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Deadline for the Winter edition is:
1st December 2025

SIGNPOSTS FOR CARERS

The newsletter for unpaid Carers in Torbay



Carers' Celebration Event

Celebration • Support Information

Saturday 22 November 2025
10.00am – 2.00pm • Paignton Library

Information, Advice and Guidance
Family Friendly activities
Free Tea/Coffee and Cake
and much more
See page 16 for information

In this edition of Signposts

Working, Caring and Finances (pages 4 and 8)

Support for Carers in Torbay (pull-out – pages 9-12)

Support for Carers of people who have had a Stroke (page 19)

Torbay Carers

Telephone: **01803 66 66 20**

Email: signposts@nhs.net | www.tsdftr.uk/carers
www.facebook.com/TorbayCarers



Carer Drop-in Centres

Why not drop into one of our Carers' Centres if you want help, information or advice about your caring situation? You can visit us at:



Paignton Carers' Centre

Paignton Library (upstairs)
Mon-Fri 10am-4pm



The Olive Carers' Centre

St Edmunds, Plainmoor,
Torquay (call 01803 323 510
beforehand)



Brixham Friends Centre

Brixham Hospital
(call 01803 208 455
beforehand)



We'd love to see you

Some of the GP based Carer Support Workers and the Carers' Team based at Paignton Library.

Spotlight on Carer Ambassadors

Carer Ambassadors help to shape Services for Carers in Torbay by telling us what matters to them. By sharing their experience and expertise gained through caring, Ambassadors help to ensure that Carers' needs are recognised and influence service developments. They help to raise awareness of the challenges Carers experience as well as the support that is available. Dawn Cox (Carer Ambassador) gave her thoughts on the role:

"Our personal stories as Carers are special. Our lived experiences may be fundamentally different from others, but there is a distinct level of commonality between Carers. We share an understanding with one another, and that's the beauty of being involved! We all have something unique to offer.

As a Carer Ambassador, you will have an opportunity to shape how Torbay Carers' Services support us!

I have found it tremendously rewarding to work alongside our Carers' Team. This has vastly increased my knowledge in how to fulfil my responsibilities as a Carer in a positive, impactful way.

I would sum up by saying that, in my experience, your voice will be heard, and opinions valued in Torbay."

If you are interested in joining Torbay Carers as a Carer Ambassador, please contact us. Ambassadors can be paid or volunteer and can be current or former Carers. Call Rohan on 07909 873 241 or email rohan.davidson@nhs.net to discuss what you can bring to benefit Carers in Torbay.

Carer Support Workers

Goodbyes and Hello



Goodbye to Sarah Soper

Sarah, the GP Carer Support Worker for Compass House, left us in September. Sarah has supported many Carers at Compass House, set up and run the Brixham Carers Group, and worked hard to identify and support Carers within the Practice.

Sarah has been an asset to Carers across the Bay but particularly in Brixham. We want to thank her for all her commitment and hard work over the years. She will be missed by both Carers and colleagues alike.

Compass House will shortly be recruiting to replace Sarah, and in the meantime Sally Greenslade, Floating Carer Support Worker (CSW), will continue to provide support to cover the CSW role at Compass House. Carol Brierley, Carer Support Worker for Mayfield Practice, will continue to run the Brixham Carers' Group monthly.

Goodbye to Michele Glanfield

Michele, the GP based Carer Support Worker for Chilcote and Brunel Surgeries, retired at the end of September.

Michele has spent many years supporting Carers at both Surgeries, with conversations, Carers Assessments and ongoing support.

She has also worked closely with the practice staff to improve their identification and awareness of Carers. She was also instrumental in setting up and running the Time Out Carers group. We wish Michele all the best in her retirement.



Hello to Beccy Turner



Hi, my name is Beccy, I will be taking over from Michele, and I'm really looking forward to starting my new role as CSW at Chilcote and Brunel surgeries.

I am passionate about providing care and support to all Carers and excited to be meeting everyone!

Working and Carer's Allowance

There are no restrictions on the number of hours you can work when claiming Carer's Allowance (CA), although of course, you must still meet the 35-hour caring rule. However, a strict earnings limit (the *earnings threshold*) applies to your net (take-home) pay. In 2025/26, the limit is set at £196.00 per week. If your net pay is higher, you'll lose entitlement to CA in the following week. On a more positive note, the earnings limit is now based on the equivalent of 16 hours at the National Living Wage (NLW) level. Future increases will continue to track the NLW rate (£12.21 per hour in 2025/26).



Case study: Jon gets a shock

Jon claims CA and usually works 3 days a week. He takes home net earnings of £178.09. Last summer, Jon worked an extra day a week for 8 weeks, increasing his net pay to £218.70. He was now breaching the earnings limit by £22.70 per week. Unfortunately, Jon forgot to notify the Department for Work and Pensions (DWP) of the increase. Some months later, following a routine tax data cross-checking exercise, Jon received a letter from the DWP, demanding repayment of the £666.40 he'd been overpaid in the summer.

Know the limit

You'll find the current earnings limit on the DWP's CA web page see '*calculating your earnings*' at <https://tinyurl.com/4mrkfy6> or call **0800 731 0297**. This is usually revised annually in April. If you are still concerned and would like to speak to someone, contact Bay Benefits. Bay Benefits operates on Tuesdays and Thursdays, from 9.00am until 15.30. To make an enquiry, please contact Kyla on **07530 790354**.

