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Deadline for the July edition is
16th May 2016

Spring 2016 (April - July)

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers



Hello and Welcome..

to our bumper Spring edition of Signposts, which takes us up to 20 pages - with a number of updates, general information and activities to keep you busy over the coming months.

April 2016 highlights the ten year anniversary of the Signposts for Carers Magazine. Starting out as a twelve page newsletter, Signposts has grown and evolved over the years as a result of Carer engagement and feedback. On that note, it was a pleasure to meet so many of you over recent months; it was especially helpful to receive your views in connection with the layout and content of Signposts. I will be making my way around all the Carers groups in the coming months, so I look forward to catching up with everyone in due course.

We have a number of updates for you in this edition; the implementation of a pre-payment card for those in receipt of Direct Payments (P5), the Stroke Associations news and group details (P6), Dementia Friends information and session details available for Carers in May (P7) and the evaluation summary of our recent questionnaire for working age Carers (P8,9).

Not forgetting, National Carers Week, will soon be upon us, from June (6-12th) and we have put together 14 events for you to choose from (P10 & 11). Carers Week is a time where we want to pay special tribute to all your hard work as a Carer, so I hope you will enjoy some much deserved time out. We enclose an application form for the events with this edition, could you please complete and return this by the **6th of May**, noting your 1st, 2nd and 3rd preferences, to: **FREEPOST, Torbay Carers Service**.

Finally, we have a lot of other things going on, so do take a look at the Carers Noticeboard (P12 & 13). If you are interested in enhancing your health then the Healthy Lifestyles Team are happy to help (P15) and find out what you are entitled to as a Carer (P19).

Wishing you well over the coming months,

Natalie Townsend - On behalf of Carers Services.

Coming in July's edition:

- Meet the Young Carers Team • Carers Week in Pictures

Contact us c/o Signposts for Carers

Telephone: **01803 666620** Email: **signposts@nhs.net**

GOODBYES FROM...

We are very sad to announce that in December 2015 Ray Heath, our wonderful volunteer, retired from the Paignton Carers group.

Ray has worked for many years, often single handed, at the coffee mornings and afternoon teas held at the Park Hotel. Ray has been supported, when possible, by a Carers Support Worker but she has been the consistent organiser and host and a great character. Her friendly, outgoing manner was always appreciated and also the calm, caring way Ray contacted people individually when she believed they had a problem, or she noticed they had not been to the group for a while.

Ray would make an effort to visit people in hospital and always ensured relevant greeting cards were given to people on special occasions. Ray brought a fun element to the groups, often running themed raffles and providing cakes and biscuits. She even planned her holidays around the groups. She was always very proud that both groups were self-funding through her raffles and donations. Ray also volunteered with the Torbay Paediatric Outpatients Clinics, which she continues to do.

Ray is an incredible person always putting others before herself, despite her own failing eyesight. She has spent her life supporting others and continues to do this. Her happy and lively contribution to the Carers group will be sorely missed and all of us in Carers Services wish her a very long, happy - and hopefully at some stage - restful retirement.

**Sally Corbishley, Carers Support Worker
Torbay and South Devon NHS Foundation Trust**



A THANK YOU... FROM RAY

To those who contributed to a retirement collection for me at the Carers Christmas Lunch. I have sent a cheque for £61 to CAFOD a charity I regularly support and have a Gift Aid declaration with, so the value of this gift is increased by a quarter. So more children will benefit from regular schooling plus a mid-day meal. On their behalf I thank you!

On my own behalf I would like to thank those who have attended Carers @ The Park over the last eight years and I wish them well. Personally, I would like to thank Caroline, Ros, Sally, Trish and Val for all their help and support AND their friendship.

MARY SWEET IS RETIRING!

After many years working hard to develop and run the highly successful Emotional Support Scheme for Carers, Mary has taken the decision to retire.

Mary has worked to create and develop the Emotional Support Scheme with enthusiasm, commitment, hard work and energy, and her work has had a very positive impact on Carers throughout the bay, who have given feedback such as 'It changed my life'.. The scheme has also been very successful in terms of its clinical outcomes.

We will be seeking a replacement for Mary in due course, but she will be a very hard act to follow. Mary, we will miss you!



Hello, my name is Jayne...

...and I am a new member of the Carers Services team. My job title is Information and Advice Officer - Signposts for Carers, so when you call the Signposts' number **(01803) 666620** you are more than likely going to speak with me!

I have a wealth of information to pass onto you as previously I have worked for Torbay Council giving advice on a number of varied queries, including benefits and council tax enquiries. Prior to that I worked in Financial Services. I am actively involved with Brixham Swimming Club and I love walking our beautiful coast line. I also love to read, bake and spend time with my family.

I am really enthusiastic to promote what Carers Services can offer to Carers and I am very excited to be working with a very dedicated team.

I look forward to speaking with you very soon.

Jayne Morris

Signposts for Carers | Information Officer



Nathan Speare



Jayne Morris

Hello, my name is Nathan Speare...

...and I am a third year social work student. I am on placement with the Carers Services Team for the next six months and I'm looking forward to meeting new people and providing help and support where I can.

I have been working with Children's Services since 2009 as a Family Assessment Practitioner. Before this, and again for Torbay Council, I worked as an Outreach Youth Worker providing activities and information to young people deemed "hard to reach".

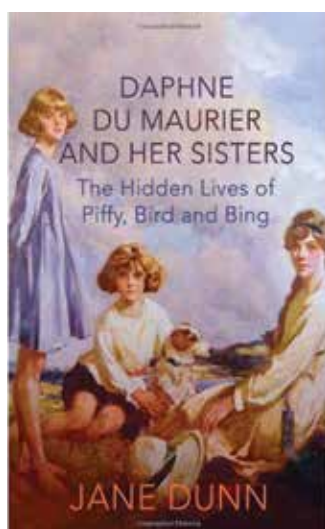
I have also worked as a Residential Support Worker at a children's home for children with behavioural and learning difficulties. I have spent time as a Housing Support Worker, providing practical support to people with substance misuse issues, learning needs, and issues affecting mental health.

I have found my vocation very rewarding and I wouldn't want to do anything else. If you see me around please stop and chat.

BOOK REVIEW

by Samantha Little

'The longer, lighter days of spring bring more time for reading?'



