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Deadline for the Winter edition is
Friday 29th October 2021

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello and Welcome..

...to the Autumn edition. Firstly, thank you to the Carer who went to the effort of sending in such positive and encouraging feedback about receiving the Safely Home bracelet, for the person she cares for (P2). It's always great to hear from you all. You never know how much you can help another Carer by sharing your experience, so I welcome your letters, stories and suggestions which can be included in future editions of Signposts.

CARERS RIGHTS DAY 2021 Everybody Knows A Carer

To mark Carers Rights Day on Thursday 25th and Saturday 27th November there will be a selection of live and online events, which we would like to invite both you, your family and friends to attend, as we promote the fact that everybody knows a Carer. We're offering music and activities supported by Imagine multi-cultural group, online tours, activities and workshops accessible in person, or virtually over a video link. For more information on Carers Rights Day turn to (P3). We hope to see you there!

We have an update on the Healthwatch report – Learning Disability the Carers' Voice on (P7). There are details of who to contact if you would like to take part in the survey, or request a copy of the report.

Healthwatch are also inviting Carers to share your experience of using and accessing GP services in Torbay or South Devon. To pass on your story, or to leave feedback, please get in contact, see (P7). Your views count!

This edition of Signposts includes an updated Carer Support Workers double page pull out (P8 & 9). We hope that this information will prove useful and you will now be able to put a face to the voice when you make contact.

There are a number of other updates in this edition, look out for information on COVID-19 Vaccinations for Carers (P6), groups and services you can access (P12 & 13), free home fire safety visits and a free will service from the British Red Cross (both P15), and it's time for a flu jab again (see P16). Wishing you well as the evenings draw in and a happy Christmas and New Year when the festive season arrives!

Natalie Townsend - On behalf of Carers Services and the editorial team

Telephone: 01803 666620 Email: signposts@nhs.net
www.tsdf.uk/carers | facebook.com/TorbayCarers

TORBAY CARERS REGISTER TEAM 2021

Dear Torbay Carers Team

I have received a "Safely Home" bracelet, with many thanks...
And this is my birthday week on Thursday 22nd. It's my 71st and it is great to be able to give a simple straight forward no-nonsense valuable thing as this bracelet!!

It was lovely to give the bracelet to the person I look after, care and protect. She is grateful for it and happy.

So this week, your team have got 2 old gals very happy. THANK YOU!!! (KATIE & ANNE AS WELL)

With love x

Torbay Carers Team you are doing a great job, as with other teams around Britain!
Keep Going, Keep Safe, keep doing what you do well!! Don't apologise, no need!!



THE SAFELY HOME SCHEME



The 'Safely Home' scheme is available to any person living at home in Torbay who may become confused or unable to communicate when they are out and about. This includes people with dementia, acquired brain injury, stroke, panic attacks, and children with disabilities. How does the Safely Home Scheme work? We provide a bracelet for the person to wear, which has a contact telephone number and a unique identification number engraved on it. The service is free to Carers and the person for whom they care and provides peace of mind to vulnerable people and their Carers. The service can only be used to provide information to the Carer, to the Police, or Emergency Services when that person is found confused, wandering or unable to communicate in a public place.

The scheme is a partnership between the Alzheimer's Society (South Devon Branch) Torbay and South Devon NHS Foundation Trust, Devon & Cornwall Police and Torbay Council. Where there is a Carer, they must be willing to be the named contact person. Where there is no Carer, then another nominated person e.g. Torbay & South Devon NHS staff member must agree to be the named contact person.

Information about the person and instructions for returning them home are provided and held on a secure, independent database operated by Torbay Carers Register. If the Police or Emergency Services ring the dedicated telephone number and give the bracelet ID number, operators at the Carers Register will provide the necessary information. If the vulnerable person is found by a member of the public who rings the Register, no personal information will be given out. Staff will ring the named contact to advise them of the person's whereabouts. The Register will respond to calls 24 hours a day, 7 days a week. Staff at Torbay Carers Register are trained and have years of experience in handling emergency calls together with a good understanding of the needs of unpaid Carers.

Is it difficult to join the scheme? No, the scheme is easy to join and available to any Carer. A simple form must be completed giving details of the cared for person and instructions for returning them home. Bracelets will then be issued within two weeks.



EVERYBODY KNOWS A CARER

This year Carers' Rights Day is Thursday 25th November, and we are planning some events with the theme 'Everybody knows a Carer' to try and raise the profile of the many people who do not realise that they are a Carer.

If all goes to plan we will be having both on-line and (Covid-secure) in-person events on both Thursday 25th and Saturday 27th November. Covid permitting, the Saturday will include a family-friendly event to which everyone is welcome. This will include food, music and activities, supported by Imagine multi-cultural group. If numbers are limited, or a public event is prevented, we hope to live stream it, so you can join in at home, or from smaller venues with our partner organisations.

