
- Nutrition & Health
- Hair & Beauty
- English & Maths
- Understanding Autism
- Falls Prevention
- Health & Social Care
- Challenging Behaviour
- Childcare
- Art & Design

Learning Curve has offered Carers Services the opportunity to take part in some of their recognised and acclaimed courses. It is hoped that the 3 initial courses chosen will not only assist you in your caring role but will provide you with the opportunity to learn new information, skills and a recognised qualification. We hope you enjoy taking part.

Understanding Nutrition and Health Level 2 - 12 Week Course

This qualification provides learners with a range of underpinning knowledge in areas such as healthy eating, nutritional needs, weight management, eating disorders and food safety in the home environment. The qualification supports the Government drive to empower individuals to make healthy choices, a key focus of which is the need to educate and change behaviour on diet and nutrition to reduce the prevalence of obesity.

Date	20th November – 19th February 2019
Time	9:30am - 3:00pm (break for lunch)
Venue	Paignton Carers Centre, Paignton Library, The Drummond Suite, First Floor

Understanding Behaviour that Challenges Level 2 - 12 Week Course

This qualification is designed to increase learners' awareness and understanding of behaviour that challenges and its effects. Challenging behaviour is causing increasing concern today as many individuals have increasing levels of stress and uncertainty in their lives. This behaviour can be due to factors such as anxiety, neglect, abuse, learning disabilities and conditions like dementia. Understanding the causes of challenging behaviour is the first step towards finding ways to support individuals and manage their behaviour.

Date	21st November – 20th February 2019
Time	9:30am - 3:00pm (break for lunch)
Venue	Paignton Carers Centre, Paignton Library, The Drummond Suite, First Floor

Textiles (Creative Craft) Level 1 - 10 Week Course

This qualification aims to enable learners to develop basic skills in craft, provide learners with underpinning knowledge of the craft process and provide learners with a basis for progression into further study in craft-related areas. As part of this qualification, learners will develop a portfolio of work in craft, use materials, tools and equipment correctly and safely and develop an understanding of health and safety considerations in the craft environment.

Date	29th November – 14th February 2019
Time	9:30am - 3:00pm (break for lunch)
Venue	Paignton Carers Centre, Paignton Library, The Drummond Suite, First Floor

To apply for these courses please contact

Pauline on:
(01803) 298455
Wednesday to Friday

Natalie on:
(01803) 208456
Monday & Tuesday



PARENT CARERS UPDATE

Are you a Parent/Carer of Child/Young Person with SEND (special educational needs and disability) under 25 years of age?



Are you looking for more signposting or support? Would you like to have your say about the services your family receive? Have you heard of us 'Torbay Parent Carer Forum'?

Do you know about the following organisations that may be able to support you?

Torbay Parent Carer Forum - <http://www.torbaypcf.org.uk>

The purpose of the forum is to provide accurate up to date information to its' members about what is happening both nationally and locally within health, education, social care, and the third sector, ensuring that parents and Carers have every opportunity to participate in the decision making processes.

Tissues and Issues - Contact Jackie on: **07796 470009**

Our coffee mornings are a chance for parents/grandparents/Carers who care for children that have additional needs and/or disabilities, to meet others in similar situations for a relaxed chat and a hot drink.

SENDIASS - <http://sendiasstorbay.org.uk>

SENDIASS Torbay supports parents through a variety of ways, including phone, or email contact and face to face meetings. We also provide a signposting service to direct parents and Carers towards the organisations best suited to help them, ensuring that they are empowered to make informed decisions about their child's future.

WHO'S YOUR CARER SUPPORT WORKER?

The Carer Support Worker (CSW) Service was originally set up in 2000 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.

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 Sally Smith CSW at Torbay Hospital.



Sally Corbishley

“I've been a CSW since 2000 and I run the Torquay & Paignton Carers Groups. I feel privileged to meet so many wonderful Carers.”

Chelston Hall:

(01803) 605359 (Mon 8:30am-4pm)

Barton:

(01803) 323761 (Tues 8:30am-4pm)



Elizabeth Woods

“I have been a CSW since 2017; I am learning a lot and enjoying the challenge!”

St. Lukes & Greenwood:

(01803) 852731 (Mon 1:30-5:30pm)

Compass House:

(01803) 855897 (Mon 8am – 12pm)



Roselyn Vian

“I have been a CSW since 2014 and I have also been a Carer.”