DAPHNE DU MAURIER AND HER SISTERS The Hidden Lives of Piffy, Bird and Bing: Jane Dunn Harper Collins (2013)
ISBN: 9780007347087

A gorgeous triple biography of Daphne du Maurier, author of the timeless novels *Rebecca* and *Jamaica Inn* and her lesser known, but equally fascinating siblings. This clever tome interweaves Daphne's life, which found her constantly torn between her desire to write in Cornwall and her duties as an Army wife and mother, with the progress of Angela, a novelist in her own right, but often overlooked as 'only the sister' and Jeanne, a talented painter and member of the St. Ives Artists' Colony.

This easy narrative is carefully spiced with tales of their theatrical upbringing, luxurious foreign travel and compelling love affairs, making the whole book a treat to read.

MONEY MATTERS

Social security policy continues to deliver many contentious changes, and this article looks at two which may impact on Carers who rent their homes from social landlords (housing associations), claim help towards their rent and are under state pension age.

THE HOUSEHOLD BENEFIT CAP

Phased in nationally from August 2013, the cap placed a weekly limit on households' overall benefit income, with any excess deducted from Housing Benefit or Universal Credit. Outside London the cap was originally set at £500 for single parents (or couples with children), and £350 for single people. Statistics show that 120 households were affected in Torbay up to November 2015, but this figure is likely to rise, as from April 2016 the cap is tightened, becoming £385 and £258 respectively.

Households are exempt from the cap if any member of the household is in receipt of:

- **Disability Living Allowance**
- **Personal Independence Payment**
- **Attendance Allowance**
- **Industrial Injuries Disablement Benefit**
- **War Disablement Pension or Armed Forces Compensation Payment**
- **Employment and Support Allowance (support group only)**
- **War Widow's or War Widower's Pension**

Households with someone in NHS care, whose exempt benefit is temporarily suspended, are also protected. Those households entitled to Working Tax Credit or Universal Credit (with the in-work exemption) can side-step the cap altogether.

In a legal victory for Carers last year, the High Court held that the benefit cap is unlawful in its application to full-time unpaid Carers and also to Carers of disabled children if exemption is lost



when the disabled child turns 16 and is 'treated' as having left the household. Consequently, the government now intends to bring Carers Allowance (and also Guardians Allowance) within the list of exemptions and to address the 'rising 16s' problem. Watch this space for news of when these changes take effect.

BEDROOM TAX UPDATE

The government's spare room subsidy policy ('bedroom tax'), has caused misery to many people, but legal challenges continue. In January this year, the Court of Appeal found in two cases that the policy was unlawful in its application to victims of domestic violence (adapted 'sanctuary rooms'), and Carers of severely disabled children (separate bedroom for overnight Carers) - the law only allows an additional bedroom if a disabled adult requires an overnight Carer. The government disagrees with both the Court's decisions and has appealed to the Supreme Court. The two cases are individual, but depending on the outcome of the appeal, may be helpful to others in the future. Watch this space for further developments.

More detail and advice about the benefit cap and bedroom tax can be found on the Shelter website: <http://england.shelter.org.uk>

A REMINDER TO CARERS ALLOWANCE CLAIMANTS

Many benefit rates are now frozen for the next four years, but Carers Allowance isn't one of them. However, you may have been surprised to find your payment unchanged from last year. This is because the Consumer Price Index (CPI) hovered around the 0% mark last September, so sadly there is no increase in this financial year.

DIRECT PAYMENT CARD

Torbay and South Devon NHS Foundation Trust have been developing plans to implement a pre-payment card to assist those in receipt of a direct payment. A project team have been working hard with the card supplier (Prepaid Financial Services) as part of our implementation strategy.

We are currently working on the technical side of the implementation, together with supporting information, which includes frequently asked questions and an explanatory leaflet.

Initially there will be a small number of Direct Payments managed by Disability Focus and these will be transferred onto the card. From May/June existing Direct Payment clients will begin to transfer to the card; this will occur over a period of months as capacity allows and will be completed by the end of 2016.

A further update will follow, and those who have the opportunity to use the Direct Payment Card will be contacted individually in due course.

Steve Honeywill, Head of Operational Change
Torbay and South Devon NHS Foundation Trust

NEW FEATURES OF CARERS DISCOUNT SCHEME

Last November, we redesigned the Carers Discount Scheme booklet, which is now slimmer with two participating businesses listed on each page and a bright new cover. It is now much easier to pop into your pocket or bag when you go shopping, so that you don't miss out on any offers.

We have also divided the businesses into alphabetical sections to help you find discounts more quickly while you're out and about, although many of the shops and other firms included in the booklet display the sticker featuring the Emergency Card to prompt you to use them.

We currently have 60 businesses in the Scheme, giving discounts on various goods and services right across Torbay. We are delighted that individuals and firms who want to recognise Carers continue to contact Carers Services wanting to join the Scheme. We will announce another two offers in the next edition of 'Signposts' and will continue to advise you about businesses joining or leaving the Scheme on the Noticeboard.

Samantha Little

TORBAY CARERS DISCOUNT SCHEME UPDATE



These local firms have left the Discount Scheme:

Ashton's Taxis

Bay Brasserie (RICC)

Bistro 1909

Greenway Ferry Company

Keys & Locks Direct

Theresa Wood – Complementary Therapist

Torquay Wind and Surf

We are delighted to announce the following increases in discounts for Carers:

RH Dry Cleaning: 20% off

Sue Mutlow Complementary Therapist:
Free Telephone Consultation (10 minutes)/£4 off Reflexology Session/50% off first Energy Medicine Session.

There are over 600 strokes a year in Torbay. When a stroke happens in a household, everyone is affected. Roles change. The person who took care of the finances may no longer be able to do so. The breadwinner may be unable to work. The patient and loving partner may have become anxious and frustrated, or may be devastatingly tired and unhappy. A stroke is often frightening and exhausting for all involved.

Not too many people know that stroke is the largest cause of complex disability. Half of all stroke survivors are left with a disability. 73% of stroke survivors lack confidence and a high percentage have bouts of often serious depression. 44% say they find it hard to talk about their stroke and its effect on their lives.

One in five dependent stroke survivors are cared for by their family and friends. 64% of Carers say that the emotional impact of stroke is the hardest thing to deal with.

The Stroke Association aims to provide high quality information, emotional support and practical advice following a stroke. We do this through the delivery of our small Information and Peer Support service in Torbay, for which we are commissioned by the NHS.

