



CONTENTS

Introduction	1
Letters	2
Carers Services Team Update	2
Book Review	3
The Money Page	4
Visits To Exeter Hospital	4
Funding For Carers Services ..	5
Torbay Community Health Related Services Questionnaire	5
Carers Discount Scheme	5
Ageing Well Update	6
Carers Health & Wellbeing Check In Torbay	6
Carers Telephone Line	7
Emotional Support Scheme..	7
Torbay Carers Week In Pictures	8-9
Lovely Start To Carers Week	8-9
Young Carers	10-11
Torbay Young Adult Carers	10-11
Carers Noticeboard	12-13
Devon Recovery Learning Community	14
Duolingo	14
Other News	15
Computer Courses	16

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 August 28th 2015

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello and Welcome..

to our summer newsletter.

We are happy to announce that Carers Services for 2015-16 will continue as normal despite savings having to be made elsewhere and there will also be some additional money for implementation of the Care Act (P5).

In April 2015 an exciting new Project 'Ageing Well' was launched by the Community Development Trust and it will focus on the experience of ageing and reducing isolation for people aged 50 and over within Torbay. This 6 year project will include two further projects – Mutual Caring and Circles of Support. For more information see (P6).

A congratulations is in order to the Carers Telephone Line who recently received the Blue Shield Award. The group has been running for five years and provides regular telephone contact for Carers who feel isolated. If you would like to receive a call or know more about the group please see details on (P7).

I'd like to say how lovely it was to catch up with a number of Carers throughout Carers Week in June. Your positive feedback was much appreciated and I hope the rest of you also managed to take some much deserved time out. Please see Torbay Carers Week in pictures (P8-9).

Finally don't forget to take a look at everything you can get involved in during the coming months; from picnics, to days out, coffee mornings, computer courses, or learning a new language (P12-16).

***Wishing you a happy and eventful summer,
Natalie Townsend - On behalf of Carers Services***

Coming in October's edition:

• Who's Your Carer Support Worker? • Carers Advice & Information Update • An Update From The Substance Misuse Services

Contact us c/o Signposts for Carers
Chadwell Annexe, Torquay Road, Paignton, TQ3 2DW
Telephone: 01803 666620 Email: signposts@nhs.net



LETTERS

A VERY BIG THANK YOU

On behalf of the many Carers who have used the Cool House over the years, I just wanted to say a very big 'Thankyou'.

I helped start what became the "Wednesday Carers Day" and from its beginning the venue has provided us with a warm, inviting, caring, homely atmosphere, where Carers could come and relax, unwind, or simply just talk. There has always been more laughter than tears, always a listening ear and a friendly shoulder to lean on in times of distress.

Caring for those with mental health problems is unique, with many challenges, sometimes difficult to deal with, let alone talk about, yet at our Wednesday Group at the Cool House we achieved that and more, we gave hope when sometimes life seemed hopeless.

Thousands of Carers have used Cool over the years, some starting up their own projects which became a successful part of the many alternative therapies on offer. The closure of Cool will be a great loss.

So thankyou Claudia, Martin and the team at The Cool House, your unselfish concern has brightened many lives, and your legacy is in the smile of those who came through the doors.

THE COOL HOUSE WEDNESDAY CARERS GROUP CHILLED OUT

From July - September

Venue: Next to the "One World Cafe"
Torquay Abbey Gardens
Torquay Seafront

Time: From 11am - 1pm every Wednesday
With Summer Events Planned

Contact John Davidson

Mental Health Carer Support Worker
on: **01803 214597** or mobile: **07909 873275**
email: **johndavidson1@nhs.net**

CARERS SERVICES TEAM UPDATE

'LAST BUT NOT LEAST!'

This is the final member of the Carers Team – Stella Sowerby who job shares the administrative support to the team with Pauline O'Reilly.

She is 'the face of' Brixham Carers Centre on Mondays and Tuesdays and also has the joy of inputting all the Young Adult Carers work for the team, amongst many other things.

As all the team are part-time, it is difficult to get us all in one photo together!



“Summer is here... time to find a sunny spot
and put your feet up?”

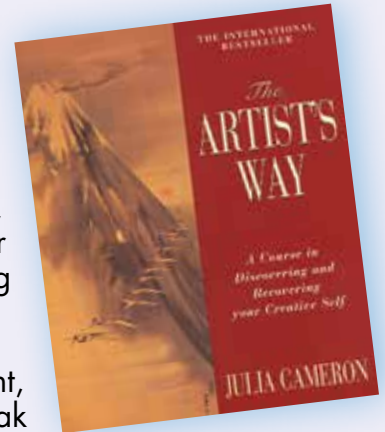
THE ARTIST'S WAY

Julia Cameron (ISBN: 0330343589 Pan Books, 1995)

Although this classic book is written for people wanting to express their creativity, the thought-provoking chapters contain much that will resonate with Carers.

