



SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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If you would like to include an article or letter in the next issue, please contact Signposts on 01803 666620. Deadline for the October edition is 29 August 2014.

Welcome to our summer newsletter.

Firstly I'd like to say thank you to 'Cara' who kindly submitted her letter in connection with the Emotional Support Scheme for Carers (P2). Cara provides heartfelt insight into the relational dynamics and challenges faced by Carers, together with the benefits of receiving counselling.



We now have an update on The Care Act 2014; the Act strengthens the rights and recognition of Carers in the social care system and a number of changes to the current law on Carers' Assessments have been made. The government have published draft guidance and regulations on the Act and these can be seen on the [http link](#) provided on (P5).

Don't forget you can still borrow the 'books on prescription' range from Torbay libraries, they have a vast array of titles including 'Overcoming Anxiety, Stress & Panic', titles and availability can be viewed on the link provided on (P7).

I'd like to take this opportunity to thank all the Carers who have provided such positive feedback about Carers Week (9-15 June). It was lovely to see so many of you at the events, having fun and a bit of pampering; I know it's hard to have time for yourselves with such busy caring schedules, but hopefully the week provided some much needed 'time out'. We have a Snapshot of Carers Week in pictures on pages (8 & 9).

Finally don't forget to get involved in some of the days out, meetings and groups for Carers on (P12-13 and 14-15), there's a lot going on over the summer months. I also have pleasure in enclosing the Education Brochure for July-December, you can now complete the application process by either returning the back page of the brochure, or electronically, by using the link provided throughout the Education booklet. If you receive Signposts electronically, but would like a hard copy of the education brochure, then please ring Signposts for Carers below. I look forward to receiving your applications in due course.

Wishing you a happy and eventful summer.

Natalie Townsend on behalf of the editorial team.

Contact us c/o Signposts for Carers
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Telephone: 01803 666620 Email: signposts@nhs.net

LETTER FROM A CARER

The Emotional Support Scheme has made a massive difference to my emotional health, my caring role and has positively affected my fiancé Andrew whom I care for.

Mary Sweet and the scheme without a doubt changed our life. Mary came to meet with me at our home, showed sincere and heartfelt empathy for me, my situation and listened to how I felt.

Before the intervention of the Carer's scheme I would best describe my caring role as both suffocating and deeply isolating. It was a time of complete darkness where I was consumed by doubts both in myself, doubt in the longevity of my relationship and doubt in my capabilities as Andrew's full time Carer. Life itself became a challenge, a daily fight to get through without feeling like I was failing Andrew, his needs and our relationship. As time went by, I slowly became a recluse and found myself feeling ashamed of what I felt and the weakness in my own character so I kept it all a secret, a secret that was gradually destroying the woman I once was. This in turn had a disastrous effect on our relationship.

The scheme has made such a difference to me, but from a Carers point of view it gave me the resources to take control and the strength and encouragement to keep going. The counselling allowed me the time to focus solely on me, which gave me a feeling of clarity and empowerment. I would return home with a clear vision of what I wanted to achieve that following week. I felt enabled to complete the simplest of tasks once again and daily life didn't feel as much of a challenge.

One of the greatest differences is how the scheme has transformed Andrew and I as a partnership. When a couple/family experience health scares/concerns it impacts on their lives in ways they never knew possible because whether one partner continues working, or whether they become a full time Carer for the other, the cared for then becomes the main focus, the main priority and rightly so, of course, but it goes

without saying how hard that can be and what detrimental effects it can have on their relationship/marriage. It has enabled us to communicate, to feel and to strengthen the core foundation of our relationship once more. Having that connection between us again was without a doubt the most magical saving grace. There is so much love felt between us now, more than ever before and it's taken our love and commitment to new levels, it's quite something. I can't begin to put into words how heart-breaking it felt reaching such lows and becoming complete strangers to each other. We were both changing into versions of ourselves that we didn't recognise; we were both shielding it from our nearest and dearest.

On return from counselling Andrew would voice that he felt a great sense of positivity from me. He could see I had been emotional which pleased him in a way because he knew I needed to offload, release and confide in someone and he didn't know how to be that person for me. Counselling is a richness that is found from within, for some it is unheard of and seen as a weakness, for others it's necessary or life changing. For me, it strengthened my character and I am proud to say, has made me the person I am today.

Mary is absolutely fantastic at her job and shows true passion in her work and towards her clients. Janet Astle also, I cannot speak more highly of. Both ladies really deserve praise and recognition for what they do and how they touch the lives of their clients.

I would only ask that Carers could be granted additional counselling each 'financial year' as I know how precious the sessions are. Ten, 1 hour counselling sessions were simply is not enough, however, I cannot be more grateful for the intervention that I and Andrew have received.