The details have not been finalised at the time of Signposts going to print, but a full list of events will be put together in due course and we will either contact you via email, there will be updates on our Carers Facebook page, you may see it covered in the local newspaper, or you are welcome to contact us on the details below and we will send you a schedule of what's taking place over the two days.

In the meantime, if you have any suggestions for activities or topics, or would like to get involved, please contact: signposts@nhs.net or phone us on: **(01803) 66 66 20**. If you would like to join us remotely, but are not confident on-line, just let us know and we can set up some practice sessions for you.

Hope to see you then!

BOOK REVIEW

Carers' Quiet Corner by Samantha Little

MARCIA WILLETT *Starry, Starry Night*
ISBN: 978-17876-3322-3 (Bantam Press, 2021)

Leo and his cousin, Alice, grow up in a close-knit family in the gorgeous Devon countryside surrounding Dartmouth, but days after his sister Helen's wedding, Alice disappears after revealing a shocking secret, which only Leo knows.

Many years later, Alice has reason to return, but her impending arrival threatens to tear the family apart. Leo needs all his sensitivity to contain the situation and find a way forward for those he loves, while contending with his ex-wife, and an unwanted admirer, who also enters his life.

Novelist Marcia Willett has produced a poignant narrative with unexpected twists and turns against a beautifully evoked rural background.



MONICA CONNELL *Gathering Carrageen: A Return to Donegal*
ISBN: 978-1-910124-46-8 (Sandstone Press, 2015)

After spending childhood holidays in Donegal, Monica Connell returns with her husband to experience a year living in a coastal community in the West of Ireland, having rented an ancient cottage, which looks out to the darkly changing sea.

Together they restore the property, dig turf, harvest seaweed and grow vegetables, while Monica, who is often alone when her husband is working away, gathers stories, enjoys conversations and music, makes a pilgrimage to Croagh Patrick, journeys with a trawler crew, records her friendships and experiences traditional Christmas customs.

Richly described, the remote landscape and dramatic weather form the heart of this soul searching memoir.

MONEY MATTERS

LONGER TIME TO REPAY UNIVERSAL CREDIT (UC) ADVANCES

One of the many criticisms of UC since its inception, has been the time allowed to repay advances taken out to cover the 5-week gap between the date of claim and the first payment. This issue has been revisited again and the repayment period has subsequently been extended from 12 to 24 months, please see: <https://bit.ly/2UOH4dy>. However, this change only applies to new loans taken out on or after 12th April 2021, and not to advances taken out before this date.



FUTURE CHANGES TO TERMINAL ILLNESS RULES FOR BENEFITS

The Department for Work and Pensions (DWP) confirmed in July that it intends to change its approach to terminal illness claims. The current policy: <https://bit.ly/3xGsYJS> provides a fast-track to benefits once the DWP accepts that a claimant is unlikely to survive for 6 months. Lobbying from the Motor Neurone Disease Association and Marie Curie has persuaded the government to align the DWP rules with those of the NHS, which use a death expected within 12 months rule. The proposed changes are to be phased in, starting with Universal Credit and Employment and Support Allowance in 2022, and followed by the disability benefits when parliamentary time permits, please see: <https://bit.ly/2VLWPMC>

UPDATED BENEFIT GUIDES FOR CARERS OF CHILDREN WITH DISABILITIES

Cerebra, the national charity for children with neurological conditions, has recently updated some of its online downloadable guides. These include A Step-by-Step Guide to Disability Living Allowance (DLA): <https://bit.ly/3ig0CQ6>, and Money Matters which has lots of useful information for Carers: <https://bit.ly/3enECIj>. Despite being focused on neurological conditions (including autistic spectrum disorders), the guides should nevertheless prove useful to Carers of children affected by other conditions too.

Contact (formerly Contact a Family) also publish a child DLA guide: <https://bit.ly/3ijH65A>, and another covering the transition from DLA to Personal Independence Payment (PIP) at 16, please see: <https://bit.ly/2U5echr>

END OF TEMPORARY CHANGES TO CARER'S ALLOWANCE

The temporary rule which allowed Carer's Allowance to continue, despite isolation or infection with COVID ended on 31 August. Additionally, Carers UK have also reported that the easement which allowed emotional support by phone to count towards 35 hours of caring also ended on the same date.

PENSION CREDIT STILL UNCLAIMED BY MANY PENSIONERS WHO COULD GET IT

It is estimated that up to £1.8 billion of Pension Credit remains unclaimed, despite publicity campaigns by charities and the government. The amount lost each year amounts to around £1,700 per family, money that could have helped with heating costs, a better diet, taxi fares, etc. Research has revealed that homeowner couples aged 75 and over are the most likely to miss out, and it is claimed that 77% of pensioners have never even checked. Successful entitlement varies according to individual circumstances, but Carers can help older people find out by using the government's online calculator at: <https://bit.ly/2VGhSGF> or by calling the Age UK confidential helpline on: **0800 678 1602, local number (01803) 555181**.