Many skills and abilities – and even a sense of your own identity, can be lost when caring for another person. Here is a clear path to establish your priorities, rediscover lost interests and find new ones. Whether reading the entire book or just the relevant parts, both are equally valuable, while the exercises following each chapter are enjoyable and extremely useful for finding direction.

Also helpful for determining some of your needs before having a Carers Assessment, or using Direct Payments and considering what might give you a meaningful break from caring responsibilities.



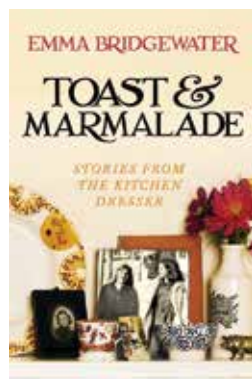
TOAST & MARMALADE - STORIES FROM THE KITCHEN DRESSER, A MEMOIR

Emma Bridgewater

(ISBN: 1473604315 Saltyard Books, 2015)

A light-hearted and amusing memoir from the woman behind the popular pottery, best known for her polka dot designs and distinctive lettering. Short chapters meander through Emma's life in no particular order as she recalls a love of ceramics; starting her business in the 1980s; childhood picnics; family life around the kitchen table; keeping chickens; seaside holidays and forays to France; driving to Country and Western music; and her wonderful sisters, Clover and Nell, who became Carers for their mother after a tragic accident, but later worked on a ranch in America, complete with newly-acquired cowboy expertise!

Plentiful descriptions of food are enhanced by easy recipes, all served up beautifully, as if presented on one of Emma's stunning plates. Just like a chat with an old friend, the whole book is filled with warmth and nostalgia, and as good as a hug. A highly amusing, yet thought-provoking read.

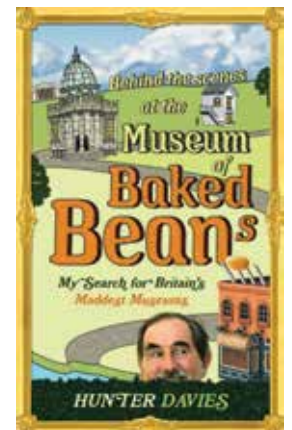


BEHIND THE SCENES AT THE MUSEUM OF BAKED BEANS

Hunter Davies

(ISBN: 0753522134 Virgin Books, 2010)

One man's odyssey around Britain searching for unusual and wacky collections, this will appeal to all those who love to arrange their own displays at home. Who hasn't dreamed of finding a shelf or shed to exhibit their Lilliput Lane cottages, railway nostalgia or football memorabilia? Here – in real life – are the people who have dedicated their lives to filling premises devoted to their passion, whether lawnmowers in Southport, teddy bears in Witney, Laurel and Hardy at Ulverston or the Beatles in Liverpool! Interviews with the curators reveal them to be as fascinating as their artefacts.



A wonderful tour from your deckchair, don't miss the Bath Postal Museum, the Fan Museum at Greenwich, or the Old Operating Theatre near London Bridge. Yes, there really is a baked bean museum, you won't be disappointed!

THE MONEY PAGE

SUMMER 2015

Welfare benefits are rarely out of the headlines, and with announcements in the Queen's speech of a two-year working age benefits freeze, a reduced benefit cap, a new 'youth allowance', and a July budget, we can expect to see further lively debate in the coming months. As usual, we will aim to keep Carers up to date in future editions of Signposts.

In this edition we are looking at Universal Credit (UC), which is scheduled to make its first appearance in November this year in Teignbridge and South Hams, and then in Torbay from January 2016. UC is being phased in slowly as its success depends on expensive and complex IT systems – the very sort that Whitehall has struggled badly with in the past.

At the core of the government's welfare reform programme, UC is intended to eventually replace all means tested benefits, i.e. Housing Benefit, Local Housing Allowance, Working and Child Tax Credits, Income Support, and the means-tested versions of Jobseekers Allowance and Employment and Support Allowance. Carers Allowance is not affected, but the current Carer premium paid as a premium in Income Support will eventually be part of UC, subject to confirmation. Other benefits such as Disability Living Allowance, Personal Independence Payment and Attendance Allowance are not affected. UC only affects working age adults, but in the future there will be implications for older people who are in receipt of Pension Credit and have a working age partner who isn't working.