Talking things through with people who understand, can really help. We aim to get as many people together as possible for peer support - stroke survivors or Carers supporting each other. This is done in 6 discussion and social groups, and is arranged one to one for those unable to get to a group. The Torbay Information and Support HUB welcomes Carers. A well-attended weekly drop-in (Monday 11:00am at Paignton Library), it supports and empowers stroke survivors and Carers by enabling them to share their challenges and triumphs, and learn from the experience of others. Discussions on topics chosen by those at the group and informal peer support networks are a feature of this group, with meetings for coffee, chess and outings etc, organised on a casual basis.

This year our annual Torbay stroke event, on May 19th, will focus on 'younger stroke', and on coping strategies for stroke survivors and their Carers. One in four strokes

occurs in people under 65. We have weekly Younger Women's and Younger Men's Support Groups. These groups involve mutual support, obtained by meeting up in nice places for coffee. Stroke survivors get a great deal of support from their peers, and these groups have been instrumental in some remarkable reductions in anxiety and depression, and the development of confidence.

Sometimes the most helpful message we can give someone who has had a stroke, or who cares for them, is that "you are not alone".

To find out more about the May 19th 'Take action on Younger Stroke' event, or to seek information and support, call

David Mannion on:

07717 275848

or email david.mannion@stroke.org.uk

Take action
on YOUNGER
stroke



THURSDAY MAY 19TH 1.00 - 4.00PM
PAIGNTON LIBRARY

TQ35AG: Opp Bus and Train Station and pay and display parking

Managing your stroke
Professional and stroke survivor presentations
Younger stroke groups
Information and support
Blood pressure
Healthy lifestyle
Cafe on site

Make May Purple
for stroke

Stroke
association

Stroke Association 07717 275848
torbay@stroke.org.uk

DEMENTIA FRIENDS AND RESEARCH STUDY



Have you noticed staff at your doctor's surgery wearing little forget-me-not badges with the words 'Dementia Friend' and wondered what they meant? Perhaps you remember the TV advert with celebrities singing 'With a Little Help from my Friends'. Dementia Friends is an initiative of the Alzheimer's Society which aims to change the way our Society thinks, talks and acts about dementia.

The idea behind Dementia Friends is simple but effective. The Alzheimer's Society trains Dementia Friends Champions to deliver free information sessions. Champions return to their communities and deliver the sessions in their workplaces, to their friends and family, in schools and colleges, to all kinds of groups and to the public. Everyone attending a session learns five key messages about dementia and is asked to commit to at least one action, large or small, which can make a positive difference to people living with dementia. Those willing to commit to such an action are called Dementia Friends and receive a lapel badge and information card. The original target was to create one million Dementia Friends by 2015. The target was reached in February 2015 and a fresh target set – four million Dementia Friends by 2020. That will mean that there will be four million people across England and Wales, each doing their bit to create dementia-friendly communities.

Local Dementia Friends Champion, Maureen Chivers, recalls that when Dementia Friends was launched in 2013, it was a struggle to get people along to sessions: "People backed off when I mentioned dementia. There was a stigma attached. Of course, this was the very reason Dementia Friends was set up." Over the past three years dementia has been in the news a great deal. Its prevalence means that everyone is likely to come across someone with dementia, so it's important that each one of us knows a little about the condition and gains confidence in supporting people living with dementia. Dementia is one of four issues on which members of the Scout Association will be taking action as part of their new community impact project 'A Million Hands'. So now Maureen is kept busy

as the demand for Dementia Friends Information Sessions increases.

On Thursday 12th May, Maureen will be running an interactive Dementia Friends Information Session for Carers in the Drummond Suite on the 1st floor of Paignton Library. Those attending are asked to arrive at 10.45am, so that the session can start promptly at 11.00am. It will finish at 12.00pm. People caring for relatives living with dementia have found the session very helpful. The session is open to all Carers. You can book your place via the following link:

<https://goo.gl/UWIKK0>, click on: 'Attend an Information Session' and follow the instructions, alternatively go to: www.dementiafriends.org.uk and click 'Attend an information session'.

Or contact Maureen on:

07741 201591 or maureenchivers@onetel.com to let her know you'd like to attend, or to ask for further information.



Do you have dementia or provide support to someone who does?



Would you like to hear about the 'Valuing Active Life in Dementia (VALID)' research study?

If so, please contact the 'Valuing Active Life in Dementia (VALID)' research team on:

 **Telephone:** 01392 408143

 **Email:** rde-tr.DDC@nhs.net

The Valuing Active Life in Dementia (VALID) research study is funded by the National Institute for Health Research's Programme Grants for Applied Research Programme and is a partnership between North East London NHS Foundation Trust and University College London, University of Sheffield, University of Hull, Radboud University of Nijmegen, University of East Anglia, University of Manchester, Swansea University and Dementia UK. ISRCTN10748953

WORKING AGE CARER EVALUATION SUMMARY

All working age Carers with an email address were sent out an online questionnaire to complete to find out about their experience of being a working and caring Carer. We received 34 responses and the key points were as follows:

- **Working and caring creates a great strain. Many give up work to concentrate on providing care.**
- **Carers who work often feel their job, caring role, personal life and health suffer as a result.**
- **Respondents felt they needed more information on employment rights outside of working hours, and more help with benefits.**
- **Employers are often supportive when they know an employee is a Carer, with many working flexible hours to enable them to cope better.**

ARE YOU A CARER IN EMPLOYMENT?

WRITTEN BY LOCAL SOLICITOR, MAGDALENE BRISTOW

Caring for a loved one can sometimes be lonely and you may feel that continuing to work while caring for your dependant can help raise your spirits and provide you with the social interaction you may be missing in your role as a Carer. Returning to or continuing to work might feel a little daunting and you are probably asking yourself questions such as: "Will I be able to take time off at short notice if my dependant needs me?", "Will I be able to work flexible times to fit around my caring duties?" or "Is my job at risk"? This article is designed to help you understand your employment rights.

THE RIGHT TO FLEXIBLE WORKING

If you have worked for the same employer for at least 26 weeks you have the right to request flexible working. Only one request can be made in any 12-month period and so you should be clear on what flexibility will assist you the most before making such a request. Employers have 3 months from the date of your request to make a decision and must have a sound business reason to refuse your request.

A request for flexibility may be to change your place of work, hours of work or working pattern. If you have less than 26 weeks service, although you don't have the benefit of a statutory right, your employer may still be willing to consider reasonable requests. You should speak to your manager as soon as possible.