Fluctuating earnings

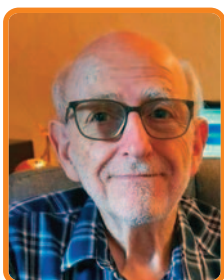
It may be possible to average your net earnings over a different recognisable cycle of work (e.g. 5 weeks or another period), if this means a more accurate weekly amount can be calculated. This flexibility is discretionary on the part of the DWP. You may need to speak to the Carers Allowance Unit to explain your situation (**0800 731 0297**).

Use allowable deductions effectively

Net earnings are what's left of your gross pay after deductions for income tax, national insurance, certain work expenses and 50% of any pension contributions. Up to 50% of your earnings can be disregarded if (because of your work) you need to pay for childcare or replacement care for the person you care for. Be aware that the regulations don't allow you to pay close relatives for this work. For the self-employment rules, details of further deductions and disregards, see the Carers UK website (<https://tinyurl.com/y5h52cv2>).

Report changes promptly and retain payslips

At present, the responsibility for reporting changes in earnings rests solely with you. You can notify changes online (<https://tinyurl.com/4ecept9n>) or by calling the DWP on **0800 731 0297**. If you fail to report a change, you could find yourself unexpectedly repaying large amounts of CA. The DWP also has the power to add an administrative penalty to your overpayment total. Keep your payslips and any other relevant paperwork in case there are disputes. HMRC suggests keeping payslips for at least 22 months after the end of the tax year they were issued in. However, if possible, it could be useful to hang on to all your payslips, or at least your P60s, so that you have evidence of things like National Insurance contributions later in life.



Written by Steve Gale



Torbay Council Website

You Said

How do we find out about any new Torbay Council Consultations and the feedback from completed Consultations?

We Did

We linked up with Torbay Council, who explained where to find these on their website.
<https://www.torbay.gov.uk/council/consultations>

Do you know that there are also lots of other information on the Torbay Council Website that you might find useful (examples below)? Visit <https://www.torbay.gov.uk>

- Information about Children and Families: <https://www.torbay.gov.uk/children-and-families/>
- Information about Adult Social Care: <https://www.torbay.gov.uk/adult-social-care/>
- Information about Torbay Carers Services: <https://www.torbay.gov.uk/adult-social-care/carers/>
- Information about the Learning Disabilities Partnership Board (LDPB), including the most recent Meeting minutes and how to access the LDPB Carers' Reps <https://www.torbay.gov.uk/adult-social-care/adult-social-care-commissioning/ldpb/>
- Information about the Autism Partnership Board, including the most recent Meeting minutes and how to access the Autism Board Carers' Reps: <https://www.torbay.gov.uk/adult-social-care/autism-partnership-board/>

(If you would like a printed version of the minutes for either Board or need help with accessibility, please email: commissioning@torbay.gov.uk or call Savana on 07900 406 435).

If you need any help to access Torbay Council's website, please contact The Hub in Paignton Library (10:00 – 16.00, Mon – Fri), or The Hub at Temperance Street in Torquay (Tuesday – Friday), or phone the council on 01803 201 201.

Torbay Autism Ambassadors' event – Carers welcome

Save the date. This year's Torbay Autism Ambassadors event will be held on Friday the 7th November 2025 (10am - 2pm) at the Livermead House Hotel, Torquay (pictured).

The Torbay Autism Ambassadors are a group of autistic adults who do not have a learning disability. Their aim is to promote awareness of adult autism and good practice for our community's health and social care professionals and the wider community. The Ambassadors also attend the Torbay Autism Partnership Board.

This year's Autism Ambassadors event will focus on issues autistic adults believe is important for people to know about. We are particularly keen to focus on

what those who are recently diagnosed or who are on the assessment waiting list need to know.

This event is for the local community, autistic adults, those who suspect they might be on the autism spectrum, Carers and professionals who are interested in learning more about adult autism.

If you are interested in attending this event, please contact Trish Darke (Torbay Autism Ambassadors' Co-ordinator) on her email at trishdarke.dimensionsforautism@gmail.com, call Signposts on (01803) 66 66 20 or just turn up on the day.



Vaccination Update

It's vaccine season again! As a Carer, we know it is important to protect yourself and those around you from infectious illnesses.

Carers have told us that booking together with the person or people they care for is helpful. Do ask for your appointment at the same time. A Carer recently told us about their experience:

"I have always had reminders from Boots and our GP surgery – Compass House.

Each year I have booked for the 3 family members I care for, my husband and myself. We have been able to book "blocks" of 5 consecutive appointments (back-to-back) which was incredibly helpful on the logistical front!"

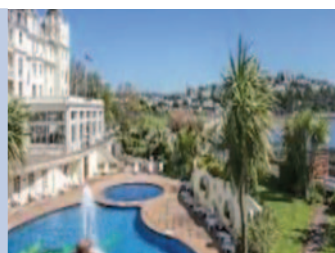


Flu Vaccine (free for unpaid Carers)

From 1st October 2025, vaccines will be available free for Carers in receipt of Carer's Allowance regardless of age, or those who are the main Carer of an elderly or disabled person. If you think you are entitled to an NHS funded vaccination you can book it at <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-flu-vaccination/> or ask at your doctor's surgery. You can also book via the NHS App on the 'Services' tab.