UC will initially be introduced only for single childless people (with or without rent costs) who would have typically made a claim for means-tested Jobseekers Allowance. Mortgage payers will continue to claim Jobseekers Allowance for the time being.

Claims will be made only online and there are open access terminals at Jobcentres for those confident with IT, but lacking access. For those with limited IT skills, it is intended to ensure help is available in community

locations. The claim process will take up to 40 minutes. Claims must be completed in one session; there is no way to 'save' a claim and return, so it's important to have all information to hand before starting a claim. Pressing '**submit**' sends the claim to the service centre; within five days an appointment will be arranged with an employment coach at a local Jobcentre. Claimants receive an appointment text message or email to remind them to attend.

Jobcentre Plus aims to ensure that, wherever possible, the same work coach will support the claimant throughout the life of the claim, including referral to disability employment advisers, who can explain the specialist support available to claimants with health problems or disabilities, such as the Access to Work programme for workplace adaptations and extra support, or Work Choice, a programme for those needing a lot of support.

The further local expansion of UC to other claimant groups depends on the success of pilots taking place in other parts of the country, and of course, the robustness of the technology.



VISITS TO EXETER HOSPITAL

Any Torbay Carers who have to visit Exeter hospital with their cared-for can go to the **Health Promotion Unit** near the main reception and once identified as Carers, (show your carers card) will be presented with a green lanyard to wear.

This entitles you to money off in the café and other concessions, including **free parking** in certain areas of the hospital car park (i.e. oncology, renal unit, etc.).

FUNDING FOR CARERS SERVICES 2015-16

In these times of austerity and with all the national media messages about cuts in services, you will be glad to know that Carers Services in Torbay have been able to make their required savings without having to cut the Carers services that you receive. Our funding priorities are linked into the issues that you told us were a priority for you, in the consultation about the Measure Up Carers Strategy late last year, and our statutory (in law) requirements under the Care Act 2014.

All the support provided via Carers Support Workers, Crossroads Care, Young Adult Carers Services, Signposts Information Services and newsletter etc. continue at the same level of funding, although we are always looking at ways of making the most of our money (such as

sending Signposts electronically where possible) and undertaking partnership work.

Also for this year, there is some additional money for the implementation of the Care Act, part of which is for staff to undertake additional assessment work, and part of which is to pay for the services that these newly identified Carers require. We will be doing a lot of work with GP surgeries and the Carer Support Workers, and will report on this later in the year.

If anyone wants more detailed information about the Carers' budget, please feel free to contact

Katy Heard on: **(01803) 219790**
or: Katy.Heard@nhs.net.

TORBAY COMMUNITY HEALTH RELATED SERVICES QUESTIONNAIRE

Where do you go to access advice or treatment for an illness or injury?



Healthwatch Torbay is the independent consumer champion

for health and social care services in Torbay, ensuring the voice of the community is used to influence and improve services for local people.

Healthwatch Torbay are working with South Devon and Torbay Clinical Commissioning Group, to gather information about how people access community based health services in the local area, to obtain advice and treatment for illness or injury. We are also gathering information about the communities understanding of which ones to use.

This information will be used to inform commissioners and gain a better understanding of how local communities access these services. If you would like to have your say, then may be you could take a few minutes to complete the questionnaire on:

<https://www.surveymonkey.com/r/YLQYKYJ>

You can also obtain a paper version of the questionnaire from:

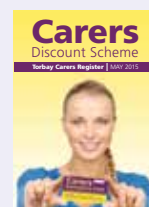
admin@healthwatchtorbay.org.uk
or contact us on: **0800 0520029**

Many thanks for your help and support and if you have any queries please do not hesitate to contact us.

Public Office Opening Hours
Monday - Thursday **10am – 3pm**
Friday **9.30am – 12pm**

CARERS DISCOUNT SCHEME

When we started the discount scheme, everyone had to sign a disclaimer before they could receive a card.



We have now been advised that the disclaimer in the booklet is sufficient, which should enable us to publish the information on our website, meaning it will be kept up-to-date.

I know some of you have booklets with additions and scribbles, and we will continue to mention businesses joining or leaving the scheme in the Signposts magazine, but once the information is on our website, we will let you know.

Ageing Well is a project led by the Community Development Trust that focuses on improving the experience of ageing and reducing isolation for people aged 50 and above in Torbay. It began in April 2015 and has already recruited a number of community builders to work with designated communities within Torbay.

The six year initiative will help to reconnect older people with friends and communities, while developing meaningful activities and raising expectations and aspirations for people in older age.