Pension Credit can be claimed online at: <https://bit.ly/3xJxurd> or by calling: **0800 99 1234**

I SAW IN THE NEWS THAT MY UNIVERSAL CREDIT IS REDUCING?

That's correct, to support claimants during the pandemic there was a temporary increase to your standard allowance of £86.67 a month, this will come to an end in September.

HOW WILL I KNOW WHAT I'M ENTITLED TO?

Your entitlement will be detailed on your statement, any changes to your entitlement will be highlighted here.

WHEN IS THIS INCREASE DUE TO END?

The last payment of this additional amount will be paid in your September payment, the DWP will advise you on your September statement that this will be the last payment of this amount and will also confirm this in your journal.

I CAN'T AFFORD FOR THIS INCREASE TO BE REMOVED, IS THERE ANY HELP AVAILABLE?

You can get free help from independent organisations about:

- Budgeting
- Dealing with debt and creditors
- What to do if you are struggling with money

Please access your account and select 'how to manage your Universal Credit claim', there is a section under "help with debt and managing your money", here you will find a number of organisations who you can contact for support. In addition to this, if you have rent arrears deductions, the DWP can reduce the recovery of this to 10%, if this has not already been done. If you have a sanction on your account, you may be able to apply for a Recoverable Hardship Payment. If you have other outstanding debts, you may be able to ask for these to be reduced or apply for breathing space. Please discuss this with your local Citizens Advice or Debt Advice organisation.

CARERS AND COUNCIL TAX DISREGARDS UPDATE

There are various Council Tax discounts and exemptions that may benefit Carers including Council Tax Disregards. This includes the following:

- A person who is classed as 'Severely Mentally Impaired' can be disregarded for Council Tax, as can live-in Carers.
- A person aged 18+ with care needs can have more than one live-in Carer disregarded, as long as they each provide at least 35 hours of care a week and are not the partner or spouse of the cared-for person.

If, after the disregards, there are fewer than 2 adults in a household who are liable for Council Tax, a discount will be applied: 25% for one adult, or 50% if no adults are liable for Council Tax.

Carers UK have compiled a fact sheet, 'Help with Council Tax', giving details of the various discounts at:

<https://bit.ly/3mpwLIM>

If you would like Carers Services to print this out and post it to you, please contact Signposts on: **(01803) 666620**

IMPROVING TORBAY HOSPITAL'S SUPPORT TO CARERS

By the time you read this, we will have started some new support to people who care for in-patients at Torbay Hospital. We have had a presence at Torbay Hospital since before 2008 when we funded Age UK to visit the 'Care of the Elderly' wards, and in 2013 changed this to have a full-time Hospital-based Carer Support Worker. We started Hospital Carer Supporters in 2014 and the Advice Point in the main entrance was built in 2017.

Devon Carers offer support at Royal Devon & Exeter and North Devon District Hospitals and recently won a Health Service Journal award, due to the evidence of the impact of their work. Their offer includes (where possible) contacting a family member for every patient who is discharged, to offer support for six weeks and, during that time, to ascertain if they are a Carer and link them into Carer support. The benefit of this approach is that it does not rely on Hospital staff identifying who is a Carer, and builds trust / awareness of Carer support so that people are more likely to accept ongoing Carer support if appropriate, or be aware of what is available when they do become a Carer. Devon Carers have received funding to start support to Carers from Devon (not Torbay) at Torbay Hospital and by the time this goes to print the service should be up and running. As Devon patients account for up to half of Torbay Hospital's patients, the additional resource will free up some of our staffing and we hope that in the longer term, they will also help us to staff the Advice Point.

Our Carer Support Worker (Sally Smith) has been working throughout the pandemic, and visiting wards when restrictions allowed. However, our Hospital Family Carer Supporters have not been allowed / able to visit and also Carers have either not been on the wards, or have restricted visiting so want to spend their time with the patient. Working closely with Devon Carers and our Hospital Liaison Voluntary sector partners, we have allocated a lead agency for each ward, with the eventual ideal that every patient and their family will have phone contact and be offered support. We ideally want contact with family to happen as close to someone's admission as possible, rather than after discharge, and will work hard over the next year to see if this is feasible, and if so evaluate the costs and benefits.

The other pilot that we are intending to run in one ward, is to employ someone to ensure that communication between the Hospital staff and patient's family members is as effective as possible. This should work towards not just a good discharge, but supporting good health and wellbeing for both patient and family into the future. Communication has been severely impacted by COVID, and hospital staffing resources have been really stretched so it has not been possible to address this properly.