Pembroke Surgery: (01803) 553558

(Tues, Thurs 9am-5pm

& 1st & 3rd Friday of each month 9am-4:30)

Old Farm:

(01803) 556403 (Wed 9-5pm)



Lynne Healey

“I have been in this role since 2000, prior to this I was working with Social Services for 15 years.”

Croft Hall: (01803) 298441

(Tues 8am-5pm)

Southover: (01803) 327100

(Wed 8am-5pm)

Parkhill/Sherwell Valley: (01803) 212489

(Mon & Thurs 8am-5pm)

Mobile: 07900 173052



Val Shute

“I've been a CSW since 2005 and enjoy my role immensely.”

Corner Place Surgery:

(01803) 557458 (Mon & Tues 8:30am-5pm)

Mayfield Surgery:

(01803) 558257 (Fri 8:30am-5pm)



Diane Evans

“I have been working as a CSW since 2017.”

St. Lukes & Greenwood:

(01803) 852731 (Tues 9am-2.00pm)

Compass House:

(01803) 855897 (Wed 9am-1:15pm)
& (Fri 9am-12pm)



Caroline Saunders

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

Mayfield (CherryBrook) Medical Centre:

07732 034800 (Mon & Wed 9am-12:45pm)



Claire Horton

“I have been working as a CSW since April 2018. I am enjoying my role and working with the team very much.”

Floating Role:

07809 903889 (Mon, Tues and Weds 8:30am-4:30pm)

Chelston Hall:

07809 903889 (Thurs 8:30am-4:30pm)

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 in 2014, but have been a Carer for many years. I help run the Time Out Group.”

Brunel Medical Practice:

(01803) 312233

(Thurs 9am-1pm) except Time Out week 3rd Thurs of the month



Michele Glanfield

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

Brunel Medical Practice: (01803) 312233

(Mon & Thurs 8:30am-4:30pm)

Chilcote Surgery: (01803) 316333

(Tues & Weds 8:30am-4:30pm)



Ele Morgan

“I have been at Chadwell since 2014 & I am thoroughly enjoying working with Carers & their loved ones.”

Older People's Mental Health

Chadwell Centre, Paignton:

(01803) 546470

(Mon, Tues & Fri 9am -5pm, Wed 9am-3pm)



John Davidson

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

Mental Health, Chadwell Centre, Paignton

07909 873275

(Mon-Fri 9am-5pm)

E: john davidson1@nhs.net



Dave Baker

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

Mental Health, Chadwell Centre, Paignton

(01803) 546470

(Mon & Tues 9am-5pm)



Paul Stewart

“I am a Friends & Family Worker in Torbay, supporting Carers who provide care for those with drugs and alcohol issues.”

Substance Misuse Shrublands: (01803) 291129

(Mon 10am-5pm, Tues 8am-5pm, Wed & Thurs 8am-5pm, Fri 8am-1pm)



Sera Blewitt-Gilbert

“I've been a CSW supporting Carers within Mental Health Services since 2005.”

Mental Health, Chadwell Centre, Paignton

(01803) 546470

(Wed, Thurs & Fri 9am-5pm)



Sally Smith

“Hi, I'm your new hospital Carer support worker.”

Torbay Hospital: (01803) 654747

(Mon, Tues, Thurs & Friday 8am-5:30pm)

HELLO AND WELCOME TO SALLY SMITH

"I've worked in the NHS, Social Care for 12 years, with a background of working within Learning Disabilities, as well as being a Carer for many years".

I look forward to meeting you all in my new role as Hospital Carer Support Worker.



GOODBYE AND THANK YOU TO JAYNE MORRIS



After two and a half years with Carers Services, Jayne Morris, Signpost for Carers Information Officer, left us in August to take up her new role with the Sensory Team.

Jayne has been a highly valued member of our Carers Service, and many of you will have spoken with her on the Signposts phone line, or in our Brixham Carers Centre, or the Help and Advice Point at Torbay Hospital. From all of us, thank you Jayne for your dynamism, positivity and all your hard work.

Don't forget you can still contact us on Signposts for Carers: **(01803) 666620**.