As part of the Ageing Well project, Torbay Carers is involved with two further projects that focus on improving the experience of Carers; which are Mutual Caring and Circles of Support.

MUTUAL CARING

The Mutual Caring project aims to gain a better understanding of the isolation of ageing families where a person with a learning disability and their parent(s) are becoming increasingly dependent on each other. This will include supporting the parent Carer to recognise any caring role their son or daughter is taking on and, in addition, bring awareness to the statutory sector that understanding a cared for person may also be providing care and to ensure all support provided meets the needs of both Carers.

CIRCLES OF SUPPORT

The Circles of Support project aims to support people who are isolated by their caring role by identifying and developing supportive networks. A group of allies (friends, relatives and volunteers) are drawn together to give support and friendship to someone who needs it so they can achieve the goals and aspirations that prove so difficult to achieve due to their restrictive circumstances. The circles will be informal with little or no input from professionals, but with an emphasis on ensuring Carers have the necessary people in their lives to be happy and healthy. The new Project Co-ordinator is now in place, so

the project will begin forming these circles very soon.

If you would like more information about either project, or if you would like to volunteer as an ally for the Circles of Support project please contact the following people:

Mutual Caring: Caroline Saunders on:
(01803) 210720, 07939 880092

or: Caroline.Saunders@mencap.org.uk

Circles of Support: Chrissie Chant on:
07717 337276

or: chrissie.chant@crossroadscarew.org.uk

If you are interested in the Ageing Well initiative please call the Community Development Trust on:
(01803) 212630

or email: info@torbaycdt.org.uk

CARERS HEALTH & WELLBEING CHECK IN TORBAY

The Carers Health & Wellbeing Check is all about you as a Carer. It focuses on your own health and wellbeing and if there are any areas that you need support with. It is a chance to talk about your concerns and hopes for the future.

The check covers the questions which Carers have told us are important. You do not have to answer them all, but the more you fill in the more you are likely to get out of the Check.

It is really important that at the end of the discussion with your worker, you have the information you require and a clear plan of action to help you meet your own needs. The worker will be able to help you decide how to put your plan into action.

The person you care for may be entitled to their own assessment of needs and what support options there are for them. This can be arranged separately.

When you next visit your GP surgery, ask if you can speak to the surgery's Carer Support Worker about the Carers Health & Wellbeing Check.

CARERS TELEPHONE LINE

BLUE SHIELD AWARD WINNERS

The Carers Telephone Line Service was awarded a prestigious Blue Shield Award at a ceremony held on 10th June at The ERIC Centre in Torquay.

The award was made by The Torbay and Southern Devon Health and Care Trust and The South Devon Healthcare NHS Foundation Trust for their outstanding contribution to health and social care in Torbay and South Devon.

The service provides regular telephone contact for Carers who feel isolated or may be in need of some regular emotional support.

It is manned entirely by specially trained Carers who often have firsthand experience of the difficulties and emotion associated for caring for someone, Co-Ordinated and Supervised by Val Shute, Carers Support Worker.

The group has been running for five years and

would be pleased to hear from any Carers who would like to volunteer to join them. Training and full support is provided.

For more information on accessing the service or volunteering please contact Signposts for Carers on: **(01803) 666620**, your Carer Support Worker at your surgery, or drop into The Carers Centres in Torquay, Paignton, or Brixham.



EMOTIONAL SUPPORT SCHEME

"HAPPY BIRTHDAY" TO THE EMOTIONAL SUPPORT SCHEME FOR CARERS

...which, this month, celebrates 11 years of supporting Torbay Carers.

This award winning service, which offers up to 10 sessions of counselling free of charge, is open to Carers aged 18 and above. It provides Carers with the opportunity to address emotional concerns which impact on their caring role, including depression, stress and addictive tendencies etc. Carers often come away with clearer insight about their own needs and responses, skills to manage their caring role more effectively, a better sense of their self worth and more confidence generally.

Typically, Carers who go through the scheme feedback outcomes such as:

- *"My counsellor has provided me with a mental framework which changes my*

approach to handling day to day difficulties whilst caring"

- *"It was a very good way to unload all the stress you go through when caring for someone"*

The scheme gives Carers choice and control over their counselling process - choice of counsellor from a list of private local practitioners who offer a variety of specialist areas of expertise, freedom to choose convenient appointment times, control over the frequency of sessions, and general flexibility to enable them to benefit from their therapy at a time and place which suits them. The sessions are confidential. Regular and careful evaluation over the years has consistently shown positive change for the majority of participating Carers.