If you are interested in knowing more about or planning any of the above, or if you would be interested in some part-time flexible work from home making phone calls / working on the wards, or more regular but fixed-term hours supporting hospital communication / discharge, please just e-mail: signposts@nhs.net with 'Hospital Work' as the subject, or contact Rohan Davidson on: 07909 873 241.

COVID VACCINATIONS FOR CARERS

ATTENTION CARERS

If you are a Carer and would you like to have your COVID vaccination but have difficulty leaving those you care for, you can get help to organise your vaccination through the Devon Vaccine Support Team. This includes arranging your vaccination at a time to suit you, fast-tracking your appointment to get you home more quickly, or arranging transportation.

To find out more email: d-ccg.devonvaccinationsupport@nhs.net or call: (01752) 398836.

LEARNING DISABILITY THE CARERS' VOICE

Mencap's Family Carers' Service supports family Carers of adults with a learning disability in Torbay.

Carers often tell us about the services used by the person whom they care for, so when they recently raised concerns, we agreed to support them to take the matter forward. The Commissioner for Learning Disability Services suggested that these Carers' concerns should be collated into a report, so we approached independent healthcare consumer champion Healthwatch Torbay, as experts in gathering feedback. The report 'Learning Disability – The Carers' Voice' is the result and can be accessed online at:

<https://healthwatchtorbay.org.uk/report/learning-disability-the-carers-voice-concerns-and-challenges/> or upon special request by calling: **08000 520 029**.

The analysis revealed a number of themes arising in regards to some learning disability service providers and Adult Social Care communication and processes. Jo Williams, Director of Adult Social Care responded to say, 'We will work with families, providers and Healthwatch to address the concerns identified, and continue to be committed to working together to find solutions...Any future plans will, of course, be co-produced with people with learning disabilities and their Carers and include an expectation of high-quality care.'

Thank you to the 12 Carers who provided feedback for this report. We are aware that there may be other Carers of an adult with a learning disability, who would also like to provide feedback, in which case please contact Healthwatch on: **08000 520 029**, or email: info@healthwatchtorbay.org.uk, or:

**Healthwatch Torbay, Freepost-RTCG-TRXX-ZZKJ,
Paignton Library & Information Centre, Great Western Road,
Paignton TQ4 5AG.**

You can also review providers on the Healthwatch website at: www.healthwatchtorbay.org.uk.

HEALTHWATCH TORBAY

WHAT ARE YOUR RECENT EXPERIENCES OF USING AND ACCESSING GP SERVICES IN TORBAY OR SOUTH DEVON?

Healthwatch Torbay want to hear experiences from local people so services can understand what is or isn't working! They would like to know:

- Have you had trouble getting an appointment, or issues getting in touch with a GP?
- Were you able to see your GP in person – if so, how long did you have to wait?
- When you got to see a GP, were they able to help?

To pass on your story, leave feedback about GP services on the Healthwatch Torbay website:

<https://healthwatchtorbay.org.uk/services/?filter=doctors>

Call their contact centre team FREE on: **0800 520 0640** Or email: info@hwdevon-plymouth-torbay.org

Sharing feedback takes moments, but the effects could last a lifetime!



WHO'S YOUR CARER SUPPORT WORKER?

There are currently 9 Carer Support Workers (CSWs) in surgeries across Torbay. All of our CSWs offer Carers Health & Wellbeing Checks and enable Carers to get the support which they need.

We also have 4 Mental Health CSWs: Dave Baker, Sera Blewitt-Gilbert, Phil Ennes and Laura Walsh, as well as Steve Andrews our Family & Friends Worker (Drug & Alcohol), and Sally Smith at Torbay Hospital. Our Young Adult Carer Support Workers are Dave Baker, Cheryl McKinnon and Julie Mosely.



Claire Horton 07917 894728
clairehorton@nhs.net

BRUNEL Mon 8:30am - 4:30pm
PEMBROKE Tue 8:30am - 4:30pm
CHILCOTE Wed 8:30am - 4:30pm
CHELSTON Thu 8:30am - 3:30pm
Floating Role Fri 8:30am - 3:30pm