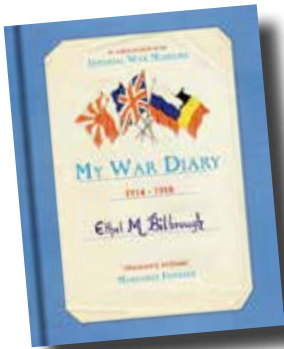
Cara (Carer)

(please see page 6 for full information on the Emotional Support Scheme)

BOOK REVIEW

by Samantha Little

Summer brings commemorations such as the WWI Centenary and the 70th Anniversary of the D-Day landings, and the sporting season begins...the Derby...Royal Ascot...these delightful books are guaranteed to be enjoyable and topical!



My War Diary 1914-1918

Ethel M Bilborough

(ISBN: 9780091951115
Ebury Press, 2014)

Published in association with the Imperial War Museum, this book is a facsimile WWI Home Front diary, complete

with newspaper cuttings, photographs, sketches, maps, cartoons and patriotic charity flags – a colourful scrapbook that powerfully conveys the mood of the times (with a printed text version after the main journal). Ethel and her husband, Kenneth, feel the restrictions and deprivations of war at first hand. She regularly writes to national newspapers about domestic and charitable matters, having a particular concern for the plight of animals in wartime and the welfare of convalescing servicemen. She also writes vividly of daily fears, including the alarming air raids over London, describing a damaged Zeppelin as 'dripping and creeping down the sky'. A fascinating read, especially as First World War civilian life is little recorded.

Nella Last's War

Nella Last (edited by Richard Broad and Suzie Fleming ISBN: 184668000X Profile Books, 2006)

A well-known WWII diary, penned by a Barrow-in-Furness housewife, which some may have seen dramatised as 'Housewife 49' featuring Victoria Wood. The real Nella started writing in response to an appeal by the Mass Observation organisation, which asked for diaries from members of the public to gauge reaction to wartime regulations and aspects of everyday life. Through her diary and involvement with the WVS, Nella blossoms as a person and a writer, showing infinite wisdom and a distinctive style, which makes the ordinary compelling. Coping with a difficult marriage and both sons overseas, as well as wartime fears and austerity measures, she displays a cheerful and practical character in the face of adversity that her amusing



recollections and unique humour reflect. A gem of a read, those wanting more of Nella's expressive descriptions will be pleased to know that two further books have been released from the archives 'Nella Last's Peace' and 'Nella Last in the 1950s', (Nella was the longest contributing diarist to Mass Observation, commencing in 1939 and writing until shortly before her death in 1968). The later books describe precisely Nella's frustrations and worries while caring for her husband, Will.

Crossfire Dick Francis and Felix Francis

(ISBN: 9780718156633 Michael Joseph, 2010)

The last novel by the champion jockey and his younger son, opens with Captain Thomas Forsyth on tour in Afghanistan. Moments later he is injured and subsequently invalided out of the Army, returning to his family training stables at Lambourn after four months in hospital. Although trying to come to terms with his loss of career, he cannot fail to notice something amiss when the 'favourite' trained by his mother comes last in a race. He discovers that the business is on the edge and dangerously under threat...a situation requiring all his military skills. An excellent thriller and a sure fire winner! For those wanting more pace-driven page-turners, there are 42 to choose from...some written while Dick Francis and his family holidayed at Paignton's Redcliffe Hotel, which he visited from 1960 until his death.



THE MONEY PAGE

WHAT'S CHANGING THIS YEAR WITH BENEFITS?



Here is the summer round up topics from the ever-changing world of welfare benefits.

Carers Allowance earnings limit

In the last edition we highlighted the fact that the Carers Allowance earnings limit had not gone up for some years, despite regular increases in the minimum wage. Well, as if by magic, an increase was announced by the government in the spring, but too late for the spring newsletter. Consequently from 20 May 2014 it is now possible to earn up to £102 per week net. Certain costs can help to reduce net earnings and we will be looking at these in another edition.

Personal Independence Payment (PIP)

There are still long delays for the assessment part of the PIP process, so unless a claim is being made under the special rules for terminal illness you will need to assume that it will take at least 6 months before you receive a decision. The government has also admitted to the UK statistics Authority that the figures used to justify the replacement of Disability Living Allowance with PIP were 'ambiguous' and had not been 'rechecked' before publication. Originally, the Department for Work and Pensions (DWP) had claimed that more than 50 per cent of decisions on DLA entitlement were made on the basis of the claim form alone (i.e. without any corroborating medical evidence). The DWP now admit that only 10% of claims were decided on the form alone and in reality 90% of claims were decided using other sources of evidence, including GP reports.