COVID-19

Vaccines will be available from 1st October for individuals aged 75 years and over, (including those due to turn 75 by 31 January 2026). COVID-19 vaccines can be booked online at <https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-covid-19-vaccination/>, via the NHS App on the 'Services' tab or by calling the vaccination helpline on 119.



Hospitality Scheme Discounted stays for unpaid Carers

Would you like to have a break from your caring role by staying in a hotel?

We have agreements with some local and national hotels to offer discounted stays to you and/or the person you care for.

We are able to offer stays in hotels, bed and breakfasts, touring sites and hostels to suit all budgets.

We would also like to know if there are any hospitality providers which you would like us to approach?

Please contact Debi Porter on 07880 136 859 or debi.porter@nhs.net

Carers' Education

There are still some spaces on courses for Carers this autumn. Details can be found via the link below or pop into the Carers Centre, Paignton Library to pick up a copy of our education brochure available.

tsdft.uk/carerscourses

You can book your place online (confirmation to attend courses will be sent by email unless you do not use email – please regularly check your junk email to check whether you have been allocated a place), or by calling (01803) 208 455.

Please note that if you are using our freepost address to apply for education courses, you will



need to use the correct address which is: **FREEPOST Torbay Carers Service**. This should be written all on one line and without the S in services.

CARERS EDUCATION TORBAY

July – December 2025

For more details contact Carers Services on:
01803 208 455 / 01803 208 456

To apply for courses:
 Please complete the booking form on pages 15/16
 Applications to: **FREEPOST Torbay Carers Service** (all on one line)
 -or alternatively-
 You can apply online at:



There are still places available on **How to Care for Your Mental Health**. This looks at challenges Carers face, self-care and managing burnout.

Date: 10th November 2025

Time: 10:00 – 12:00

Location: Paignton Carers Centre, Paignton Library.



Update – For Carers of Adults with a learning disability or with autism

There is a new website to support adults with a learning disability, and autistic adults, to stay safe online.

It has been co-produced with people with lived experience and other key stakeholders. It covers many key areas of concern, such as social media, cyber bullying and grooming gangs.

Visit <https://aldaso.online/> to find out about how to keep the person you care for safe online.

ALDASO
 Keeping Adults with a Learning Disability or Autism Safe Online

Managing Caring and Working



Photo: Freepik

If you are juggling work with looking after someone, you are not alone.

Torbay Carers Service can link you to a Carer Support Worker. They can talk to you about your caring role, and complete a Carer's Health and Wellbeing Check with you outside of your working hours. For more information please contact signposts@nhs.net or call 01803 66 66 20.

We also have a confidential telephone line, run by Carers on a voluntary basis that can operate outside of normal working hours to suit you.

Our Carers' Rights Day event in November is on a Saturday. What would you like us to have to meet your needs on that day? Are there any courses that you as a working Carer would want to be able to attend out of hours? Please contact Signposts for Carers on 01803 66 66 20 and let us know.

Supporting Carers in work

Torbay and South Devon NHS Foundation Trust, Torbay Council, Devon Partnership Trust, Rowcroft and Compass House Surgery have all signed Torbay Carers' Commitment to Carers and are all committed to supporting their staff who are in an unpaid caring role.

There may be lots of other employers in the Bay who are really supportive to you as a working Carer. We will be working towards contacting organisations across the Bay who have been identified as Carer Friendly employers.

The Carer's Leave Act 2024 gives unpaid Carers, who are balancing unpaid care with paid employment, the legal right to five days of unpaid Carer's leave. There is also the **Flexible Working Act 2023** which gives you the right to ask your employer for flexible working from day one of your employment. For more information visit: <https://www.carersuk.org/help-and-advice/work-and-career/>

Are you thinking about returning to work, or reducing/increasing your hours, but are worried about how this might affect your benefits? Please see our finance update on page 4 or contact Bay Benefits who operate on Tuesdays and Thursdays, from 9.00am until 15.30pm. To make an enquiry, please contact Kyla on 07530 790354.

Do you care for someone?

There is support for you

This leaflet provides information about support available to unpaid Carers in Torbay. There is a summary of what is available below, but if you are a Carer and would like to speak to someone about your caring role please contact:

Signposts for Carers

Call 01803 66 66 20 | Email signposts@nhs.net | Mon - Fri 9am – 4:30pm

Carer support in Torbay includes, but is not limited to:

- **Information and advice** – telephone, email and in person
- **Free hospital parking** when taking the person you care for to an appointment
- **Carers' Register** – Passport, emergency back-up plan, Carers' newsletter, discounts etc.
- **Carer's Health & Wellbeing Check** – from a Carer Support Worker (in each GP practice in Torbay).
- **Courses, activities and groups**
- **Help with benefits and finances** (Bay Benefits)
- **Specialist Carer Support Workers** – supporting Carers of people with mental health

This is what some of our Carers had to say about the services they had received:

Health & Wellbeing Checks

"I have participated in a Carers wellness assessment and found the process to be very sensitive, non-judgemental and ultimately supportive and helpful for me in my caring role"

Support Groups

"I really look forward to coming to this group. I can speak freely, get useful advice and meet understanding people. We have a laugh and chat about all sorts apart from our caring roles"

To find out more about any of the support above, please contact:

Signposts for Carers (01803) 66 66 20

signposts@nhs.net www.tsdfc.co.uk/carers

[Facebook.com/TorbayCarers](https://www.facebook.com/TorbayCarers)

(inc. older people's MH), substance misuse, learning disability, Young Carers (5-18), Young Adult Carers (16-25).