For more information please ring Mary Sweet, Scheme Co-ordinator on: **(01803) 666620** or have a word with the Carers' Support Worker at your GP. practice, or your Care Worker.

TORBAY CARERS WEEK

COME FLY WITH ME

At The Virtual Jet Centre



"Had a lovely experience and can now fly a Boeing 737!"



"All the staff made us very welcome"

"Would like to thank all involved, I thoroughly enjoyed myself"

CREAM TEA

& Entertainment At The Anchorage



"A very enjoyable afternoon, great entertainment and lovely Devon themed raffle prizes"



"Lovely venue, cream tea to die for and entertainment top notch"

RELAX & UNWIND

At Brixham Carers Centre & Victoria Park Methodist



"I feel all glam now, Im going to go out for a coffee with my friend"



"Thank you, I feel so relaxed, I feel all floaty and calm"



Had the most relaxing time, what a lovely lot of friendly ladies - going home feeling thoroughly spoilt!

PUDDINGS & PAMPER

At Living Waters



"What a lovely treat to be pampered for a change, so relaxing."

LOVELY START TO CARERS WEEK

Many Torbay Carers and their Cared For, packed the stalls of the Princess Theatre on the 7th of June, for 90 minutes of music, performed by the talented musicians of the Philharmonia Orchestra.

The musical theme for the evening was Magic and that best describes the whole concert. Opening with the brass section of the orchestra playing Fanfare for the Common Man, by Aaron Copland, we were then treated to music that included Nimbus 2000 from Harry Potter, Wallace and Grommett and led by a brilliantly amusing compere. We

hummed, danced and sang our way through pieces of music, including some from Grieg, when we became 'The Trolls from Postbridge, who live in a hole.'

The Venezuelan conductor kept us all under his control, and led his full Orchestra to a wonderful finale of the famous 'Thunderbirds Are Go', which left everyone cheering for more.

Comments from Carers, including one little boy who said, "Mum, can we come back again tomorrow?"

IN PICTURES

PICNIC AT THE PARK

At The Park Hotel



'A lovely afternoon, ice cream cornets were a nice touch and entertainment was excellent'

'Food was good, raffle was fun and we really enjoyed being entertained by the school choir and ukulele band. Thank you.'



"I caught a number of large fish! It was nice to take time out with other Carers."



"I had a wonderful time, so relaxing, thank you."



FISHING

At Town Parks

PAIGNTON LIBRARY CARERS EVENT

At Paignton Library



"Wonderful entertainment, beautiful voice!"

"I made a beautiful piece of jewellery for my daughter, thank you"

"Thoroughly enjoyed the Zumba!"

FLOWER ARRANGING

At Paignton Library



"I learnt so much in such a short space of time and went home with a beautiful floral arrangement!"



"Lovely afternoon, with lovely ladies"

by Diana Sibley

- "It was such a pleasure to be here, I have had such a happy time"
- "We have had Paignton's own Proms Night, it was Brilliant"
- "I thought that the Compere really connected with all of the audience & he made the evening fun!"
- "I didn't know what to expect, but I thoroughly enjoyed it, I am so glad we came"
- "Never presume a concert will be boring"

It was a fitting start to Carers Week, and will be remembered by many of us.



Fence Decorating with Tony from Indigos



Many thanks to Tony from Indigos for allowing Young Carers to decorate their fences in fab bright colours. Everyone had a great time with the spray paint and produced some excellent patterns. There were lots of opportunity for forest skills and tree climbing in Indigos woods. Many thanks to Circus Star for an amazing family activity. This is always very popular and we had excellent feedback.

Some comments were:

"The show was excellent"

"It was great to meet the stars during the interval"

"The clown was funny"

"It was fantastic"

"The event means so much"

TORBAY YOUNG ADULT CARERS

I am a student social worker currently working with the Young Adult Carers team and I recently met a young person who said to me "I'm not a Carer for my dad my mum is!" I asked this young person whether she helped out at home and she told me that she helps with cleaning, cooking and looking after her younger sibling who also had care needs, whenever her parents needed a break. I think this young person does have a caring role within her household and could benefit from some Carer support herself.

One household can have many members providing a caring role although often only one member of the household is formally registered as a Carer. Sometimes the younger members of the household are not considered to be providing care and these young people could be contributing significantly to the functioning of the household and the caring responsibilities contained

within the household.

This can include; domestic, cooking activities, taking siblings to and from school, regular collection of medications, or they may help in other ways within the household. Many young people attend school or college and then come home to carry out these activities, this could be considered their role within the family or the household, however they could also be considered a Carer and benefit from support offered by the Young Adult Carers Team.