Lesley Bill

BRUNEL
Thu
9:30am - 1pm
***Except 3rd Thursday of each month**



Lynne Healey
07900 173052
lyn.healey@nhs.net

CROFT HALL Tue 8am - 5pm
SOUTHOVER Wed 8am - 5pm



Michele Glanfield
07555 354795
michele.glanfield@nhs.net

BRUNEL
Mon & Thu 8:30am - 4:30pm
CHILCOTE
Tue & Weds 8:30am - 4:30pm



Lindsey Redhead
07884 735578
lindseyredhead@nhs.net

CORNER PLACE
Tue & Weds
9am - 5pm



Caroline Saunders
07732 034800
caroline.saunders@nhs.net

MAYFIELD GROUP
Mon & Weds
9am - 12:45pm



Sarah Soper
Temporary no: 07824 519471
sarah.soper@nhs.net

COMPASS HOUSE
Tue & Weds
9am - 5pm



Sally Corbishley
07531 947687
sally.corbishley@nhs.net

CHELSTON HALL
Mon 8am - 5:30pm
Wed 8am - 12:30pm

HOSPITAL & PRACTICE NUMBERS

BRUNEL
CHADWELL CENTRE
CHELSTON HALL

(01803) 312233
(01803) 546470
(01803) 605359

CHILCOTE
COMPASS HOUSE
CORNER PLACE SURGERY
CROFT HALL

(01803) 316333
(01803) 855897
(01803) 557458
(01803) 298441

WHO'S YOUR CARER SUPPORT WORKER?



Rosalyn Vian
07737 066560
ros.vian@nhs.net

PEMBROKE SURGERY

Tues & Thurs 9am - 5pm

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

OLD FARM Wed 9am - 5pm



Carole Brierly
07385 407683
carole.brierly1@nhs.net

MAYFIELD GROUP

Tue 9am - 4pm

Wed 9am - 2pm

Thu 9am - 4pm



Phil Enness
07799 658407
philip.enness@nhs.net

CHADWELL CENTER MENTAL HEALTH

Mon - Fri
9am - 5pm



Laura Walsh
(01803) 547297 / 546470
laura.walsh@nhs.net

CHADWELL CENTRE OLDER PEOPLES' MENTAL HEALTH

Mon - Fri
9am - 5pm



Sera Blewitt-Gilbert
07855 130375
sera.blewitt@nhs.net

CHADWELL CENTRE MENTAL HEALTH

Wed - Fri
9am - 5pm



Dave Baker
d.baker13@nhs.net

CHADWELL CENTRE MENTAL HEALTH

07553 632554

Mon & Tue 9am - 5pm

YAC / PAIGNTON CARERS CENTRE

07825 027664 | d.baker1@nhs.net

Weds, Thu & Fri 9am - 5pm



Sally Smith
07887 861256
sally.smith5@nhs.net

TORBAY HOSPITAL

Mon, Tue, Thu, Fri
8am - 5:30pm



Cheryl Mackinnon
07825 027642
cherylmackinnon@nhs.net

PAIGNTON CARERS CENTRE PAIGNTON LIBRARY

Mon - Thu
9am - 3pm



Steve Andrews
07827 354112
sandrews1@nhs.net

SHRUBLANDS SUBSTANCE MISUSE

Mon, Tue, Thu, Fri
9am - 5pm



Julie Mosely
07767 418495
jmoseley1@nhs.net

PAIGNTON CARERS CENTRE PAIGNTON LIBRARY

Tue & Wed 9am - 5pm
Thu 9am - 4pm

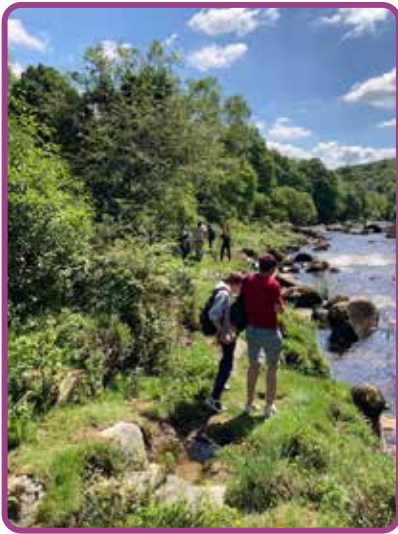
HOSPITAL & PRACTICE NUMBERS

MAYFIELD GROUP
OLD FARM
PARKHILL
PEMBROKE SURGERY

(01803) 495400
(01803) 556403
(01803) 212489
(01803) 553558

SOUTHOVER
SHRUBLANDS
TORBAY HOSPITAL
YAC/PAIGNTON CARERS

(01803) 327100
(01803) 291129
(01803) 654747
(01803) 208455



Now we have settled into our regular once a month drop-in, we have decided to go one better and now offer a fortnightly Thursday evening drop-in at Jasmyn House, in Midvale Rd, Paignton. Our operational group felt that it is of benefit for Young Adult Carers to have the option, should they be unable to make it only once a month. The group started on Thursday the 18th of August.

We took advantage of the good weather with a day out on the moor at Dartmeet. We had a relaxing walk along the river and a picnic to boot, a great day was had by all. We also visited Sidmouth, where the morning was spent at the Donkey Sanctuary, with a mooch around town in the afternoon. It's nice for people to go to places they may not have been before and as Sidmouth is the gateway to the Jurassic coast, it has a great view of the coastline, especially from Connaught Gardens at the far edge of town.