- **In hospital** – Carer Support Worker, Carer identification, involvement and support.
- **Hospitality breaks Scheme for Carers**, and subject to Care Act Eligibility, Direct Payment for Carers of Adults for a Carer's break, emotional support etc.
- **Telephone helpline for isolated Carers**
- **Free access to My Bay discount card**

Colin Slough

Carers Information Officer



Carers Discounts



Did you know that Carers registered with Torbay Carer's Services can access exclusive discounts across the Bay?

This includes free parking at hospital sites in Torbay and South Devon when attending in support of the person you care for (but not for your own appointments).

For our full list of Carer's Discounts, please visit our webpage www.tsdfc.co.uk/carers or call (01803) 66 66 20.



Carer Support Workers by GP Surgery

There are Carer Support Workers (CSWs) based in GP surgeries across Torbay. All of our CSWs offer Health and Wellbeing Checks and can help Carers to get the support they need. Please see more information within this leaflet about the support on offer.

Brunel

Beccy Turner 07555 354795
rebecca.turner56@nhs.net



Mon & Tue
8.30am – 4.30pm

Mayfield Medical Centre

Tracy Collinson, 07979 117515
d-icb.mayfieldcarersupport@nhs.net



Wed 08:30am – 4:30pm

Chelston Hall

(inc. Barton Branch)

Romina Martinez, 07785 515979
Romina.martinez@nhs.net



Tue, Wed & Thu
08:30am – 4:30pm

Mayfield Medical Centre

Carole Brierley, 07385 407 683
d-icb.mayfieldcarersupport@nhs.net



Tue 09:00am – 3:00pm
Wed 09:30am – 3:00pm
Thu 09:00 – 4:00pm

Chilcote

Beccy Turner 07555 354795
rebecca.turner56@nhs.net



Wed & Thu
8.30am – 4.30pm

Old Farm

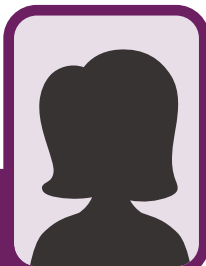
Tracy Collinson, 07979 117515
d-icb.oldfarmcarersupport@nhs.net



Fri 08:30 am – 4:30pm

Compass House

Please contact. Signposts for Carers (01803) 66 66 20
signposts@nhs.net



This role is currently being recruited to.

Pembroke Medical Group

Claire Horton, 07917 894728
d-icb.carersupportreferrals.pembroke@nhs.net



Mon, Wed, Thu 09.00am – 5.00pm
Fri 09:00am – 4:00pm

Corner Place

Laura Lees, 07919 063025
laura.lees4@nhs.net



Working days vary

Southover

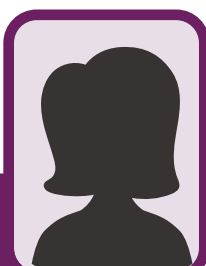
Tracy Collinson, 07979 117515
t.collinson1@nhs.net



Thu 08:30am – 4:30pm

Croft Hall

Please contact. Signposts for Carers(01803) 66 66 20
signposts@nhs.net



This role is currently being recruited to.

Floating Carer Support Worker

Sally Greenslade, 07467 082092
s.greenslade1@nhs.net



Mon, Tue 09:00am – 5:00pm
Wed 09:00am – 11:30am

Other Carer Support in Torbay

We offer specialist Carer support for Carers of people with mental health issues, drug and alcohol issues, Carers of patients at Torbay Hospital and Young Adult Carers (YAC). There is also a specialist service to support adults caring for adults with learning disabilities.

Adult Mental Health Social Care Team



Dave Baker
07773 632554

Adult Mental Health

d.baker13@nhs.net

Mon & Tue 9:00am – 5:00pm



Phil Enness
01803 320660

Adult Mental Health

philip.enness@nhs.net

Mon – Fri 9:00am – 5:00pm



Laura Walsh
01803 547297
01803 546470

Older Peoples' Mental

Health laura.walsh@nhs.net

Mon – Fri 9:00am – 5:00pm

Young Adult Carers



Dave Baker
07825 027664

d.baker1@nhs.net

Wed, Thu, Fri 9:00am – 5:00pm



Cheryl Mackinnon
07825 027642

cherylmackinnon@nhs.net

Mon – Thu 9:00am – 2:30pm



Julie Moseley
07767 418495,
jmoseley1@nhs.net

Tue & Wed 09:00am – 5:00pm

Thu 9:00am – 4:00pm

Other Carer support in Torbay

Torbay Family Carers of Adults with Learning Disabilities supports adult Carers of adults with learning disabilities. The service is run by Devon Link Up. To contact the team please call Helen Burns on 07973 838 789, email