The Young Adult Carers Team offers support to young people aged 16-25. The service offers a regular drop-in on Wednesdays alternating between Chill'd Out in Torquay and in the Helpzone at South Devon College (term time only). They organise a variety of activities including trips to the cinema, bowling and access to outward bound courses or trips on tall ships.

YOUNG CARERS

Circus Star



Thanks also goes to the Preston Rotary and Play Back Theatre who made it possible for Young Carers to attend a Play Back theatre session in Ivybridge. This was a very emotional powerful session where Young Carers had the opportunity to share their caring experiences and see their story re-enacted through drama. Sharing their experiences helped build a strong bond with friends.

ANDREW WRIGHT

Young Carers Support Worker
Available On: (01803) 206251

Feedback:

"Many thanks to
Circus Star they are Great"
"Playback Theatre was brilliant"
"Can we do more spray paint"
"Can we go to the Circus again"

TORBAY YOUNG ADULT CARERS

Recently they arranged a trip to a flight simulator in Chudleigh where a group of Young Adult Carers enjoyed a day out, learning how to fly and land a variety of aircraft through a simulator and computer programmes. Lunch was provided and everyone appeared to enjoy experiencing something a little bit different. They can also offer practical support on accessing further education and employment opportunities, healthy eating and lifestyles support.

More than one person in a household can be registered as a Carer and could benefit from support that is available in Torbay.

If there is a young person aged 16 - 25 in your household that you think should be considered a Carer, then please contact the Young Adult Carers Team for more information and an informal chat.

Young Adult Carers Development Worker on:
(01803) 208455 / 852421

Written by Lisa Bailey

YOUNG ADULT CARERS ON THE MOVE

From
1st July 2015 - end of September 2015

Fortnightly Wednesday
drop-in sessions will now be at:

**Chill'd Out Cafe,
Abbey Park,
Belgrave Road, Torquay**

For more information about the drop-ins,
contact Cheryl or Dave on:

**(01803) 208455 or (01803) 852421
or email:**

torbayyac@nhs.net

CARERS NOTICEBOARD

Do You Care For Someone With a Long Term / Life Limiting Condition?

— FREE FOUR WEEK COURSES 2015 —

September 8th, 15th, 22nd, 29th
November 3rd, 10th, 17th, 24th
Time: 10.00am 2.00pm

— How Can It Help You? —

- Coping with the uncertainty of the future
- Developing ways of coping with the effects of the illness
- Getting the help and support you need

— Venue —

The Olive Centre,
St. Edmunds Community Support Centre,
Victoria Park Road, Plainmoor,
Torquay TQ1 3QH

Refreshments and lunch will be included (no cost)

If you would like any further information
Please contact: **Corinne Lowe**
- RGN, D/N, Facilitator for the course on:
07825 027756

TORBAY MID AGE CARERS GROUP

We meet once a month on every second Thursday
in various locations around the bay

Between 2.00pm & 3.00pm

(All carers between 40/60 welcome – there will be
some flexibility)

13 August

A Visit To Berry Pomeroy Castle

10 September

Bowling at AMF

8 October

Cooking at Growing For Life
A demonstration by the Head Chef
of Torbay Hospital

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



PICNIC IN THE PARK



Thursday 6th August 2015

Venue: Cary Park in Babbacombe | Time: 12pm to 3.00pm

This is for all Carers, friends and family to help us celebrate
summer. There will be a bouncy castle, petting zoo, children's
activities and games ran by PLAY TORBAY and for the adults,
a chance to relax and chat.

Picnic provided by Crossroads Care

To Reserve A Place, Please Contact:
(01803) 323510

SPONSORED WALK!

Saturday 15th August 2015
With various start times from 11am

Torquay Harbour to Goodrington Sands

A choice of 2,4,6 and 10 mile walks
along the beautiful South West Coastal Path

If you would like to take part, contact
The Crossroads Care Team on (01803) 323510
or email jess.slade@crossroadscaresw.co.uk



www.crossroadscaresw.org.uk



Do You, or Someone You Know;
Need someone to talk to?
Feeling isolated and alone?
Are in distress?

0300 330 5464

www.Mindline.org

A confidential listening service providing a safe
place to talk if you, or someone you know, is in
distress. We can also give basic information about
mental health and local services.



Open 8pm-11pm
Tue, Wed, Fri, Sat & Sun

Torquay Carers Group

Meet at the **Olive Carers Centre,**
Victoria Park Road Torquay
on the second Monday of every month.