TIME OFF FOR DEPENDENTS

All employees have the right to unpaid time off for certain emergencies. You do not have to have worked for your employer for any minimum period of time. As a Carer you are probably more likely to have sudden emergencies and therefore, it should give comfort that you are entitled to take such time without risking your job.

The right is to a 'reasonable amount' of time off, although it is not stated how much is reasonable. In most cases a day or two will be sufficient to deal with the immediate crisis, but it will depend

- **Carers felt that having more support for the person they care for during working hours, better flexibility in working hours from their employer and provision of Carer support at convenient times, would be most beneficial to enable them to work and be a Carer.**
- **More support is needed from Carers services, employers and employment services.**

Torbay Carers Service is using this information to work with employers to highlight what it is like to be a Carer in employment and we will discuss with employers how to identify and support Carers at work. We are also working with the Job Centre to see how employment services can more efficiently support Carers.

The Carers Service acknowledges the need for working aged Carers to be able to access information and support services outside traditional working hours; as a result we now offer telephone access to a Carer Support Worker every Tuesday evening and an email Information Service: (signposts@nhs.net) so people can email at their convenience and we will reply the next working day.

on the individual circumstances. You must tell the employer as soon as possible the reason for the absence and how long you expect to be absent.

Check your employer's staff handbook, which contains the policies and procedures. They may have a policy that time off for a dependant is paid. You should also check your contract of employment to see if there is any contractual right to paid time off. If there is no policy, whether the time off is paid or not, is at your employer's discretion.

TALK TO YOUR EMPLOYER

If you are struggling to juggle work and being a Carer, talking to someone could help. Employers value skilled and committed staff and they may be able to help you. Perhaps by giving you time off work to think about your options, or allowing you a career break? Don't fall into the trap of thinking: "It's too much, I'll have to resign..." and carefully review your options before making any decision.

If you require any help or assistance please contact me, Magdalene Bristow on:

(01803) 225174

or at:

magdalene.bristow@wollenmichelmores.co.uk

RD & E CARERS

UPDATE

The new RD & E Carers lead is Bernadette George, who is the Head of Safety and Patient Experience and also has responsibility for complaints, PALS and volunteers.

CARER BENEFITS AND ACCESS TO SERVICES AT THE RD & E

Carers do not need to pay for parking when they visit the RD & E Hospital to support the person they care for. Carers simply show their Carers Card when they book their cared for in to their appointment and then a vehicle clearance form is completed and phoned through to the Parking Officers to ensure free parking for this vehicle. Carers can also receive 20% discount on refreshments in the Hospital.

Information on Carers services is now available in the PALS office, which is opposite the main Reception. A banner has also been set up near the main reception to give information for Carers.

CARERS WEEK 6-12th JUNE



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges Carers face and recognise the contribution they make to families and communities throughout the UK.

This year, Carers Week focuses on building Carer Friendly Communities, which support Carers to look after their family or friends, while recognising that they are individuals with needs of their own.

Carers Week is brought to life by the individuals and organisations who come together to organise activities and events throughout the UK, drawing attention to just how important caring is.

This year, Torbay has organised a programme of events during Carers Week designed to reach a large number and variety of unpaid Carers, from young to old, either working or not working. The events are open to all Torbay Carers.

There will be an opportunity for Carers to take part in a whole host of activities, from pampering, bowls, cream teas, afternoon teas with entertainment, lunch out, a treasure hunt and a virtual jet flying experience, among other things. Events will be on a ticket basis/pre-book system.

To apply please complete the insert with this edition of Signposts, noting your 1st, 2nd and 3rd preferences and return to: **FREEPOST, TORBAY CARERS SERVICE – No later than Friday the 6th of May.** Alternatively, ring direct to book where specified. We will do our best to accommodate your choices.

For more copies of this brochure and insert, or general information on Carers Week 2016 contact Signposts for Carers on: **(01803) 666620** or go to: www.torbayandsouthdevon.nhs.uk/services/carers-service/signposts-magazine

CARERS WEEK EVENTS

MONDAY 6TH JUNE

FAMILY HISTORY & A LIGHT LUNCH

Paignton Library

11am - 12:30pm

Ancestry.com® is the world's largest online family history resource, home to billions of historical records, millions of family trees and much more. It's also the world's leading network of archives dedicated to helping everyone discover, preserve and share their family history. Take a short guided tour to see what the site has to offer anyone researching their own family tree. **(Carers only)**

CELEBRATION OF LOCAL HISTORY

Paignton Library **2pm - 3pm**

Without leaving your seat you will be taken on a walk of Paignton old town - from the Bishop's Palace and Winner Street (from Wynerde i.e. vineyard) to the late mediaeval Kirkham House plus marshes, mills and manors – which have



now gone. We will look at a range of interesting features and facts, illustrated with old photos. **(Carers & Cared for)**
The talk is part of our grant funded 'Celebrating Torbay' Local History Year

TUESDAY 7TH JUNE

RELAX & UNWIND

Torquay Museum, Babbacombe Road, Torquay

10am - 3pm

Relax and unwind with Reflexology, Reiki, manicures and facials. A day to focus on 'you' and your wellbeing.

(Carers only)

Please ring (01803 323510) to book your place

INDOOR BOWLING

Torquay United Indoor Bowling Club, Marnham Road, Torquay TQ1 3QW

2:30pm - 5:00pm

Indoor Bowling is a great way to put your stresses aside for a while, get to meet new people, have fun and benefit from gentle exercise. Come and try the sport for yourself. Equipment is provided and volunteers are available to help you get started. **(Carers and Cared for free)**

Please bring carpet slippers. Limited bowling shoes available.



WEDNESDAY 8TH JUNE

COME FLY WITH US!

Chudleigh

10am - 1:00pm



Do you have what it takes to fly a Boeing 737? If not, then pilots at the Centre will teach you everything you need to know, together with the virtual PC aviation system. Be prepared to laugh, learn and have some fun. Transport and a light lunch is provided. **(Carers only)**

POEMS AND PASTRIES

Paignton Library, The Drummond Suite

1:00pm - 3:00pm

Come and enjoy an afternoon of poetry! "Listen to poems or write a rhyme; Feast on cakes at tea time!" No previous experience required. **(Carers only)**

THURSDAY 9TH JUNE

RELAX & UNWIND

Brixham Carers Centre

10am - 1:00pm

Relax and unwind with Reflexology, Reiki, manicures and facials. A day to focus on 'you' and your wellbeing.