Young Adult Carers also had a night at the cinema to watch Black Widow; a time to chill and eat popcorn. Next on the list is the up and coming Tallships Trust activity, sailing a racing yacht from Portsmouth to Brixham. It has been a long time since the Young Adult Carers last ventured onto water and for those who are going this time, I hope they all come back with a great story to tell and the sun continues to shine for the voyage.

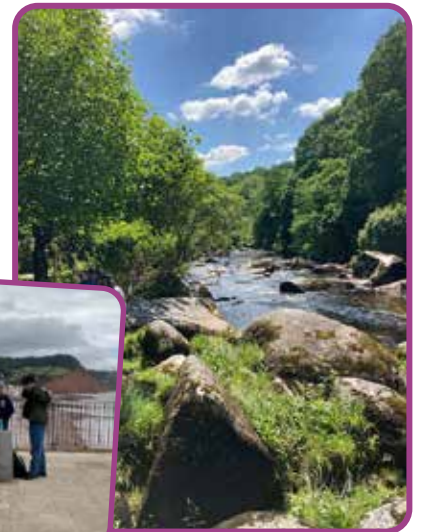
Dave Baker
Young Adult Carer Development Worker

Integrated Carers Services

Phone: **01803 208455/852421**

Mobile: **07825 027 664**

Please Note: days of work Wednesday-Friday.



MARLDON APPLE PIE FAYRE

Hooray! The annual Apple Pie Fayre early in September, was another great success! Young Adult Carers set up the Pig Racing Stall, the sun shone and a riotous day of fun was had by all... we did 57 pig races and raised £300.



This money will go towards opportunities for Young Adult Carers to have some time out. A big thank you to everyone who helped on the day.

Cheryl Mackinnon
Young Adult Carer Development Worker

Phone: **01803 208455/852421**

Mobile: **07825 027642**

Please Note: days of work Monday-Thursday.



TORBAY YOUNG CARERS



BACK IN FULL SWING!

Wow! What a summer!!! Our Young Carers had a good variety of activities to choose from this holiday – it's been great fun, but the activities team are just a little exhausted now.

We kicked off with 3 big projects – music workshops with Bath Philharmonia, which led to a performance that brought a tear to my eye – I was so proud of them all, as were their families and everyone who came to watch. Our collaboration with Babbacombe & St Marychurch Lions, and South Devon College's catering department allowed two groups of Young Carers to attend a series of cookery classes, followed by a tour behind the scenes at Rockfish, including lunch courtesy of Mitch Tonks.



We also had our first set of sessions with Horsemanship for Health, kicking off our new 'Mindful Mammals' Project, which is all about offering animal-based experiences, aimed at helping to improve wellbeing. To add into the activity mix, there was an experience day meeting the animals down at 'Lucky Clucks' and more animal adventures with DolphinWatch UK. Preston Rotary Club treated our Young Carers to a day at Paignton Zoo, as well as a Steam train and River Dart Cruise.

The wonderful folks at Dart Sailability offered our Young Carers some boating experiences and it was particularly great to see some of our 'old' Young Carers volunteering there. Last but not least,

for those who enjoy some crafts and peaceful time out, we had mud-kitchening, marshmallow toasting, hot dogs and chats around the fire; there were lovely family days with our friends at Orchard Forest School.



Thank you so much to all those organisations who helped to make this summer amazing, our fabulous Young Carers and their families, and of course to our Summer Team – Holly, Emma, Jeanette, Mark and Dave and our fantastic young leaders.



Best Wishes,
Teresa Mikalauskas, Young Carers Manager

Contact us at:
Torbay Young Carers Service
(01803) 895299 (answerphone)
Email: admin@torbayyouthtrust.org.uk
Website: www.torbayyouthtrust.org.uk



CARERS NOTICEBOARD



Dimensions For Autism Torquay 2021

Support group for autistic adults, who do not have a learning disability.

We usually meet on the last Monday afternoon of each month in Paignton, at the KINDAKAFE.
Marine Parade, Preston Sands Hotel, TQ3 2NU.

However, due to the Covid 19 virus, all meetings will be out in the community until further notice. We will meet for socially distanced walks in various locations until we can gain access to our venue.

2.30pm – 4.30pm

25th October
29th November
December (to be arranged)

Want to find out more?
Email: Trish Darke (DFA Director/Co-facilitator)
trishdarke.dimensionsforautism@gmail.com

www.dimensionsforautism.life

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

Dates and speakers to be advised

For further information please speak to:
Sally Corbishly on: 07531 947687

Updates on the Torquay Group will be forthcoming



COMMUNITY-BASED DAY ACTIVITIES

AT THE WINDMILL CENTRE • TORQUAY

For people with a disability, seeking employment or who are retired.