Employment and Support Allowance (ESA)

Many will have seen reports in the media about the termination of the Atos Healthcare contract

for the ESA Work Capability Assessment. It has now been confirmed that Atos will cease to carry out assessments from early 2015, but there is no news of a replacement contractor.

Universal Credit (UC)

The full introduction of (UC) is a long way off and at the end of February just over 5,000 claims were in payment in the 'pathfinder' areas. In an April report, the parliamentary Work and Pensions Select Committee described the roll-out as "excruciatingly slow", but the Universal Credit conditionality rules have been introduced, so job seekers may find they are sanctioned unless they can meet the tougher job search regime. It is known that some people (apart from those waiting for ESA reconsiderations) are claiming Jobseekers Allowance when they should be claiming ESA. If you are caring for someone in this position get independent advice by contacting Signposts for Carers (see below).

A reminder to Carers looking after children with disabilities

If the child you care for has been awarded Disability Living Allowance (any component or level) make sure that you notify the Child Tax Credit office or you will lose out on an additional £3,100 per year in child tax credit. Additionally, children awarded the highest rate of the care component qualify for an extra £1,255. Remember: you must let the Tax Credit office know yourself about the DLA award.

Signposts for Carers can provide advice about any disability/Carer related benefit issue. Call (01803) 666620 or email signposts@nhs.net

CARE ACT 2014 – A REVOLUTION IN CARE?

The Care Act received Royal Assent on the 14th of May 2014 and will come into force from April 2015. The Care Act covers adult social care in England. The Children and Families Act 2014 includes new duties for the assessment of Young Carers and parent Carers of children under 18.

The Care Act strengthens the rights and recognition of Carers in the social care system, including, for the first time giving Carers a clear right to receive services. It also sets out a new model of paying for care, putting in place a cap on the care costs which an individual is liable for. Also, people who in the past were arranging their own care, known as self funders, will now have rights to ask for support.

There are significant changes to the current law on Carers' Assessments. The most important being that it removes the requirement to ask for an assessment and it removes the requirement for the Carer to be providing 'substantial care on a regular basis'. Any Carer can have an assessment of their needs and it also creates the first ever entitlement to support for Carers.

The Care Act puts in place a national eligibility threshold setting one national level

at which needs are great enough to qualify for funded services. There is an emphasis on prevention, giving Carers support at an early stage to prevent or delay the development of needs for care and support of adults.

Other sections of the Act create duties to focus on wellbeing and to take a whole family approach and consider the needs of Young Carers.

The government have published draft guidance and regulations on the Act. This consultation provides an important opportunity to influence the documents which will inform how local authorities go about delivering these reforms. These can be seen on <https://www.gov.uk/government/consultations/updating-our-care-and-support-system-draft-regulations-and-guidance>.

The government is accepting written submissions to the consultation until 15 August 2014. Please submit your comments to: careactconsultation@dh.gsi.gov.uk, online at www.careandsupportregs.dh.gov.uk or, alternatively to Care and Support consultation team Department of Health Room 313B, Richmond House 79 Whitehall London SW1A 2NS.

Rate and Review your local Health and Social Care Services

You may have heard that Torbay Healthwatch has just launched its Rate and Review system, where you can give your opinion about local Health and Social Care Services. You may be interested to know that the idea started about 5 years ago with a group of Torbay Carers called 'Moving On' suggesting a 'Trip Advisor for Residential Homes'.

From little acorns, mighty oaks grow!

Please feel free to log on to the system and rate your local services at:

www.healthwatchtorbay.org.uk

PAIGNTON CARER'S RESEARCH PROJECT

In the last issue, Paignton Carer Victoria Solomi asked for Carers to get in contact if they wanted to participate in her research for her dissertation on 'The caring experience'.

Victoria would like to thank everyone who came forward and shared their experience, making it possible for her to complete her degree in Voluntary Sector Studies. As a token of her gratitude, all participants were entered into a prize draw for a chance to win lunch for two at Russinas tapas restaurant.

The winner, chosen at random, is Barbara Godfrey from Paignton. Victoria hopes you enjoy your meal at Russinas!



Mary Sweet, centre, and members of the counselling team

EMOTIONAL SUPPORT SCHEME FOR CARERS 10TH ANNIVERSARY

The Emotional Support Scheme for Torbay Carers was launched in July 2004, and in 2008 won both the Mental Health and Wellbeing Award and the Special Regional Award at the South West Health and Social Care Awards Ceremony. In the same year it was also a nominee for a Health Service Journal Award.

"I now have more insight and a better view of where my Cared For is coming from, and a better toolkit to use against the problems I am encountering."