carers@devonlink-up.org, or visit

www.devonlink-up.org/torbay-family-carers

- Carers Aid Torbay provides independent Carer support and advocacy to adult Carers. They are based at the Olive Centre in Plainmoor. Contact (01803) 323510 or steph@carersaidtorbay.co.uk
- Carers Aid Torbay runs Bay Benefits supporting Torbay's Carers with benefits and cost-of-living issues. Call Bay Benefits on 07530 790 354.
- Dimensions for Autism runs a group Carers of adults with autism. It offers group and 1-1 support via telephone or face-to-face. You can call Signposts on (01803) 66 66 20 for more information. For more information, contact trishdarke.dimensionsforautism@gmail.com.
- SEND Family Voice is a small, independent group of volunteers who are dedicated to listening and responding to the views of parents and Carers of children and young people with special

educational needs. Find out more at:

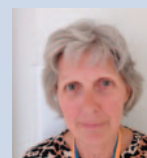
www.familyvoicetorbay.org/info-resources

- Tissues and Issues provide social support and access to information and guidance for parents and Carers of young people who have a recognised disability, additional need or who are awaiting diagnosis. For more information visit www.tissuesandissues.org, call 07796 470009 or email tissuesandissues@outlook.com
- Torbay Young Carers supports Young Carers up to the age of 18. Contact 07786 856139 or email youngcarers@torbay.gov.uk.

Hospital Carer Support Worker

Sally Smith, 07887 861256,
sally.smith5@nhs.net

Mon, Tue & Thu 8:00am – 4:00pm
and Fri 8:00am – 1:00pm



Carers of People with Substance Misuse (Drug and Alcohol) Issues

Damien Rowe, 07547 365 230 / (01803) 291 129
damien.rowe@nhs.net

Nigel Webster, 07391 409 858 / (01803) 291 129
nigel.webster4@nhs.net

Carer Support Groups

New members are always welcome at our groups. Dates, times and venues may change, so please check with the group contact before attending. Please contact Signposts for Carers on (01803) 66 66 20 or email signposts@nhs.net with any questions.

Anyone (All Carers)

■ Carers' Coffee Group (Paignton)

1st Wednesday of every month, 13:00 – 15:00,
St Paul's Church (TQ3 2PB) (contact Tracy –
07979 117515 or Laura – 07919 063025)

■ Carers' Coffee Group (Brixham)

Last Tuesday of every month, 13:00 – 15:00,
Christian Community Centre (TQ5 8DS)
(contact Carole – 07385 407683)

■ Carers Toolbox

Monday 15:00 – 16:30, The Front Room, Market St.
Brixham (contact Janet – janet.astle@outlook.com,
07935 257066)

Autistic adults

■ Carers of Adults with Autism Support Group – Dimensions for Autism

3rd Tuesday of every month, 14:00 – 16:30,
Carers Centre, Paignton Library (contact Trish –
trishdarke.dimensionsforautism@gmail.com /
(01803) 66 66 20)

People with Dementia

■ Purple Angel Memory Café (Dementia Support)

Every Saturday, except the 2nd Saturday of the month,
13:30 – 15:30, Barton Baptist Church (TQ2 8EU)
(contact Elaine – 07707 048595)

■ Dementia Carers' Support Group

(Carers of adults over 65 with Mental Health issues)
1st Friday of every month,
13:30 – 15:00, Chadwell (TQ3 2DW)
(contact Laura – 01803 546470)

■ Memory Café – Paignton

Every Thursday, 14:00 – 16:00,
Palace Avenue Methodist Church (TQ3 2SG)
(contact Anne-Marie – 07974 561 721,
annemariiegibbs66@gmail.com)

■ Goodrington Dementia Café

1st Tuesday of every month, 14:00 – 16:00,
St George's Church (TQ4 6NG) (contact Bill –
07958 558066, herihy9@yahoo.com)

Adults with a Learning Disability

■ Carers of Adults with a Learning Disability

Every 2nd and 3rd Wednesday of the month. Daytime
and evening meetings, in person and online. Contact
Helen – carers@devonlink-up.org.uk, 07973 838789)

Adults with Mental Health Issues aged 18-65

■ Carers of Adults Under 65 with Mental Health issues

1st and 3rd Wednesday of every month,
10:30 – 13:00, Paignton Carers Centre,
Paignton Library (contact Phil – 07799 658407)

■ Carers of Adults Under 65 with Mental Health issues

2nd and 4th Tuesday every month, 17:00 – 19:30,
Chadwell (TQ3 2DW) (contact Dave – 01803 546470)

People with Parkinson's

■ Parkinson's Carers Group

Saturday afternoons, 14:30 – 15:30,
Barton Baptist Church (TQ2 8EU)
(contact Ann – 07778 426653)

■ Parkinson's Support Group & Tai Chi

Every Monday, 14:00 – 16:00,
The Windmill Centre (TQ2 7QR)
(contact the Support Secretary – 01803 655417)

Children with Special Educational Needs

■ Special Educational Needs Parent/Carer (under 18s) Support Coffee Group

Wednesday during term time only, 10:00 – 12:00,
23 Lucius Street, Torquay (contact Jackie -
07796 470009, tissuesandissues@outlook.com)

Adults who have had a Stroke

■ Torbay Stroke Survivors Group

Monday 10:00 – 11:00, Paignton Carers Centre,
Paignton Library (contact Rich – 07527 771914)

Young Adult Carers (16-25)

For information on the time, date and location of this
group please contact Cheryl (07825 027642)
or Dave (07825 027664)

Other

■ Men Matter – Men's Carers' Group

Monthly meet-ups, Redcliffe Hotel (TQ3 2N) (contact
Julie – 07748 884521)

■ Carers' Coffee Group (for Brunel and Chilcote Carers)

3rd Thursday of every month, 13:45 – 16:15,
The Anchorage Hotel (TQ1 3PT)
(contact Romina – 07785 515979)



Hard to heat your home?