2:30pm - 4:00pm £2.00 per head

10th August

Cream Tea

Please ring **Sally Corbishley** nearer the date for details

14th September

Jal Heartlander:

Making your own jewellery with beads

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

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

30th July

Ian Handford:

John Lee - The Man They Couldn't Hang

27th August

Adrian Cunningham:

The Work of Coast Watch

24th September

John Risdon:

Paignton Past and Present

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

Carers @ The Park

Coffee Mornings

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

10th September, 8th October
(no coffee mornings in August)

10.00am - 12.00pm

£1.00 per head and the raffle is extra

Afternoon Teas

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

18th September, 16th October
(no afternoon teas in August)

2.30pm - 4.00pm

£1.50 per head (includes raffle ticket)

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

Craft Workshop Group For Disabled People and their Carers

At **Disability Support Torbay** (formerly
the Coalition), next door to Torquay Library
1 Lymington Road, Torquay, TQ1 4BW
Tel: **(01803) 215871**

Meet on the **1st Monday** of every month
Starting at 1.30pm

Activities can include:
paper flowers, techniques, 3D
decoupage, stamping etc.

£1.00 make and take

Any craft donations would also be greatly
received.

Charity no. 1108663

DEVON RECOVERY LEARNING COMMUNITY

I am writing in relation to Devon Recovery Learning Community (DRLC) and the development of Recovery focused courses across Torbay. The aim of DRLC is to provide Recovery focused courses in the community that people, family and Carers affected by mental illness can access independently. The aim is to support wellbeing through learning and education.

Integral to DRLC and a defining principle in the delivery of courses is that they are co produced and facilitated. This means that they are jointly designed and delivered by people working in partnership, combining the perspective of relevant lived experience of mental health issues with that of practitioners or professionals. Sometimes it is the practitioner who has experience, or vice versa. The hope is to remove barriers to learning and to dissolve attitudes between 'us' and 'them'.

Anyone can access the courses and enrol by phoning or emailing a central DRLC hub in Exeter. The courses are delivered on a termly basis and vary in length and duration. My role is to develop courses on offer within Torbay. If you have any ideas or questions, or would like to consider the role of peer tutor, then please

contact me on: 0786 6515 093.

There is a brief outline on the ethos of the Devon Recovery Learning Community on:

www.devonrlc.co.uk where you can also view the current prospectus and gain a flavour of what's on offer. If people are interested in accessing the courses you can enrol by phoning:

(01392) 677067

or email: **dpn-tr.drlc@nhs.net**

The new course prospectus will be available shortly.

Selina Moore,
Recovery Co-ordinator/Occupational Therapist
Devon Recovery Learning Community (DRLC)

Recovery Learning Community partners:



DUOLINGO

LEARN A LANGUAGE ONLINE FOR FREE

Duolingo is a free language-learning and crowd-sourced text translation platform.



The service is designed so that, as users progress through the lessons, they simultaneously help to translate websites and other documents. Duolingo now offers Latin, American, Spanish, French, German, Brazilian Portuguese, Italian, Dutch, Danish, and Irish courses for English speakers, as well as American English for Spanish, French, German, Portuguese, Italian, Dutch, Russian, Polish, Turkish, Hungarian,

Romanian, Japanese, Hindi, Indonesian, and Korean speakers. It also offers many other combinations of languages. It is available on the Web, iOS and Android platforms.

Duolingo launched for the general public on 19 June 2012 and as of January 2014 has 25 million users, out of which about 12.5 million are active. In 2013, Apple chose Duolingo as its iPhone App of the Year, the first time this honour was awarded to an educational application. Duolingo has won Best Education Start-up at the 2014 Crunchies.

Why not give it a go!

Website is **www.duolingo.com**.

OTHER NEWS

Home Alone?
In Town?
Feel Like a Chat?
Then Why Not Come
Along!



Socialising
Information
Support
Advice
More!

Paignton Parish Church
Tuesdays
&
St Mary Magdelene Church
Thursdays
9.30am till 12.30pm

'THE SPEAK EASY'

DROP IN

A New Social Venue for People with a Learning Difficulty, Their



Friends, Partners, Parents and Carers.

Paignton Parish Church, Church Street TQ33AQ.

St Mary Magdelene Church Union Street, Torquay

TQ14BX



Brought to you by Co-ordin8 and supported by Mencap Torbay :
Contact: 07917002805 or 07757471207.

"TIME OUT" For Chilcote and Brunel Carers

We meet on the third Thursday of every month
1:45pm - 4:15pm (unless otherwise stated)

Thursday 20th August

A fun time is arranged for this afternoon at
Time Out with a game of Beetle Drive.
We will also have homemade cakes for sale!