The scheme is free of charge and enables Carers aged 17 and over to have up to 10 one-to-one sessions with a counsellor of their choice from a panel of well qualified, experienced local, privately practising counsellors. The counsellor team offer a number of options for general counselling. Various specialisms and times and places to meet, so each Carer can tailor-make their choice to fit with their needs.

Following a Carers

Assessment, a Carer may be offered the service to address emotional concerns relating to and impacting on their caring role. Matters discussed within the sessions remain confidential, so it is a very safe place for a Carer to let go of emotions and discuss matters they might not want to share with anyone else in the world. Carers often feed back that they have learned how to be assertive, developed coping strategies, see things from a different perspective and learned to value themselves in their own right.

Mary Sweet, the Scheme's Co-ordinator, said: "I have been involved with the scheme from the start. It is not magic wand stuff, but the rewards for the hard work and commitment counselling requires can be great. I continue to feel excited and impressed when I see the positive changes which Carers

"My counsellor has provided me with a mental framework which changes my approach to handling day to day difficulties whilst caring."

come away with. Sometimes, when I meet a Carer following their sessions, I don't recognise them – they look different, sound different, are more smiley and confident. We take all feedback seriously, and evaluate the service in a number of ways to ensure a high standard is maintained in all respects."

If you would like to hear more about the scheme, contact Signposts for Carers, your surgery Carer Support Worker, speak to your Care Manager if you have one, or telephone Mary on: (01803) 666620.

Feedback from two counsellors in the scheme:

"As a counsellor involved from the early days, it has been great to be part of a scheme which makes a positive difference to the lives of so many hard-pressed and resourceful Carers. The scheme is flexible and responsive to Carers' needs, clear and easy to use, outcome focussed, evidence based and excellent value for money."

Nigel Parratt, BACP Senior Accredited Counsellor/ Psychotherapist

I have been privileged to be one of the counsellors on the Emotional Support Scheme for Carers ever since its inception 10 years ago. This pioneering scheme has been of immense value to the Carers it supports. I feel that this service has been, and continues to be, of vital importance and benefit to the Carers and that ideally, there would be similar schemes in place throughout Britain."

Rosemary Kirby, Counsellor

'RECOVERY' UPDATE

We promised to keep you updated with the actions from the Recovery Fayre for people with drug and alcohol misuse issues and their families. This is what we learnt:

People want to see:

- Better information about substance misuse (SM) services
- Better communication between SM services and Mental Health/Children's Services
- Support outside the normal 9-5 Monday to Friday hours
- Support from people who have been substance misusers

What needs to be prioritised:

- A recovery website to share information
- To communicate what has been happening with the Dual Diagnosis Strategy (substance misuse plus mental health issues) – to ensure interested service users, friends and family are aware
- To investigate a 24/7 phone line, perhaps linked with Mental Health's crisis line
- People in recovery organising activities that they can do together while supporting others

Actions to follow:

- Planning meeting with SM + Mental Health services about dual diagnosis
- COOL Recovery have agreed to host recovery information until a recovery website is set up, their website address is: **www.coolrecovery.org.uk**
- Find people in recovery or their friends and families who are interested in helping improve services, coordinate activities or a website. If you would like to get involved, please contact Katy Heard on: **katy.heard@nhs.net** or (01803) 219790

If you have any further questions about substance misuse, do contact Katy Heard, as above.

Books on Prescription (BOP): Update May 2014

As a satisfied user of self-help books, I am glad to see that various titles from the 'Books on Prescription' range have been borrowed 130 times over the last year. The books cover a range of common health conditions and they give you the opportunity to apply what you have read, a step at a time and at your own pace. This can prove to be of considerable benefit.

Torbay Libraries has an online collection of many titles in our ebook catalogue - if you have a computer at home you will be able to access some of the self-help books at: **http://torbay.lib.overdrive.com** using your library card and pin. You can download copies to your computer and then to an ebook reader if preferred.

'Books on Prescription' is running nationwide and we get regular updates on related events and new or updated titles, to ensure that we have current information available. If you would like more information about the scheme, this is available on: **www.books onprescription.org.uk/**

World Book Night 2014

Unpaid Carers in Torbay benefitted from World Book night 2014 with the donation of books including Richard Wiseman's '59 Seconds'. The books were distributed to groups and individual Carers, including those who are friends and family of people with substance misuse issues. Katy Heard, Carers Lead from Torbay and Southern Devon Health and Care Trust said, "It was fantastic for the Carers to receive the books, especially '59 Seconds' which is about making small changes to really improve your life. Carers often feel that their caring role is taking over their life, and friends and family affected by drug or alcohol misuse often feel their happiness is out of their control, so it will be interesting to see whether the hints in the book really work!" The Carers really appreciated being offered the chance to enjoy the books for free.



Fishing Event



"Really enjoyed the day.
Thank you."