(Carers only)

Please ring (01803 323510) to book your place

VINTAGE AFTERNOON TEA

The Anchorage Hotel, Aveland Road, Torquay

1:45pm - 4:15pm

Join us for afternoon tea with a vintage theme. Quiz, raffle and music from 1950's and 60's with Richard Lumsden.

(Carers free, Cared For £4.50), limited places available

Sponsored by: The Medical Eye Clinic and TSDF

Please ring to book your place:

Amanda Thomas: (01803) 316333

or Michele Glanfield: (01803) 312233

CREAM TEA AT THE PARK

The Park Hotel, The Esplanade, Paignton

2:00pm - 4:00pm

Entertainment will include a ukelele band & The Sacred Heart Choir. A raffle will be held at this event. **(Carers free, Cared For £3.95)**

FRIDAY 10TH JUNE

YOGA TASTER SESSION

Paignton Library

10:30am - 11:30am

Yoga is an ancient form of exercise focusing on strength, flexibility and breathing. It boosts physical and mental wellbeing – why not come for a taster session. No previous experience required. Bring a mat/towel and a bottle of water. **(Carers only)**

FRIDAY 10TH JUNE

TREASURE HUNT

Cockington

1:00pm - 3:00pm

Held in the grounds of Cockington Court enjoy an adult Treasure Hunt with clues fit for Agatha Christie! Meeting at the Manor House which dates back to Doomsday. Win the main prize, or a number of treats along the way.

Thanks goes to Boots, Richardson Hotels, WH Smith and Harbour Kitchen.

Please wear practical clothing. **(Carers only)**



SATURDAY 11TH JUNE

MOVIE QUIZ

At Chilled Out, Torquay

10:30am - 12:00pm

Test your knowledge of favourite movies/cartoon characters. See how many questions you can get right - prizes for all who take part. **(Young Carers only)**

Please ring Andrew Wright on: 07776 495028 to book your place

CAR MAINTENANCE

Preston

10:30am - 12:00pm

This will be a light-hearted approach to learning some serious skills. How to check:

Antifreeze, tyre pressures, oil levels and top up, tyre condition, wiper blades, explain how tyres work and road safety. Please wear practical clothes. **(Carers only - limited numbers)**



LUNCH, ENTERTAINMENT & PAMPERING

Living Waters Church, Preston

1:00pm - 3:00pm

Come and enjoy a fun, relaxing afternoon, with a sit down lunch and entertainment, followed by nail treats and hairdressing. **(Carers free, Cared For £4.00)**

PROVISIONAL CARERS EVENT FOR THE 8TH OF JUNE CARERS INTO EMPLOYMENT – NEWTON ABBOT

- Looking to return to work, or take your first steps into employment?
- Want to know more about what support is available to you?
- Rights for Carers at work
- Work related training
- Preparing for self-employment or setting up a small business

If you are interested in attending this event please leave your details with Devon Carers on: **08456 434435**. This is a non-ticketed event and not part of your Carers Week choices. **(Free for Carers)**

Carer's Name:

Address:

.....

.....

.....

Telephone No: Email:

Cared For's Name:

Address (if different from above):

.....

.....

.....

Your GP Surgery:

Are you a member of Torbay Carers Register? YES ☐ NO ☐

Will you need any of the following to enable you to attend an event?

Transport? YES ☐ NO ☐ Support to look after your cared-for at home? YES ☐ NO ☐

Do you have any specific dietary needs?

Details:

Do you have any mobility difficulties?

Details:

.....

Please give details of cared-for's dietary and/or mobility needs if they are attending an event:

.....

..... please turn over

Please indicate which three events you would like to attend by ticking the box in order of priority, for example:

Carer
☒ 1st Choice

Carer
☒ 2nd Choice

Carer
☒ 3rd Choice

Ticketed Events:

Monday 6th June	Carer	
Family History & A Light Lunch, Paignton Library		
Monday 6th June	Carer	Cared For
Celebration of Local History, Paignton Library		
Tuesday 7th June	Carer	
Indoor Bowling, Torquay United Indoor Bowling Club, Torquay		
Wednesday 8th June	Carer	
Come Fly With Us! at the Virtual Jet Centre, Chudleigh		
Poems and Pastries, Paignton Library		
Thursday 9th June	Carer	Cared For
Cream Tea At The Park, The Park Hotel, Paignton		
Friday 10th June	Carer	
Yoga Taster Session, Paignton Library		
Treasure Hunt, Cockington		
Saturday 11th June	Carer	
Car Maintenance with Kwik Fit, Preston		
Saturday 11th June	Carer	Cared For
Lunch, Entertainment & Pampering, Living Waters, Preston		

For the Carers events listed below, please ring the specified number to book your ticket direct and tick your preference as part of your three choices:

Tuesday 7th June	Carer	
Relax & Unwind at Torquay Museum, Torquay - (01803) 323510		
Thursday 9th June	Carer	
Relax & Unwind at Brixham Carers Centre - (01803) 323510		
Thursday 9th June	Carer	Cared For
Vintage Afternoon Tea, Torquay - (01803) 316333 or 312233		
Saturday 11th June	Carer	
Movie Quiz @ Chilled Out, Torquay - 07776 495028		

Please return this form (no stamp needed) to:
FREEPOST, Torbay Carers Service
 Closing date for applications: **6th May 2016**

CARERS NOTICEBOARD

BRIXHAM HERITAGE MUSEUM

This business currently gives free entry to Carers; however, from April 1st 2016, there will be free entry for all visitors, and Carers will receive:

20% off Museum Shop goods
20% off Family History Sessions

Sit Active

Coffee Mornings

Chair based exercise group – gentle fun exercise from the comfort of your chair. Come and get a bit more active and socialise with others.

Run by a fully qualified chair based exercise instructor.

Monday Afternoons 2.30 – 3.30pm

6 sessions available
£1.60 per session including tea/coffee

Call Kay at Brixham Does Care to book on:
(01803) 857727

TORBAY MID-AGE CARERS GROUP

Meet once a month on every second Thursday
In various locations around the bay
2:00pm - 3:30pm
for Carers aged between 40-60 with some flexibility.