TORBAY YOUNG CARERS UPDATE



Torbay Young Carers are having a brilliant summer full of amazing activities.

It started with a family garden party with games, arts and crafts, balloon making and face painting. Many thanks to everyone who supported us and made this a great event. Special thanks to Brixham Soroptimists, Preston Rotary and BMAD. The homemade cakes, BBQ food and wonderful motorbikes were enjoyed by all.

Many thanks also to Babbacombe and St Marychurch Lions Club who provided a wonderful visit to Plymouth Aquarium for 26 of our Young Carers. We watched as our young people got lost in the underwater world of octopus, sea horse and sharks, marvelling in the kaleidoscope of colour and shapes. A great escape from their caring responsibilities.

This was followed by a soothing, relaxing day with the beautiful donkeys at Sidmouth Donkey Sanctuary, 12 young people had the special privilege of getting up close to these

lovely animals, an experience not to be missed. Many thanks to Preston Rotary Club for this activity. And that's not the end!

We are looking forward to a great trip to Dartmouth on the steam train, followed by a boat trip up the river, also kindly provided by Preston Rotary Club.



We would like to thank all those who enable us to provide these fun opportunities for our Young Carers'.

Andrew Wright & Jeanette Simpson
Young Carers Support Workers
Tel: (01803) 208657



Fun

This summer, Young Adult Carers have been taking advantage of the heatwave, getting together on a range of activities. Our long summer of fun and fundraising began on May 30th, in Plymouth, where 13 YACs went into battle on the paintballing course. One of our young ladies received the 'Top Gun' certificate, after a competitive, hot and sweaty day! The fun continued during National Carers Week, when another battle commenced - this time with lasers at Battlefield Live, followed by a BBQ. Both events were well attended and received a lot of positive feedback. We'd

like to say a massive thank you to Brixham Rotary Club for their donation of £200, which was used to fund these activities. Because of this continued support, we were able to offer young people an opportunity to step out of their caring role and enjoy their summer.

Fundraising

Aside from kind donations like this, Young Adult Carers fund most of these activities through fundraising events, two of which were held over the summer months. The first event took place in June, when Young Adult Carers transformed the Old Fish Market in Brixham, hosting a variety of stalls; including hook a duck, bric-a-brac and, of course, a cake stall! The weather was brilliant and the event attracted a lot of attention, raising £232.16. We'd like to say a special thank you to Danielle and Claire from Tesco Express, Brixham for giving up their time to help out.



The second event was the annual Marldon Apple Pie Fair, which we attend every year to run our pig racing stall. We started at 12pm and remained very busy until an unfortunate change in the weather at 3pm. However, we managed to host 33 pig races and raised £233.90.



First Aid

We like to feel that we offer our young people a chance to expand their knowledge and help in their caring role; so, over the holidays, we offered two workshops. The first workshop ran over two days in July; a Mental Health First Aid course hosted by Jacqui Bamford. The course was very intense but interesting and the 9 YACs who attended will receive a certificate from Mental Health First Aid England, to verify that they are now Mental Health First Aiders. The second workshop held in August, by the British Red Cross, trained 8 YACs in basic first aid. Both events helped our young people feel better equipped and taught them skills that will not only be useful in their home life, but can also be transferred into their work lives.

For all enquiries, please contact us:
www.torbayyac.co.uk | (01803) 208455

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

8th October

Father John Herve – My experiences as a Padre in Iraq

12th November

Ian Cooper – yet more amusing tales

3rd December

Christmas social at the Carers Centre –
note change of date

14th January 2019

Christmas lunch at the Livermead Cliff

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)

11th October

Trip to Otters Garden Centre, Moles Lane, Paignton

8th November

Meet at the Livermead Cliff Hotel for afternoon
tea/coffee

13th December

Xmas Meal, venue to be decided

For further information about the group, or if
you are in need of a lift to an event
please contact Val Shute on: **07596 103291**

Carers UK Digital Offer

Is anybody using this?

Carers UK digital offer for Carers gives every
Torbay Carer free access to their app, their videos
and much more. All you need is an e-mail address.

Go to www.carersdigital.org, choose 'create
new account' at the bottom right and use code
DGTL8622. This code also gives free access to their
Jointly App as mentioned in the last Signposts.