GARDENING

Do you know your tulips from your turnips?

How about getting involved in greening up Torquay and making a real impact on your local area?

Our gardening sessions will take place in the new garden space at The Windmill Centre where we will learn a variety of gardening skills and use these to link with other green spaces in the Bay.

We will also be developing a 'travelling gardening' club who will go out into the community and help create and enhance green spaces. This could be an exciting time for you to get involved.



For more information, registration forms or details of our other taster sessions visit: www.turningheads.org.uk or call Alan Tilley on 07817 777 739



COMMUNITY-BASED DAY ACTIVITIES

AT THE WINDMILL CENTRE • TORQUAY

For people with a disability, seeking employment or who are retired.

LIFESKILLS

Do you need help in everyday skills?
Do you want to become more independent?

Join our lifeskills group and help develop skills and become more empowered. We will learn as a group to better cope with everyday tasks such as living on a budget, using technology and staying safe online, basic first aid, relationship skills and many other topics.

The sessions will be matched to the individuals in the group and the aim is to upskill you and help you become more independent. They will be practical, hands-on and great fun!



For more information, registration forms or details of our other taster sessions visit: www.turningheads.org.uk or call Alan Tilley on 07817 777 739

New Bereavement Friendship Group

The new Bereavement Friendship Group meets on the fourth Thursday of the month at:

**Furrough Cross United Reformed Church,
Babbacombe Rd, Torquay, TQ1 3SB.**

Drop-in anytime between **10.30am - 12.30pm**

For further details please contact Community Builder
Amanda Lynn
On: 074548 704792

Chadwell Dementia Carers Support Group

The local Carers support group is held on the first Friday of every month.

We would love to include everyone in the group; however, this group is only suitable for Carers to attend and not the person they care for.

Chadwell Health & Wellbeing Clinic
Torquay Road
Paignton, TQ3 2DW

1:30pm – 3pm

ONLINE UNTIL FURTHER NOTICE

For Login Details or any questions please call:
Laura Walsh or Debbie Burnell – 01803 546470



The Purple Angel
Memory Cafe

Every Saturday Afternoon

Open from 1.30 - 3.30pm
with the exception of the first Saturday in each month

At Barton Baptist Church
Happaway Rd, Barton

Tea, Coffee, Games, Talks, Music, Dance
a wonderful time to be had

*All welcome with memory problems,
their families and their carer's*

For enquiries, including details of how to volunteer,
please ring Elaine on **01803 459 290** or **07707 048 595**



Conjunction with Torbay Dementia Action Alliance TDAA



Do you care for an adult with a learning disability in Torbay?



We help to support unpaid carers of adults with a learning disability. If you have a question about being a carer, would like some information or would like to be added to our mailing list, please contact us. The person you care for does not have to be known to social care for you to access our support.

If you are a carer aged 60 or over:

Contact the Torbay Older Family Carers Service
Caroline Saunders 07939 880092
caroline.saunders@mencap.org.uk

If you are a carer aged 18 – 60:

Contact Torbay Learning Disability Carers
Emma Young 07852 546530
emmajane.young@mencap.org.uk



Zoom group We hold a virtual monthly evening group with a theme and / or guest speaker. Contact Emma Young (see above) for more details.

The Silver Line

The Silver Line is a free, 24-hour confidential helpline for older people.

Need Help? Call ANYTIME on: **0800 470 8090** or go to:
www.thesilverline.org.uk for more information.

OTHER NEWS

TECHNOLOGY ENABLED CARE SERVICES



TECS NRS Healthcare are working with Torbay and South Devon NHS Foundation Trust, to provide technology enabled care, giving individuals, their families and Carers, security and peace of mind, through a service that enables people to stay independent in their own home for as long as possible. All the products are designed with you in mind and are easy to use. We'll make sure that you're happy with how your equipment works, when we come to install it in your home. All the equipment is connected to a call centre with experienced staff. If you have a problem you can activate the equipment to contact our monitoring staff, or raise an alarm and they will be able to talk to you. The staff can also call a family member, or neighbour to come and help you, or an ambulance if you need more help.

To find out more about the equipment, what's on offer and how we can help, please call:

0300 100 0255 / Option 2

TRANSITION & CARERS – PEER SUPPORT & BUDDYING

Are you a Carer whose child is moving on from Children's to Adults Services?

Are you a Carer whose loved one is moving into residential care or has sadly passed away?

This can be a daunting and uncertain time. As part of our peer support/buddying scheme, we are focusing on transition. We hope to introduce Carers to other Carers who are experiencing, or have had experience of similar challenges. You may have been through this process yourself or are about to. As always, Carers Services will be available for support & guidance.