Difficulty paying your energy bills?

NEW

**Parkfield House, 38 Esplanade Road
Paignton TQ3 2NH**

Drop in Energy Advice Clinic

Every Tuesday, 10am-3pm

Contact us: healthyhomes@ecoeadvice.org.uk
0800 772 3617 www.ecoeadvice.org.uk

Social media: ECOE Advice
@ECOEadvice




Moor To Sea Music
((SOUNDING TOGETHER))

A monthly fun, free music for wellbeing group for people living with dementia and their family, friends, and carers

If you like listening to music, playing or singing, this session is for you. No musical experience required

This is a dementia friendly, creative space we are hoping to build together

Connecting, sharing and sounding together!

Starting Weds 17th September
2.30pm - 4.30pm
At People's Parkfield
Parkfield House, Paignton, TQ3 2NH
Every 3rd Weds of the month
Free parking & refreshments provided

Get in touch for more information or support to participate
info@moortoseamusic.org.uk / 07816 848239

POWER OF MUSIC
MUSIC for dementia

Caring & The Armed Forces Community

Are you a member of the Armed Forces Community who is caring for someone?



Are you caring for someone who is a member of the Armed Forces Community?

Debi Porter can offer you specialist carer support for anything Armed Forces & Armed Forces Veteran-related. Please contact Debi on 07880 136 859 or debi.porter@nhs.net

Carers' Coffee Groups



Brixham

Last Tuesday of every month

1.00 - 3.00pm

Christian Community Centre TQ5 8DS

Contact
Carole on
07385 407683

Paignton

First Wednesday of every month

1.00-3.00pm

St Paul's Church T03 2PB

Contact
Laura on
07919 063025

CARERS AID TORBAY



Christmas
COFFEE MORNING

MONDAY 15th DECEMBER

THE ANCHORAGE HOTEL
CARY PARK
TORQUAY

TO RESERVE A PLACE - CALL STEPH
ON 01803 323510

Volunteer Opportunities

Contribute to the refreshed Carers' Information Booklet. We are starting to work on an updated version of Torbay's Carers' Information Booklet, please contact signposts@nhs.net with 'booklet' in the title or call 01803 66 66 20. Can you let us know what the top 3 things that you think are important for this booklet are? Please email your thoughts to signposts@nhs.net or call 01803 66 66 20.

You can self-refer online or call on 0300 555 3344 to speak to a member of the team.

Come and Meet



TORBAY'S AUTISM AMBASSADORS

This event is for adults from the local community, autistic adults, their Carers, friends, supporters and professionals

The Ambassadors will be at **Paignton Library**
Tuesday 28th October 10–2pm

For more information please contact Trish at trishdarke.dimensionsforautism@gmail.com

TIMEOUT

For Brunel, Chilcote & Chelston Hall Carers

We meet on the third Thursday of the month from 1.45pm to 4.15 pm, at The Anchorage Hotel, Aveland Road, Babbacombe, TQ1 3PT (Unless otherwise stated)

Please join Romina and Lesley for a cup of tea or coffee and a chat at one of our future meetings:

Thursday 16th October 2025 - Murder & Mystery on the Titanic

Thursday 20th November 2025 - Craft Session - Christmas hanger for the tree or to gift. Booking essential at £2.50 per person

Thursday 18th December 2025 - Christmas meal at Livermead House Hotel, Torbay Road, Torquay TQ2 6QJ. 12.00pm. From £27.95pp. Booking essential

January 2026 – No meeting

If you wish to book for the events, please contact Romina on 07785 515 979

TALKWORKS
DEVON'S NHS TALKING THERAPIES SERVICE

NHS
Devon Partnership
NHS Trust



TALKWORKS is a
9am – 4.45pm non
emergency service

You can self-refer online or call on 0300 555 3344 to speak to a member of the team.

If you are struggling and need some help outside of these hours you can contact the services mentioned on this advert. They can offer support over the phone or face-to-face.

24/7 contacts

The Samaritans

T: 116 123
E: jo@samaritans.org

NHS 111

T: 111
(select mental health option)
W: www.111.nhs.uk

Mental Health Matters

T: 0800 4700 317

A Warm Welcome

People's Parkfield Drop-in



People's Parkfield is a Community Interest Company, invested in supporting local charities, Youth and Children's services, and Social Entrepreneurs.

One of the projects there includes Our Patch, which is the newly formed Community Action Group, made up of amazing volunteers who want to see the gardens and grounds of Parkfield returned to their former glory. They are making such a positive difference to the Parkfield estate

and they welcome new members.