Please let us know what you think of any of these
resources, via Signposts on : **(01803) 666620** or
signposts@nhs.net

"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, TQ1 3PT.
(Unless otherwise stated)

Thursday 18th October

Working for the much loved Children's television programme as
producer, director and cameraman. Alex Leger tells us all about
Blue Peter - Behind the Badge.

Thursday 15th November

Have a go at metal embossing with Jackie Bufton, design a
Christmas coaster, £4 cost

Thursday 20th December

Christmas meal at The Anchorage Hotel

For More Information, Contact Michele

Chilcote Surgery : **(01803) 316333**
(Mon/Thurs)

Brunel Medical Practice : **(01803) 312233**
(Tues/Weds)

Groups run by FoPL

SCRABBLE GROUP

Tuesday 2pm - 4pm

Paignton Library, Room 13

All welcome

£2 charge

Large tile set available

11th September
9th October
13th November
11th December
8th January 2019



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

25th October

Meet at the Palace Hotel, Paignton, for tea/coffee

29th November

Ian Cooper

Retired policeman - even more amusing tales.

20th December

Christmas Social

31st January 2019

Post Christmas catch up

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

Carers @ The Library

Coffee Mornings

2nd Thursday of every month at:
**Paignton Carers Centre, Drummond Suite,
Paignton Library**

11th October, 8th November

13th December | Christmas lunch

10th January 2019

10:30am - 12:00 noon

£1.50 per head

Meetings are attended by Sally Corbishley, CSW

Afternoon Tea & Biscuits

3rd Friday of every month at:
**Paignton Carers Centre, Drummond Suite,
Paignton Library**

19th October, 16th November, 21st December

18th January 2019

2:30pm - 4:00pm

£1.50 per head

Meetings are attended by Ros Vian, CSW

TORBAY OLDER FAMILY CARERS

Support for people aged 60 or over caring for a family member with a learning disability.

'Tea and Cakes' Social and Information Get-togethers

held on 2nd Wednesday of the month 10.30am-12noon

Jasmyn House, Midvale Road, Paignton

An opportunity to meet other Carers for a friendly chat over a drink and a cake. We usually have speakers providing information relevant to learning disability and caring.

14th November

Susan Bottomley from Citizens Advice – benefits overview (FAIR project)

12th December

Slightly later time of 11am-1pm - Christmas social with light lunch

9th January

Role of the Pharmacist (to be confirmed)

Friday Morning Drop-in

Carers Centre, Paignton Library

If you would like to call in for a chat and a coffee, or have a particular concern you would like to discuss, please call in anytime between 9:30am and 12:30pm.

We will be pleased to see you.
The person you care for is also welcome.

For further information, please contact:

Caroline Saunders: (01803) 321145

Mobile: 07939 880092

Email: caroline.saunders@mencap.org.uk



Crafty Chatters

Do you enjoy needle crafts?

**Tuesday Mornings 10:00am till noon
Paignton Library, Room 11**

FREE

All welcome

18th September

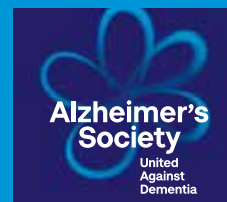
16th October

20th November

18th December



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 likeminded 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.

There is one in Babbacombe on a Tuesday afternoon, Brixham on a Wednesday afternoon and Paignton on a Thursday afternoon. They are held every week from **1:30 - 3:30pm** and there is a charge of £1.00 per person. For full address details please ring: **0300 123 2029**.

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

For more information, contact Wendi Bennett on: **07712 301467**.

PURPLE ANGEL DEMENTIA DAY CARE AT RISK


Earlier this year, the Acorn Centre in Torquay began hosting a 'Purple Angel' Day Care service for people with dementia. It runs on Fridays between 10am and 2pm, but the future of this service is in doubt, as attendance has been very low. You can contact Bridie Moorhouse on: **07805 984340** for more information.

The cost for people who self-fund is £16.80ph, plus £3 if bathing service is also required, and again if the person you care for is eligible for assistance from social care, or you have 'enhanced' eligibility for a break, their contribution would be means-tested.

Adult Social Care is on:
(01803) 219700.



The Purple Angel



Do you care for someone who has dementia?

Do you worry they will have the urge to leave their home and walk about?