14th April

Babbacombe Cliff Railway (£2.00 return) and then tea/coffee in the railway cafe

12th May

*A guided tour of Lupton House
Churston Ferrers, Brixham*

9th June

*Crazy Golf at Abbey Pitch and Putt, Torquay
(Belgrave Road)*

14th July

*Meet at the Derwent Hotel, Belgrave Road for a ride on
the Torquay Land Train (round trip £3.20)*

For further information call:
Val Shute on: 07596 103291

"TIME OUT"

For Chilcote and Brunel Carers

We meet on the third Thursday of every month

1:45pm - 4:15pm

at The Anchorage Hotel, Aveland Road, Babbacombe,
(unless otherwise stated)

Thursday 21st April 2016

Carol Stephens - 'My Life Afloat'
Adventures Aboard a Canal Boat

Thursday 19th May 2016

Georgina Patterson - Will discuss how a reflexology
massage treatment can aid relaxation and reduce
feelings of unwanted stress.

Dee Allbrook - From the Healthy Lifestyles Team, will
discuss a number of FREE or subsidised courses available
to the public of Torbay. As a Health Trainer Dee carries
out FREE 1-2-1 health interventions.

Thursday 21st July 2016

Dr Peter Moore - A Police Surgeon's Lot
In this talk he will outline his work as a police surgeon in
South Devon with numerous anecdotes, as well as giving
some historical context.

For More Information, Contact

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

Carers @ The Park

Coffee Mornings

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

14th April, 12th May, 14th July
10.30am - 12.00pm

(There will be a raffle & coffee is £1.50)

Afternoon Tea & Biscuits

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

15th April, 20th May, 17th June, 15th July
2.30pm - 4.00pm

Meetings are attended by Ros Vian (CSW)
(no raffle, but a £1.50 charge will be made for drinks)

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



FREE
Tea Dance & Cream Tea
at Lupton House
Wednesday 20th April 2016
3pm-5.30pm

To celebrate HM the Queen's 90th birthday,
Carers Trust Phoenix
will be hosting an afternoon of dancing,
music, joviality and much more in the
beautiful surroundings of Lupton house,
Brixham Road, Churston Ferrers, Torbay.
****Booking required****

For further details or to book your place,
please contact:
Carers Trust Phoenix on: (01803) 323510.

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

28th April

Rick Allbrook - Ambassador for Guide Dogs for
the Blind Association:
'Do you know how to guide and be guided?'

26th May

Ian Cooper (retired policeman)
'A Policeman's Life' continued

30th June

John Dudley: Folk Law

28th July

Davinia Allbrook - Health Trainer:
'Small Steps to a better you'

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

Innovative Reminder App for Carers

The Nudgu Reminder App, is an innovative application for dementia or diabetes caregivers for smartphones and tablets. The App will remind the cared for of important recurring or one off events, by a recorded message to their land-line. The App also notifies the caregiver if the reminder was listened to or not. To find out more, visit: **www.nudgu.com**

Torquay Carers Group

Meet at the **Olive Carers Centre,**
Victoria Park Road Torquay
Second Monday of every month
2:30pm - 4:00pm | £2.00 per head

9th May

Ian Cooper (retired policeman)
'A Policeman's Life' continued.

13th June

Davinia Allbrook | Health Trainer
Small Steps to a Better You

11th July

Cream Tea - Venue to be decided

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

Torbay and South Devon **NHS**
NHS Foundation Trust

Are you an unpaid carer? Enjoy books?

Join us at our new, monthly book club!

This is your chance to discuss great books and make new friends! Free refreshments will also be provided.

The book club meetings will be on:

The fourth Thursday of the month (7pm—8pm) at
Jasmyn House, Midvale Road, Paignton.

For more information contact Davinia on 07584 480400 or email daviniaaallbrook@nhs.net

Unsure where Jasmyn House is? It's situated close to Paignton Library but a map is available on request!

NEW HEALTH & WELLBEING CLINIC OPENS IN TORQUAY

Devon Partnership NHS Trust's plans to change the way they deliver mental health and learning disabilities services in Devon are now taking shape, which started with the opening of their new **Health and Wellbeing Clinic** at Torbay Hospital in the Haytor Unit, in January 2016.

The organisation is developing three major Clinic Hubs in Torbay, Exeter and Barnstaple. Torbay was the first to open, supported by their new, smaller satellite clinic at the Chadwell Centre in Paignton, which opened at the end of February.

In the long term, the majority of people's assessments, and some of their treatment appointments will take place at one of their three main clinics, booked at the closest and most convenient location for the people who use their services. This mirrors the model for physical NHS care services, where most specialist treatment is conducted in a larger, acute hospital setting where there is a greater concentration of professionals, with the majority of follow-up and on-going care being provided locally. They want to ensure people are supported by the full range of clinical staff – what they call a multi-disciplinary team; where doctors, nurses, psychologists, occupational therapists and other professionals will be available to support people's care. This helps them to cover as much as possible at a single appointment, avoiding the need for multiple assessments.

Devon Partnership NHS Trust understands that some people cannot travel or may have real concerns about travelling to one of these central locations. So, if it is possible, they will arrange to see people at alternative locations. Many people

will continue to be seen in their own homes or communities, as they are now.

Director of Operations at Devon Partnership NHS Trust, Dr David Somerfield, explains: "The changes to the way we deliver mental health services will see us make far better use of mobile technology and introduce evidence-based care pathways for the first time. Our new Clinics will provide a high standard of multi-disciplinary care and later this year we will be introducing a Single Point of Access – one number, one call - allowing easier access to all of our services.

"During our first few weeks at the Haytor Unit, in the new Health & Wellbeing Clinic we assessed around 50 new referrals a week, and started using the new care pathways designed to give the people who use our services a clear indication of their journey of care with us, from their referral and assessment through to their recovery and discharge.

"We will continue to monitor feedback from the people who use our services, their families and their Carers to ensure that we get it right."

Devon Partnership NHS Trust wants to continue to work with people who use their services, their Carers and their families. If you have any questions or concerns about any of the changes, please speak to your Care Coordinator or you can contact:

Jacqui Bamford,
Mental Health Involvement Officer for Torbay:
(01803) 217264

mentalhealthinvolvement.tct@nhs.net

or contact the Patient Advice and Liaison Service (PALS): **0800 0730741** dpn-tr.pals@nhs.net



ENHANCING YOUR HEALTH IN 2016

PAST EXPERIENCE

Looking back, is there a time when you were happier with your health? Have you tried a weight loss or exercise programme, or a class you found worked? Think back as some of this knowledge equates into lessons you can use to shape your future and help overcome obstacles to success. You could decide on some affirmations and combine these with a positive visualisation of yourself, which will help you to 'set sail' into 2016.