Jasmine Maasz

Relax and Unwind



"My nails look beautiful!"

A SNAPSHOT OF



"Feeling so relaxed,
thank you."



"It raised everybody's spirits."
Jane Glanville

"The fishing's been lovely
and it was great to have a
break from stresses, with
wonderful lakeside scenery,
and with lovely people."

Blake Glanville

Bric and Brac/ Table Top Sale The Coolrecovery Carers Group

A great day at Cool House with most of the Carers from the Carers Group volunteering for the event. All funds raised, will be donated to the Coolhouse.



"We raised £160"

MENCAP'S OLDER FAMILY CARERS INITIATIVE

Mencap's Torbay Older Family Carers' Initiative celebrated the 10th Anniversary of the official launch of the service with a 'tea and cakes' morning at Paignton Library kindly hosted by The Friends of Paignton Library.

Chairman of Torbay Council, Councillor Julien Parrott, acknowledged the value of family Carers and said how the census revealed the huge number of people who have an unpaid caring role.

Torbay Older Family Carers' Initiative supports people aged 60 and over, living in Torbay and caring for a family member with a learning disability. Regular meetings are held providing information and peer support. The service also works with individual families ensuring they

F CARERS WEEK

Paignton Library Carers Event



Pamper Afternoon at Living Waters

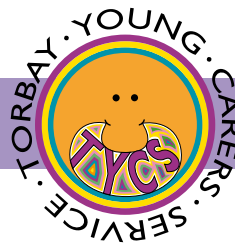


Right: Beryl Morris, family Carer and steering group member cuts the celebration cake

can access any support needed to enable them to continue caring and helping to plan for the future when they may no longer be able to provide care.

For more information please contact Caroline Saunders on (01803) 210720 or 07939 880092, email **caroline.saunders@mencap.org.uk** or visit Youtube and search for Torbay Older Family Carers to watch a short film about the service.





Torbay Young Carers celebrated Carers' Week and the first ever Young Carers' Day with the following awareness raising events. We had PSHE lessons, school assemblies, tutor time and Young Carers lunch clubs. As a result bulletins have gone out to school staff regarding the Carers Quest and schools are registering their pledge on the Young Carers quest wall. To find out more about the Carers Quest and Carers Week visit www.carersweek.org - you can also have a go at the Young Carers' quiz.

Torbay Young Carers' put together a new group in February, called 'Making a Better Future' and the group are going to meet with VIPs from Torbay Council and Torbay Care Trust. They will share their life story as a Young Carer and they will have the opportunity to ask questions about the support of Young Carers across Torbay.



It may seem like a while ago but during the Easter and May half term, Young Carers had a wonderful time, taking part in some fab activities, including a family day at Brixham Fest and a family evening at The Circus Star show.

"A great family activity and many thanks." - Coral

We would like to give thanks to Anode for donating 40 Easter eggs given to Young Carers on the way home from an excellent



"Please can we do horse riding again?" - Charlotte



day at Woodlands; the Rotary Club of Preston for funding 20 Young Carers to take part in horse riding at Finlake

and Carl Fogarty together with James Whitman (BMAD) for their fund raising show 'Foggy and Whit' at The Paignton Palace Theatre - they raised an amazing £652 for Torbay Young Carers' Service.

Andrew Wright, Young Carers Support Worker
01803 208657 / 208525

Blue Shield Award

This year, for the first time, Carers were included in the NHS Blue Shield Awards alongside staff from Torbay and Southern Devon Care Trust and South Devon Healthcare Trust. The inclusion of categories for Carers, shows how much their contribution is being recognised by the NHS. There were two categories for Carers or former Carers who did things over and above their caring role.

The individual award went to Kevin Dixon. Kevin is a former unpaid Carer who has worked tirelessly to improve support for other Carers in Torbay. He is constantly coming up with new ideas for improvement, but is also willing to put in the effort to make the good ideas a reality. He is a great networker and given his knowledge of the local community and local history, and having an ear to the ground, he has helped our service to engage with local community leaders. This has resulted in improved access for Carers to support. He is on the Carers Register Management Group, is one of the people who started Torbay Carers Forum, is a Stuffers Club helper and more! He has gone out on roadshows and promotions for Carer support, to talk to the public and staff and encourage Carers to seek help. He has really

championed the Carers cause.

Torbay Carers Register Management Group were highly commended in the Carers Team Award. They were nominated by James Drummond who said "The experience of working with the Register Management Group over 10 years has convinced me that many Carers and former Carers want to be involved in improving services and that their experience in caring is a particularly valuable resource. They have come up with new ways to develop services at low cost and put a lot of effort into making things happen. Services like the Safely Home scheme and Stuffers Club were suggested by members."