The Herbert Protocol may help find them quickly and get them home safe

For more information go to:
www.dc.police.uk/missingherbert.

Have any questions about being a Carer? Want to talk to someone about what it's like being a Carer? Like to meet other Carers?

We are developing a service in Torbay to support unpaid adult Carers who are under 60 (or slightly over, but young at heart!) and care for an adult with a learning disability.

Get in touch so we can keep you updated!

Contact Emma on: **07852 546530** or email: emmajane.young@mencap.org.uk

CARERS REGISTER & SAFELY HOME

Now Staffed by the Hospital Switchboard

In August, the emergency call-handling for the Carers Register and Safely Home changed from being staffed by our Community Alarm Service Operators, to being staffed by our Hospital Switchboard Operators.

Carers should not notice any difference to the service, apart from that when their call is answered staff will say 'Torbay Hospital Priority Line'.

Please remember to use the phone number on your Carers card only for an emergency, for anything else please contact Signposts on: **(01803) 666620** or signposts@nhs.net.

Katy Heard | Carers' and Volunteers' Lead

CARER FOR SOMEONE WITH SWALLOWING DIFFICULTIES?

All the terminology has changed! If you want to know more, there is information or training available, please contact Signposts for Carers on: **(01803) 666620**, or signposts@nhs.net

FREE MINCE PIES AND MORE!



Unpaid Carers are being invited to Brixham Carers Centre for free mince pies and more on **Saturday 24 November** (3pm – 5pm).

The Carers Centre on Kings Street - which is run by Torbay and South Devon NHS Foundation Trust - is hosting the free event for unpaid Carers. The event coincides with the Brixham Christmas market, fireworks and Christmas lights switch on as part of the town's Christmas 'Lanterns, Lights and Luminations'. The Carers Centre will be open from 3pm until 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 an unpaid Carer; so we would like to invite you to drop in and enjoy free mince pies and mulled punch. There will also be an opportunity for a free hand massage, or nail painting. There are raffle prizes and gifts for sale, plus information about support services available for unpaid Carers in Torbay.

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

For more information, please contact the Carers Centre on: **(01803) 852421**, or pop in between 10am and 4pm on Monday, Tuesday, Thursday or Friday. **See you soon!**

CARERS AID TORBAY



Carers Aid Torbay Annual Quiz Night

Tuesday 30th October at The York Pub on St Marychurch Road, Torquay (opposite Waitrose). 7pm arrive for 7:30pm start

This evening involves six people per team and includes a light buffet. All proceeds will go directly to support unpaid Carers living in Torbay. If you would like to come along with a team, or would like to come along alone, don't worry, there will be people to make up a team on the evening. Cost £3 per person.

Please call Carers Aid Torbay to reserve a table/a place and start thinking of your team name! We also need numbers for catering: **(01803) 323510**.

Wills & Powers of Attorney Advice

Monday 19th November from 2pm & Monday 21st January

These sessions are offered by a professional from Wollen Michelmores, Edward Lee, who provides advice on Wills and Lasting Powers of Attorney.

To book an appointment please call Carers Aid Torbay – this is free service for Carers, the appointments are 30 minutes long and are held at the Olive Carers Centre.

Christmas Coffee Morning

Wednesday 12th December, 11am – 1pm

Our annual Christmas coffee morning. The draw will take place at 12 noon, with a luxury hamper as the main prize and lots of other fabulous prizes. There will also be a small bric a brac stall, a Tombola, and delicious cakes for sale. Come and celebrate the festive period with Carers Aid Torbay.

For information on any Carers Aid Torbay groups, please call the office on: (01803) 323510 and we will provide more details.

Carers Aid Torbay Invites You to Some Autumn Treats

Knit and Natter Group | Wednesday 14th November 1:30-3:00

Reading Group | Wednesdays, 24th October and 5th December 2-3:30pm

Men Matter Group | The Redcliffe Hotel, Marine Drive, Paignton TQ3 2NL.
1st November and 6th December.

Ancestry | Wednesdays, 17th October and 14th November

All groups and meetings are at the Olive Carers Centre, Victoria Park Rd, Round the back of St Edmunds, Torquay TQ1 3QH - unless otherwise stated.

Coming in January's edition:

- Triangle of Care update
- Depression and Anxiety Service update
- Brixham Health and Wellbeing Centre

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**