STARTING AT HOME

Do you have chocolate readily available or under lock and key? It's no joke. If you can hide it away, or not buy it in the first place, then you don't have that readily available temptation. Preparation is helpful; try to keep some healthy snacks available, so that when you are hungry you can keep those pangs at bay. Have fruit available by the kettle, instead of biscuits. Fruit is part of your recommended 5-a-day, and is full of vitamins and nutrients which helps everything from hair, skin and nails, to mood. Add some variety to your diet, a rainbow plate can be fun and makes every meal different. When cooking think of your technique, poaching and steaming

rather than frying and roasting.

HEALTH TRAINERS

With our Health Trainers you can look at setting small achievable goals.

We will show you how to:

- Cut down on sugar
- How to think in terms of F.A.T. - Frequency, Amount, Type (portion sizes and swapping for lower calorie alternatives.)
- How to cut down on meat and fill up your plate with more vegetables and salad.
- Healthy carbs – using wholemeal instead of white refined carbs for sustained energy.
- Cutting back on alcohol - alcohol is 7kcal per gram as opposed to 4kcal for carbohydrates: 3 slices of cake could equate to three glasses of wine.
- Trying new ingredients or recipe books to add excitement and change.

For more information and to see a Health Trainer please contact the Healthy Lifestyles Team on:- **0300 456 1006.**



TORBAY CARERS ON INTERNET TV

Torbay Carers will be appearing on a live internet television service run by Torbay and South Devon NHS Foundation Trust on 27th April at 2.00pm. The broadcast will consist of a conversation on the Hiblio sofa with one of the Carers Service managers about the range of services on offer to Carers in Torbay and why it is so valuable to identify Carers at the earliest opportunity. If you visit Hiblio online at: www.hiblio.tv you can catch the broadcast live by following the Live link on the main page.

Torbay Carers have already appeared on Hiblio Live on March 23rd 2016. Diana Sibley gave her story of being a Carer and how she received support to make her role more manageable. If you would like to see this broadcast you can view it at www.hiblio.tv and you can follow the link to Watch Again.

MOVING ON

We are starting a group which supports people who are no longer Carers and would benefit from talking with others in a similar situation. Maureen Wright will facilitate monthly meetings at Brixham Carers Centre and these will focus on the following:

- Dealing with loss
- Facing a new future
- Filling the void
- Emotional support
- Practical support

CROSSROADS CARE NOW CARERS TRUST PHOENIX

Spring has sprung and we are all bouncing around here after the fun and frivolities of our Carer Easter coffee morning. Thank you so much for your support, and a big thank you to all who completed our satisfaction survey.

We are planning some super events - just round the corner in the next few days and in June (Carers Week), don't forget to take advantage of the treats, by booking your place (P10 & 11).

EMAIL UPDATES FOR CARERS

Torbay Carers Services would like to maximise the use of email communication with Carers in Torbay, to ask for your help in improving our understanding of Carers experiences and providing opinions through questionnaires and reference groups. We also send out regular email updates about forthcoming events and anything that could impact Carers; this provides updates in between editions of the Signposts Magazine.

If you are happy to give us your email address, then please contact: signposts@nhs.net with your name and first line of your address.

We look forward to hearing from you.

- The financial impact
- Health impact
- Benefits and support including Carers Allowance
- Getting back (including returning to work, confidence, rediscovering old friends etc.)

The groups will take place on the first Wednesday of every month, starting on 4th May and running from 10.00 – 12.00pm.

If you are interested in attending this group please call Brixham Carers Centre on: **(01803) 852421**.

Just to let you know, we were Crossroads Care and are now known as Carers Trust Phoenix, please don't let the change concern you. We are still doing all the same things; events, workshops, groups, advocacy, benefit entitlement advice, IT courses and one to one support.

Our 'what's on where' list is now available, so please ring us for a copy, or to chat/book your place for one of our exciting events on: **(01803) 323510**.

MUTUAL CARING PROJECT

Ageing can make some things more difficult to do. You might not be able to bend, stretch or lift as easily as you did in the past. You may not have as much energy.

If you are a Carer, you may find that as you get older, you need help from the person you care for. This is known as 'mutual caring'.

Are you aged 50 or over and caring for someone with a learning disability?

Do you have a learning disability and help your Carer (aged 50 or over) with things they find difficult?

If you live in Torbay and answered 'yes' to either of those questions, the Mutual Caring project would like to hear from you. We want to find out what life in Torbay is like for you and the person you help.

We plan to offer events and activities where you can meet other people who are in a similar situation.

To find out more, please contact Emma Young.

Phone: **07852 546530**

Email: emmajane.young@mencap.org.uk



LOTTERY FUNDED

TALKING BOOKS

As someone with a Visual Impairment I often find reading impossible, even with my Kindle.

Having exhausted the supply of Talking Books that appealed to me in both Paignton and Torquay Libraries, I turned to the RNIB for some advice. They recommended a Sonic USB Memory Stick Player.

Pictured below with USB stick inserted:



Next I registered for the Talking Book Service (free). You can choose the genre of book that you prefer, for example: family sagas, crime, historical novels, war stories, fiction and non-fiction. You can also ask for books written by your favourite authors.

Three books are recorded on each USB stick ... so if you don't like the first book, you can move on to the second or even the third.

The Sonic player comes with a charger for the re-chargeable battery, is portable and can be carried around the house as you carry on with all the jobs that need to be done. If the Carer or cared for enjoys reading, you can sit, relax and listen to the stories together.

Details: Price of Sonic USB Memory Stick Player £27.49p (December '15)

RNIB phone number: **0303 123 999**

On-line shop: shop.rnib.org.uk

TORBAY YOUNG ADULT CARERS

WELLBEING WEEK AT SOUTH DEVON COLLEGE

On Thursday, January 28th, Young Adult Carers set up shop on "The Street" as part of South Devon College's "Wellbeing Week". The stand was manned by three Young Adult Carers, who set out to promote the support our service offers to Young Adult Carers across the Bay.