Thursday 17th September

This month's topic is 'The ageing eye and its
problems' with Katy a local optometrist.



Thursday 15th October

Magic Lantern Show

Trevor Badcott will show some slides
of Devon from the last century.



Our meetings are now taking place at:

Anchorage Hotel, Aveland Road, Babbacombe, TQ1 3PT

The Anchorage is situated opposite the children's play area in
Cary Park. Please contact us if you need further directions.

Each month we have coffee & biscuits, a raffle, honey from
Maidencombe for sale and a bric-a-brac stall.

All proceeds go towards the running of the group.

For More Information, Contact

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

A Beginners Tennis Class For Carers

With Heath Parkin LTA qualified pro coach - **starting soon**

At **Abbey Park
Tennis Courts**
Monday
6.30pm - 7.30pm

On a
pay-as-you-go
basis
£5.00 per session



Please contact Dee
on the Lifestyles Team
if you are interested
on: **07584 480400**

FREE COLLEGE MEALS

At South Devon College, we are committed to supporting Young Adult Carers (YAC) in Further Education, and understand that there can be significant barriers and challenges, including financial pressures.

As part of our commitment we offer an accessible package of support to help YAC's. This includes providing a dedicated, professionally accredited and impartial guidance officer to work on a one-to-one basis, to help with decisions about courses and progression options, whilst taking into account the impact of the young person's role as a Carer.

We provide free college meals to all learners identified as a YAC, giving access to a hot meal every day. The College has also worked with Stagecoach to secure a fantastic, new and exclusive travel pass offer, enabling travel 7 days a week, at any time of day, on Stagecoach services within the local area.

We work closely with Torbay YAC's to identify who needs support, and continue to consider new opportunities to help with learning and achieving goals.



To find out what support we can offer, please contact our dedicated team on: **08000 380123**

Free Laptop & Tablet Courses For All Carers

For further information on any of the courses below, please call 01803 323510

Paignton Carers Centre: 10.00am - 12.00pm

Monday 20th, 27th July & Monday 3rd August - 3 week course

"How your computer can save you money". Use your laptop to shop safely and securely. Learn how to use the money saving comparison sites.

Monday 10th August - Support Group Paignton

For anyone who has attended an IT course with Crossroads – come along with your device and we will help you out.

Monday 17th August - Digital Photography Albums

Save your memories on your computer whilst saving you money by using online printing sites such as Snapfish.

Monday 7th, 14th, 21st & 28th September - 4 week beginners course on "How to use your laptop"

Come and meet others in a similar position, have fun and learn at the same time.

Monday 5th October - Support Group Paignton

For anyone who has attended an IT course with Crossroads – come along with your device and we will help you out.

Monday 12th, 19th & 26th October - 3 week course on "Getting to grips with an iPad"

Have fun; meet others whilst learning how to save yourself money!

The Olive Carers Centre

St Edmunds

Victoria Park Road

TORQUAY

TQ1 3QH

01803 323510

torbayadmin@crossroadscare.org.uk

The Olive Carers Centre, Torquay:

Thursday 23rd and 30th July - 10.00am - 12.00pm

- "Getting to grips with your iPad"

Tablet course

Thursday 30th July - 1.00pm - 3.00pm

- Support Group Torquay

For anyone who has attended an IT course with Crossroads – come along with your device and we will help you out.

Workshops Over The Summer

Tuesday 11th August: 1.00 - 3.00 pm

- Digital Photography

Thursday 13th August: 1.00 - 3.00 pm

- Online Banking

Thursday 20th August: 10.00am - 12.00pm

- Digital Photography Albums

Save your memories on your computer and save money using online printing sites such as Snapfish.

Thursday 20th August: 1-00 - 3-00 pm

- IT surgery online form filling

September & October Courses

From 10.00am - 12.00pm:

Thursday 10th September

- Support Group Torquay

Thursday 17th, 24th September and 1st October

- 3 week course "Getting to grips with an iPad"

Thursday 8th, 15th and 22nd October

- 3 week course "Getting to grips with a tablet"

From 1.00pm - 3.00pm:

Thursday 10th, 17th, 24th Sept. and 1st October

- 4 week beginners course "How to get the most out of your laptop". Come and meet others in a similar position, have fun whilst learning at the same time.

Thursday 8th, 15th and 22nd October

- 3 week course "Move on in computing"

This course is for you if you want to learn more skills whilst saving money. Come and meet others in a similar position, have fun whilst learning at the same time.

FUNDED BY
**COMIC
RELIEF**

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