YOUNG ADULT CARERS

My name is RO.Z.B and I've been singing for 4 years and professionally for a year. My passion is music and I sing, song write and entertain. I am a Young Adult Carer, having looked after my parents and my disabled sister for many years. As you can see in the photo below, I decided that it would be a good idea to raise funds for the Young Adult Carers Service, as I have benefitted from this charity myself (cheque presented to Martin at Cool House). We managed to raise a total of £200 with the support of my friend Mistix, who is a DJ. We held a charity event on Mothering Sunday, where I performed for 90 minutes and Mistix performed alongside me. At the event we held a raffle and



an auction with kind donations from local businesses. I would also like to thank Damage Fx Lighting who provided the lighting and also the Rainbow International Hotel, who provided the venue, both free of charge. (YAC RP)

2014 Blue Shield Awards Ceremony

The winners were announced at the International Riviera Centre in May, where staff and volunteers working across the health and social care community in Torbay and Southern Devon and at Torbay Hospital, were recognised at a special awards ceremony. The Blue Shield awards aim to recognise individuals or groups whose energy, commitment and dedication ensures that high quality and effective services are delivered to patients, service users and staff.

Nominations were submitted by staff, service users, Carers, patients and their families; for the teams and individuals who they felt had made a real difference. The Winner of the Carers Team Award was presented to the Young Adult Carer Operational Group, for their outstanding contribution to health and social care in Torbay and Southern Devon. Congratulations!!



"It was very flattering to receive a Blue Shield Award, the event itself was a nice experience, the food was very nice and it was amazing to see and hear of so many inspiring people in the community all contributing, and going the extra mile towards health and social care in Torbay." (YAC RL)

If you are a Young Adult Carer or you know someone aged between 16 – 25 years old who is in a caring role, please contact us via our website www.torbayyac.co.uk or email yac.tct@nhs.net

CARERS NOTICEBOARD

CARERS @ THE PARK HOTEL

PAIGNTON CARER'S COFFEE MORNINGS FOR 2014

The Park Hotel, the Esplanade Paignton.
Meetings held on the second Thursday of every month from 10.15 – 11.45am
(No meeting in August)

Meetings will be attended by Sally Corbishley and Ray Heath.

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

11 September
9 October

PAIGNTON CARER'S AFTERNOON TEA and BISCUITS FOR 2014

The Park Hotel, the Esplanade Paignton.
Meetings usually held on the 3rd Friday of every month from 2.00 – 3.30pm.
(No meeting in August)

Meetings will be attended by Ray Heath (former Carer) for further details contact Ray on: **07989 209768**.

There will be a charge of a £1.50 for the tea/coffee and cake (includes a raffle ticket).

19 September
17 October

Mencap looking for volunteers

Torbay Older Family Carers' Initiative are looking for a volunteer to help at our Friday morning drop-in sessions at Paignton Library.

Do you understand the needs of people with a learning disability and their family Carers?

Are you happy to make cups of tea and provide a listening ear?

If so and you would like to know more, then please contact Caroline Saunders on: **(01803) 210720** or **07939 88 0092**, alternatively email caroline.saunders@mencap.or.uk

TORBAY MID AGE CARERS GROUP

We meet once a month on every second Thursday in various locations around the bay from 2.00 – 3.30pm

All Carers aged between 40 and 60 are welcome (there is some flexibility)

Events from August – October

14 August – Tea/Coffee Drinks/ice-cream (weather permitting) on the balcony at Shoreline, Paignton. If the weather is bad, we will meet inside

11 September - Visit to Styles Garden Centre, Moles Lane, Marldon, Paignton – finishing with a tea/coffee in café

9 October – A Taster Cookery Session with Rebecca from the Lifestyles Team – at 'Growing for Life', Preston Down Road, Paignton

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

Stroke Wellbeing Day

Organised by The Stroke Association

**At Paignton Library on Thursday
September 18th, 1.00 - 4.00pm**

This year the theme is "Wellbeing". It's an opportunity to speak face to face with professionals on stroke prevention and recovery, and there are keynote mini-presentations on 'Healthy Eating', 'Looking After Yourself and asking for help' and 'Post Stroke Fatigue'. Inspirational stroke survivors will share their 'Helpful Tips' and there will be fitness and benefits advice and other services present.

All Carers and stroke survivors are most welcome. The event is free and there will be a door prize!

For more information
contact David on:
07717 275848

Stroke
association

A Red Carpet Event In Aid of Torbay Young Adult Carers

Masquerade Ball

Welcome Drink, Buffet, Entertainment
 Formal Dress Code
 No under 16s

The Imperial Hotel
 Saturday 13th September 2014
 7pm till Midnight
 (please bring your own mask!)