If you would like more information please visit their website: <https://www.peoplesparkfield.org/> or contact Mark on mark@peoplesparkfield.org

Parkfields offer beautiful grounds which the public is welcome to access. They also run sessions and drop-ins that might be of interest to you or your cared for. See more on our Noticeboard (pages 13 & 14).

Seasonal Reflections and Upcoming Events at Carers' Aid Torbay



The Carers' Aid Torbay Team – Simon, Pennie, Julie, Steph and Kyla

As the seasons shift and autumn graces us with its vibrant colours, Carers' Aid Torbay pauses to reflect on the joy and sense of connection that have flourished throughout the summer months. From memorable outings that brought Carers together, to delightful cream teas enjoyed in charming settings, we feel immensely grateful for the chance to support and celebrate our remarkable Carers.

Festive Celebrations

As the festive season draws near, we warmly invite you to join us for our much-loved Christmas

coffee morning. This will take place on Monday 15th December at the Anchorage Hotel in Babbacombe, from 11.00am to 12.15pm. It is the perfect opportunity for us to come together and celebrate.

Looking Forward: Events for 2026

With the arrival of autumn, our attention turns to the future. Our 2026 events list will be released at the end of January 2026. This eagerly awaited schedule will include beloved favourites such as the Sidmouth Folk Festival, promising further opportunities for togetherness, enjoyment, and making cherished memories.

Continued Support: Bay Benefits Service

Our Bay Benefits Service offers guidance to Carers and assistance on Benefits and Entitlements. This service operates on Tuesdays and Thursdays, from 9.00am until 15.30pm. To make an enquiry, please contact Kyla on 07530 790354.

With warm wishes for a Merry Christmas and a Happy, Healthy New Year.

Carers Rights Day 2025

Carers' Celebration Event



22nd November, 10am to 2pm At Paignton Library



Photo: Freepik

Torbay Carers' Services will have a slightly different approach to the Carers' Rights Day event this November. The emphasis is on giving Carers personalised support to meet their needs. Carers are invited to join us to speak to members of staff from Carers' Services and other services that provide support in person with dedicated time to discuss your own personal circumstances. We hope Carers will feel supported and motivated by the conversations, with a clear plan to manage their caring role at the end.

Carers will be greeted by Carers Services staff, who will listen to Carers' needs and then direct them to the appropriate services. Once they have spoken to the appropriate people, there will be an opportunity to speak to others in the Carers team as well as other Carers over coffee and cake.

Carers who attend on the day will be entered into a draw to win 2 tickets for the Dartmouth Steam Train and receive 25% off at Brewers Fayre in Goodrington.

Alongside the personalised support there will be craft activities, focus on wellbeing for Carers as well as information and advice. Don't leave without picking up our new helpful contacts handout!

If you require help to attend in person please call us on (01803) 208 455 or email signposts@nhs.net to see if we can make it possible.

We hope you are able to attend on the day and look forward to seeing you there.

Care Quality Commission Adult Social Care Inspection in Torbay

The Care Quality Commission (CQC) visited Torbay during the week of 8th September to inspect Adult Social Care. As part of this, inspectors met with Carers and staff from Torbay Carers Services. The inspection was a good opportunity to show inspectors what is on offer to support Carers in the Bay.

Carers Services would like to thank everyone who was involved in the preparation for CQC and during their visit. Many Carers were involved in giving their opinion on services in preparation for the inspection. Particular thanks

should be given to Dawn Cox and Ali Meadows, who met in person with an inspector and gave their summary of the support available.

The CQC report should be released before the next edition of Signposts newsletter, so please keep an eye out for their findings in the Winter edition.



Young Carers

Torbay Young Family Carers are here to support children and young people under 18 years old, who are caring for someone. A Young Carer may be the sole Carer or be

supporting another family member in care tasks.

Being a Young Carer can have a lot of impact, whether on home life, education, work and social life - but Young Carers Service is here to help.

For more information you can call us on (01803) 208657, email YoungCarers@torbay.gov.uk or visit our website – <https://www.torbay.gov.uk/young-carers-service/>

Young Adult Carers



We are thrilled to share the news that one of our former Young Adult Carers, Katie Hanlon, has just had a poetry book published. Katie tells us:

"*Judge My Soul* is more than a poetry book, it's an expression of a myriad of emotions including; betrayal, depression, loneliness, pressure, desire - emotions that shape everyday life, and yet we often struggle to accept their

presence. As a Carer myself I know how hard life can be. Though our routines may differ, this struggle is universal and worth celebrating. Find solace in these poems that explore the simple moments we all share yet experience so uniquely.

I wrote this book as a means of escape, so that I can look back through and see the journey that I have undertaken. I published my poems in the hope that others can relate and if my poems help one person, then I know that I will have achieved my goal.

My book is dedicated to Cheryl MacKinnon who supports many Young Adults who are Carers. Her hard work should be recognised as well as the hard work of both Dave and Julie. The team supports many Young Adult Carers in Torbay, including myself. Without the amazing work of these Young Adult Carer Support Workers, many young adults Carers wouldn't get the support they need."