- Would you welcome some peer support during this time of transition, or could you offer some advice if you have already experienced this?
- Do you just want to chat with like-minded people who have been or are in a similar situation?
- Would you like to join our Peer Support Working Party and have an active role in moving this forward?

Evidence-based evaluations throughout the UK, show that peer support activities have resulted in a 15% reduction in feelings of isolation and loneliness among a sample of Carers.

We are developing a Peer Support system, to help put Carers in touch with each other for support, to share interests or just to have a few laughs. This will be co-ordinated initially and if you hit it off, you can go it alone – with or without support.

We are currently looking at ways of putting Carers in touch with each other whose caring circumstances may be similar, who may share similar interests, who would like to offer a little help, or who would just like to build a friendship.

For more information contact Debi Porter on: **07880 136859**

or email: debi.porter@nhs.net

OTHER NEWS

HOME FIRE SAFETY VISIT



Call now for your free Home Safety Check

DSFRS are working to develop a safer community and this is a completely **FREE** service that's offered to people in places where we know there is a higher risk of fire. This includes high risk individuals such as older people, especially those living alone, those with mobility, vision and hearing impairment, mental health service users and those liable to intoxication through alcohol/drug use. A combination of these factors will significantly increase the risk from fire.

You may also qualify to have a **FREE** smoke alarm fitted in your house. You will not be sold anything.

If you are concerned that your home may be at risk of fire, or know someone who you think needs our help, then please arrange a visit by calling: **0800 0502 999**

EMPLOYMENT FAIR

Are you a Carer interested in returning to work, becoming self-employed, or finding part-time employment? If so, then please contact Debi Porter on: **(01803) 881334**, or email: debi.porter@nhs.net

In addition, our local Jobcentres are running various Jobsfairs and recruitment events – please speak to your Work Coach for more details, or follow us on Twitter: **JCP in Devon (@JCPinDevon)** / Twitter

SIBS | FOR BROTHERS & SISTERS

Sibs have a new session next month for Carers who live further away from their disabled brother or sister. They will talk about the challenges of caring from a distance and strategies to support you in your role.

To find out more go to: <https://www.sibs.org.uk/support-for-adult-siblings/online-support-sessions-lde/>

BRITISH RED CROSS



LEAVE BEHIND A SYMBOL OF HOPE

We partner with the National Free Wills Network whose participating solicitors will help you write your will for free. Apply today and they will send you an information pack with a list of those local to you. Due to current coronavirus restrictions some solicitors may also offer appointments by phone instead of in person.

HELP FOR MAKING YOUR WILL

If you'd like to speak to someone about writing or changing your will, we'd be happy to help.

Please call **0300 500 0401** (calls charged at your phone operator's UK landline rate)

or email: legacy@redcross.org.uk

HELLO FROM ALL AT CARERS AID TORBAY

As you may have read earlier in the year, Carers Aid are creating a small recipe book. The recipes we include will all be simple, quick and easy recipes that won't take too long to prepare and cook, and don't cost a small fortune.

We would love to receive your favourite recipes to include in our book. It is our intention to release the book towards the end of November. There will be a £30.00 gift voucher awarded to the Carer who sends in the most mouth-watering recipe.

Please try to use your own trusted recipes passed from generation to generation and not from published books as we won't be able to include them.

So please get writing those recipes down and send them to Carers Aid by Monday 8th November. You can either post them to:

Carers Aid Torbay, The Olive Carers Centre, St Edmunds, Victoria Park Road, Torquay TQ1 3QH

Or email: steph@carersaidtorbay.co.uk

We also have some good news for 2022... The eagerly awaited Carers Aid Torbay days out are back! Please look out for our list of days out and events, which will be released in this magazine and on our website:

www.carersaidtorbay.co.uk by late January 2022.

Finally have a very merry Christmas and we look forward to seeing you in the new year.

Best Wishes Pennie, Steph, Julie, Simon, John and Kyla

FLU JABS

BEAT THE QUEUE, BEAT THE FLU

At LloydsPharmacy, we're here to protect you and your loved ones from seasonal illnesses and ailments, including flu. Even when we feel fit and healthy, we can still catch the flu. That's why having your flu vaccination is so important. Not just for you, but the wider community too.

We offer a flu vaccination, in-store, for anyone over the age of 18. If you're 50 and over, have a medical condition or are pregnant, catching flu can be more serious. It's why they're offered **FREE of charge** (funded by the NHS) in our pharmacies.

For the latest list of who is eligible, go to: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

HOW MUCH DOES THE FLU JAB COST?

If you're not eligible for a free NHS flu vaccination, you can still protect yourself with a private flu vaccine for **£14.99**.

Coming in the next edition:

Carers and Employment • Carers Rights Day in Action

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, or email: signposts@nhs.net | www.tsdfit.uk/carers