The stand was highly successful and attracted a lot of attention; this was probably purely based on the fact we were giving away chocolate to anyone who could give us a sound definition of the word "Carer"! Their definitions were very clear, and surprisingly, a majority of people highlighted in their answer that not all people that require care are physically disabled; some also suffer from mental health issues. Quite a lot of people were interested in hearing the testimonies of the Carers running the stand, and looking at the pictures of the fun we have as a group, outside our caring role.

We were able to help a few people identify themselves as Carers, and the success of the stand has resulted in two new referrals. We were also able to successfully promote the new, easy way to fundraise for YAC: through www.easyfundraising.org.uk. People enjoyed talking to us about how much they like to shop, and were keen to have an excuse.

The stand was a lot of fun to run, and the team are looking forward to the next adventure at South Devon College's Community Open Day on March 5th.

Annabelle Gillard



RAISING MONEY FOR TORBAY YOUNG ADULT CARERS...

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be giving a free donation for Torbay Young Adult Carers? There are nearly 3,000 retailers including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's, who will donate a percentage of the amount you spend to Torbay Young Adult Carers to say thank you for shopping with them.

It's really simple, and doesn't cost you anything.

All you have to do is:

1. Go to www.easyfundraising.org.uk/causes/torbayyac
2. Sign up free
3. Start shopping

Your donations will be collected by **easy fundraising** and automatically sent to Torbay Young Adult Carers. It couldn't be easier! There are no catches or hidden charges and Torbay Young Adult Carers will be really grateful for your donations. Thank you for your support.

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 e-mail: yac.tct@nhs.net

YOUNG CARERS

Everyone had a great time during our February half term activities, with 63 Young Carers ice skating at Plymouth pavilions. Many thanks to the British Red Cross for the first aid training with 11 Young Carers at Parkfield Youth Centre. Our family swim at the International Riviera Centre was very popular, with 78 Young Carers and families attending.



Andrew Wright, Young Carers Support Worker

WHAT ARE YOU ENTITLED TO AS A CARER IN TORBAY?

In Torbay we pride ourselves on providing a really good service to Carers. Torbay Carers Services provides a range of support services to meet the needs of Carers for people with any physical or mental health condition or for those who abuse drugs or alcohol.

The Carers Service offers the following support services:

- **Someone to talk to (Carer Support Workers at GP practices or mental health locations and specialist services for Young Carers or Young Adult Carers)**
- **Carers Health and Wellbeing check (to assess needs and provide or signpost to appropriate support)**
- **Financial and benefits advice (to ensure you receive the correct financial support)**
- **Emotional support**
- **A range of courses to help you with your caring role (such as Manual Handling, Emergency First Aid, Legal Workshop, Stress and Time Management, Writing for Pleasure and many others)**
- **Time to yourself (so you can either relax or do things you need to, but can't when you are caring)**

If you join the Carers Register you can also receive the following:

- **A back-up plan for the person you care for**
- **Free parking at local hospitals**
- **Discounts in local shops**

If you have any questions about any of the services offered above please call Signposts for Carers on: (01803) 666620 or email: signposts@nhs.net

In addition to the services mentioned above, the Care Act (2014) entitles anyone to a Carer's Assessment when they appear to have needs. This matches the rights of the person cared for. If the Carer's needs meet the eligibility criteria they will be entitled to support. If you would like to complete a Carer's Assessment and have not already done so, or your caring situation has changed please either contact your Carer Support Worker at your surgery or contact Signposts for Carers (contact details above).

We are always looking to develop our service to meet Carers' needs better. If you have any suggestions on how we can achieve this, then please contact Signposts for Carers.

JUST ASK

Contact Simon by:
culture@tedcltd.com
or **07933 297205**

ABOUT THE PROJECT

Just Ask is a new project using the arts to improve emotional health for men in Torbay. The project is collaboration between Torbay Culture Board and Public Health Torbay. Printmaker Simon Ripley and film maker Josh Gaunt will work with groups of men creatively to develop their own stories about their lives. As well as providing an artistic focus for the men taking part, the workshops (run over 6 weeks in May and June) aim to create an environment in which men find it easier to talk about emotional and health issues. The aim of the project is to improve the emotional wellbeing

for the men taking part.

"Meeting with other men, being creative, talking and sharing, all contribute to emotional wellbeing. Creativity can help people develop their confidence, self-awareness and self-esteem. With this project, we aim to create a safe space for men to not only make art but to also build friendships." (Simon Ripley).

"There is evidence to demonstrate the benefits of creativity in improving emotional wellbeing. This is a pilot project which we're creating specially for men in Torbay and which we'll be evaluating to determine its effectiveness. (Executive Director for Torbay Culture Board Kate Farmery).

To find out more, or to book a place on the workshop, please contact Simon.



Carers Trust Phoenix, St Edmunds, Victoria Park Road, Torquay TQ1 3QH
(01803) 323510, torbayadmin@crossroadscare.org.uk

Tablet and iPad Courses

For Torbay's over 55s & Unpaid Carers

iPAD | 10:00am - 12:00pm

Monday 9th, 16th & 23rd May – Paignton Carers Centre OR

Thursday 5th, 12th, 19th & 26th May - The Olive Carers Centre, Torquay

A three/four week course on "getting to grips with an iPad" – Have fun and meet others while learning how to save yourself money!

ANDROID | 1:00pm - 3:00pm

Thursday 5th, 12th, 19th, & 26th May – The Olive Carers Centre Torquay

A four week course, learn how to use your tablet. We will look at how to download safely and what action to take if you download a virus.

Workshops

ANTIVIRUS & SECURITY | 10:00am - 12:00pm

Thursday 2nd June – The Olive Carers Centre

Come and find out about keeping your details secure online. Learn how to access and download FREE antivirus software, or FREE programmes to enhance your computer/tablets speed and memory.

DIGITAL PHOTOGRAPHY DOWNLOADING | 10:00am - 12:00pm

Monday 6th June - Paignton Carers Centre OR

Thursday 9th June - The Olive Carers Centre Torquay

Digital photography albums – save your memories on your computer whilst saving money by using online printing sites such as SNAPFISH. Learn how to save your photos to USB sticks or online "clouds".

SHOPPING WITH CONFIDENCE | 10:00am - 12:00pm

Monday 13th June – Paignton Carers Centre OR

Thursday 16th June - The Olive Carers Centre Torquay

Would you like to learn how to shop online safely and sensibly and feel reassured about entering your debit/credit card details online. Learn how to shop for utilities and groceries etc.

If you would like to book a taster session, please contact the office on: (01803) 323510

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