Judge My Soul

by Katie Hanlon

ISBN: 1035884216

Available From:

Amazon & Austin

Macauley Publishers





Hello from Young Adult Carers

What an amazing summer we have had. In July, a group of Young Adult Carers enjoyed a relaxing picnic at Cockington Country Park. A BIG thank you to Paul Lloyd and the trustees of the Sir George Cary's Charity for hosting the Young Adult Carers at Cockington Mill for ice-creams, which were delicious and thoroughly enjoyed! An excellent way to round up our picnic.

There was also an opportunity for Young Adult Carers to lose themselves for a few hours watching Jurassic World!

Thanks to Mencap for the use of their beach hut at Goodrington Beach. Young Adult Carers were able to enjoy a day at the seaside, swimming and kayaking in the sunshine.

We once again took our pig racing stall to Marldon Apple Pie Fair in early September. It was a great day to raise awareness, fundraise and have a laugh! We raised £388 on the day, which will go towards a variety of activities throughout the year, for Young Adult Carers to enjoy a break from their caring roles and meet other young people.



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. You can do this via our website: www.torbayyac.co.uk or email: torbayyac@nhs.net or phone: (01803) 20 84 55 / 66 66 20. Cheryl, Dave and Julie (YAC Team).

Support for Carers of someone who has had a Stroke



Stroke Recovery Service

The Stroke Association provides life-long support for all stroke survivors, their families and Carers. The Devon Stroke Recovery Service is the local arm of the Stroke Association.

Who is this service for?

This service is for stroke survivors (including TIAs/mini-strokes), and families and Carers of people affected by stroke.

What this service offers:

- **Groups** that offer support to stroke survivors, Carers, family and friends.
- **Online activities**, which can help support recovery – however long the person you cared for has been living with a stroke
- **A weekly phone conversation** with one of our trained volunteers

Caring for someone close to you after a stroke

It is not just the survivor who is affected after a stroke but anyone supporting them too.

Please contact the Stroke Association helpline, if you have a question or need to talk. The Stroke Support Helpline is there to support anyone affected by stroke in the UK, including family and friends. They can also provide information about support available. Call 0303 3033 100 or email helpline@stroke.org.uk for more information.

Explore the support hub through the helpline or our website www.stroke.org.uk

Did you know Torbay has a Stroke Survivors Group?

Torbay Stroke Survivors are a local community of Stroke Survivors, Carers and supporters who meet regularly to offer friendship, share experiences, knowledge and keep up to date with all things



stroke-related in Torbay and the surrounding areas.

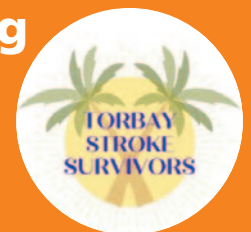
Meetings begin in Paignton Library Cafe from around 10.00am on a Monday and then move to the meeting room. It is a friendly Group. On a Thursday at the same venue (1.00pm) there is also a Computer Group to support survivors in getting back online.

Their website also has a friendly Blog and a guide to local and national services that support Stroke Survivors. You can visit the website here: www.stroketorbay.weebly.com.

If you have any issues accessing any of the information included in this article, please contact Signposts for Carers: (01803) 66 66 20.

Coffee Morning

Paignton Library Café
Monday 10.00am



Survivors' Group
Room 13 Paignton Library Monday 11am

Rich Sanders 07527 771914
(office hours only)

www.stroketorbay.weebly.com

Torbay Family Carers

of Adults with Learning Disabilities



Torbay Family Carers of Adults with Learning Disabilities offers support to Carers of Adults with Learning Disabilities in Torbay. We are a friendly and welcoming service and offer 1:1 support as well as regular groups for Carers.

To find out more, contact our Specialist Carer Support Workers: Helen (07937) 383789 or Emma (07852) 546530 or email carers@devonlink-up.org

Over the summer Torbay Family Carers of Adults with Learning Disabilities held some social events for our Carers and their families.

In May, a group of Carers attended an elderflower cordial-making afternoon at the Orchard Forest School, Lupton. Lou and her team made the families very welcome and once all the elderflowers were gathered, they were mixed with water, sugar and



citric acid to create the cordial. It was then bottled. Everyone then enjoyed a cup of tea and cupcakes made by Sue, a volunteer at the Forest School.

In July, we held a Cream Tea at Goodrington, at which 25 Carers and family members attended. The Torbay Mencap Beach Hut provided a safe lovely place and the attendees enjoyed some amazing handmade scones from St Mary's Bakery. It was a lovely morning enjoyed by all! We are very grateful to Torbay Mencap for their support, which enabled these events to take place.

STOP PRESS Are You a Male Carer?

Need a break and a chat to someone who gets it?

Would you be interested in joining a regular Male Carers' drop-in, where you can share the ups and downs of caring? No filters, no pressure, just peer support and a few laughs along the way.

If this is something that might interest you, please contact: Signposts on 01803 66 66 20 to register your interest.



If you are no longer a Carer, please let us know on 01803 66 66 20, or by using the QR code. If you have already informed us, but have still received this magazine, please accept our apologies. It may be that our database has not been updated at the time of printing.



Telephone: 01803 66 66 20 | Email: signposts@nhs.net | www.tsdf.uk/carers | facebook.com/TorbayCarers

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

- FREE parking at local hospitals • Discounts in local shops • A Carer's Emergency Card •

Coming in the next edition:

Carers' Rights Day • Care Quality Commission's Assessment • Caring for someone affected by Cancer