Ticket Price **£23**
 To book call: 01803 208455 or 07825027642
 www.torbayyac.co.uk/ www.facebook.com/torbayyac



All funds raised will be used to provide 'me time' for Young Adult Carers.

PAIGNTON CARERS GROUP Meets at the Carers Centre, Paignton Library on the last Thursday of the month

2.30 - 4.00pm £2.00 per head

31st July - The Fracture Liaison Service

28th August - Lucy Channon - The History and Language of Fans

25th September - Ian Handford - Isambard Kingdom Brunel

30th October - John Risdon - Christmas in Victorian Torbay or Dartmoor Past and Present

For more information please contact your Carers Support Worker or Sally Corbishley 07531 947687

Come and join Amanda and Michele for "TIME OUT" For Brunel and Chilcote Carers

We meet on the third Thursday of the month - 1.45 to 4.15pm, at the Trecarn Hotel, Palermo Road, Babbacombe, unless otherwise stated.

Thursday 21 August 2014

"Out of Sight" Nigel Davies will give us a light hearted look at the advantages and disadvantages of being blind or partially sighted; the background to Guide Dogs, their training and importance. We will be finishing with some remarkable stories involving guide dog partnerships.

Thursday 18 September 2014

Christine Morey is coming to talk to us about the work of the Street Pastors.

Thursday 16 October 2014

Mark Cottell will be following up our visit last year to Buckfast Abbey by talking about and showing us slides of the history of the Abbey.

For more information contact:

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

TORQUAY CARERS GROUP Meets at the Olive Carers Centre, Victoria Park Road, Torquay on the second Monday of the month

2.30 - 4.00pm £2.00 per head

11th August - Cream Tea - venue to be decided

8th September - Lucy Channon - The History and Language of Fans

13th October - Fermoy's - arrangements closer to the time

For more information please contact your Carers Support Worker or Sally Corbishley 07531 947687

Why not make a pledge?



For Carers Week, Carers UK asked individuals and organisations to make a pledge to find 'hidden' unpaid Carers, or to do something new to support Carers, including Carers under 25. Here is the link - www.carersweek.org/carers-week-quest The Quests didn't need to be completed within Carers Week, it was just an opportunity to prompt people to do something positive.

Katy Heard, Carers Lead at TSDHCT has set herself a personal target of persuading 200 people to make a pledge of their own, either in their personal life or at work – can you help her achieve it?

If you are a Carer, maybe you could pledge to take some time out for yourself, or maybe you could pledge to find some other Carers and persuade them to join the Register.

If you work with Carers, maybe you could also set a target of persuading people to make a pledge or agree to do something specific for Carers under 25.

Anything, no matter how small, would be great!

Torbay Hospital has pledged to trial free parking for Registered Carers for two months, and the CCG (Clinical Commissioning Group) are making pledges too.

You don't need to upload your pledge to the website, but if you do decide to do something, please can you let Katy know by emailing her at: katy.heard@nhs.net with subject 'Carers Quest', or on (01803) 219790. If you want to keep the details private that's fine, just let her know if you've done anything!

BRIXHAM BLIND AND VI CLUB

The Brixham Blind Club was re-formed in March 2013. With a new Constitution and Committee we try to raise funds from grants and local charities. All helpers are volunteers.

We meet 3 times a month, to directly involve the Blind and VI Community in Brixham and Torbay. We have outings and events which create a sense of care and friendship among many lonely and isolated people. The social interaction in our club often helps people come to terms with their own individual situations caused by Visual Impairment. There is no membership fee, and we welcome VI family members, Carers and friends.

The Club meets on the first Monday of the month at the United Reform Church, New Road, Brixham, from 2.30pm – 4.30pm. We have speakers and refreshments. We also arrange outings which include venues such as Torre Abbey, Coleton Fishacre, garden centres, a variety of meals out, the theatre and cinema. For the more active we operate 'The Eyes have

it' - Ten Pin VI Bowling Club, and the 'No limits' - Disability Archery Group. We also have a VI Lawn Bowls Club with Paignton and Torquay Bowling Club. We go horse riding, sailing, play pub skittles and have many more challenges. There are about 70 club members and we accommodate all age groups. We can provide transport from around the Bay.

For more information you can visit our web site and look at our diary of events:

www.brixhamblindandviclub.co.uk or email info@brixhamblindandviclub.co.uk



PAIGNTON CARERS FORUM

For some time now we have been concerned that the Paignton Carers Forum has not been attracting Carers to its meetings. The forum provides Carers with the opportunity to air their views concerning Carer issues, share information, receive support from invited professionals and Carers Support Workers, and develop ideas.

The forum runs every 2 months at the Paignton Carers Centre, in Paignton Library and since its launch, much has taken place, including the recent third birthday celebration of the Afternoon Tea Group! The Carers Forum was very active in the development of a Carers Phone Line which was developed in order to support lonely and housebound Carers, those new to caring and those whose cared for have recently been discharged from hospital. This service is now very active and supports Carers across Torbay. Various leaflets have been devised and discussions held about the Carers Assessment forms.

The forum would like to hear the views of more Carers, giving you the opportunity to make a difference by having your say and we would like to reach those of you who do not participate in any other group. Please let us know what you would like to cover at these meetings, including speakers etc. We are happy to be guided by your feedback. If you feel these meetings don't meet your needs, we would like to know how things could be improved; please contact Sally Corbishley or Signposts for Carers on: (01803) 666620 with your comments.

Please contact Sally Corbishley with your ideas and suggestions on: 07531 947687, or email sally.corbishley@nhs.net alternatively you can write to Sally at Fairweather Green, Paignton Hospital, Church Street, Paignton TQ3 3AG.

The next forum meeting will be held at the Carers Centre, Paignton Library, Tuesday 5th August from 10.30am - 12.00 noon. We would love to see as many of you as possible there.

CQUIN UPDATE

We have achieved all of last year's Commissioning for Quality and Innovation (CQUin) targets at the hospital. Carers information cards are now included in every hospital discharge pack and Carers and staff wrote a joint policy for Carers for both the Hospital Trust and Torbay & Southern Devon Health & Care NHS Trust (TSDHCT). An action plan ensures that the priorities set out in the policy will be met, and some of the actions have been made into a CQUin target for the year ahead.

The target aims to improve Carers involvement in hospital discharge. There are three main parts to this; improving communication with Carers, improving involvement of Carers - particularly with issues to do with medication, and improving practical issues for Carers visiting hospital.

One of the practical issues that the hospital has decided to look at is parking, and so from Carers Week until the end of July, they are trialling free parking for Registered Carers who are visiting an in or out-patient. We really hope that the trial is successful!

Another CQUin that was achieved was Carers awareness training for nurses. Nurses are critical in finding people who do not realise that they are Carers, as they are often in contact with them. Almost 300 staff were trained, including over 60% of TSDHCT nurses. The impact has been great – they are now identifying Carers in over 60% of their cases, with one nurse saying: "Since the team has had their Carers awareness training, it has been noticeable that we are looking differently at home situations where there is an unpaid Carer. This has also occurred in households that we have visited for a long time, where we have possibly 'taken for granted' the Carer in the house. As a team, I feel that we are now much more alert to unpaid Carers on our caseload and are actively flagging up the existence of Carers Services and passing on their contact details."

We have also devised e-learning for community hospital nurses and hope that this will be rolled out to nurses at Torbay Hospital over the year ahead. It's all good!

COURSES FOR CARERS

Laptop and tablet taster sessions

1.30-3.30pm, Brixham Carers Centre running Tuesdays on:

29 July - Social Networking This will show you how access and use Facebook. The focus will be on privacy and security

12 August - Comparison sites This is a chance to learn how to compare prices and quotes online

Computer and tablet events

10am-12pm

1 September - Paignton Carers Centre
4 September - Olive Carers Centre
looking at Window 8, or moving from Windows 7 to 8.

8 September - Paignton Carers Centre
11 September - Olive Carers Centre
A chance to get involved with Carers websites in Torbay and nationally. The session will look at the Carers Forum and how to register, and use the forums.

15 September - Paignton Carers Centre
18 September - Olive Carers Centre
This session will show you how to use the keyboard, and run through basic word processing.



Please call Crossroads Care on (01803) 323510 to reserve a place on any of the following courses, or for more information:

Crafty Carers

10am - 12pm, Olive Carers Centre
Friday 1 August
Friday 5 September
Friday 3 October

A new monthly group set up by Carers for Carers, come along share skills, make some new friends. Initially starting with paper crafts.

Grandparents Group

12 - 2pm, Olive Carers Centre
Friday 12 September
Friday 24 October

Do you care for your grandchild? Come and chat with other grandparents in a similar situation.

Parent Carers Group

10am - 12pm, Olive Carers Centre
Thursday 18 September

This is a chance to meet other parents in a similar situation. This group offers support, advice and a break from your role as a Carer.

Pub Quiz / Bingo Night

7pm at The Dolphin Pub, St Marychurch

Quiz nights: **Monday 4 August**
Monday 6 October

Bingo nights: **Thursday 4 September**

COMING IN OCTOBER'S EDITION:

- ◆ Changes re Children with Disabilities SEND (Special Educational Needs & Disabilities) Reforms ◆
- ◆ Carers Discount Scheme ◆ Carers Health & Wellbeing Check ◆

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