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Deadline for the next edition is  
Friday 18th May 2018

# SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

## Hello and Welcome..

To our spring edition. Firstly I would like to thank two Carers, Scott who has provided the beautiful shot for the front page and for giving his time to share his passion of photography during Carers Week (P8 & 9) and Neil who has given permission to John Davidson, (Mental Health Carer Support Worker) to share Neil's inspirational story (P3).



We have a number of updates in this edition. You may recall the questionnaire that was completed by some of you in December 2017; the results have been assessed and informed us with the main priorities for the next Carers Strategy. For a copy of the strategy please use the details provided on (P5). If you would like to find out about how technology could help you in your caring role, take a look at the various options discussed on (P6) and if you are a Carer who has already benefited from technology, please let us know.

On (P11) the Fire Service are offering a **free** Fire Safety Check and a visit if deemed necessary, with the fitting of free smoke detectors if required. If you are in any doubt as to whether your fire alarms are still in good working order, or you may not have any fitted, then do take advantage of this offer. You might also like to read the article about After Umbrage, a charity that has kindly offered Carers some time out, if you are caring for someone with a life limiting condition, or for Carers in their first 12 months of bereavement (P14 & 15).

This year Carers Week runs from 11-17th June and we have put together 14 events for you to choose from (P8 & 9). During Carers Week we want to provide activities where you can have some much deserved 'me time'. We also want to pay tribute to all you do as a Carer and hope you will take this opportunity to get involved. We enclose an application form for the events with this edition, could you please complete and return this no later than **Friday the 4th of May**, noting your **1st, 2nd, 3rd, and 4th** preferences, to **Torbay Carers Services, FREEPOST** (all on one line).

Finally don't forget to take a look at all the groups, meetings and workshops available to Carers on (P12, 13 & 16). There is something for everyone!

Wishing you well and look forward to seeing you at some of the up and coming events!

**Natalie Townsend, Editor – On behalf of Carers Services**

## Carers in Torbay can benefit from...

- A Carers Emergency Card, to alert the appropriate people as a back-up if any thing happens to you
- Free parking at local hospitals (when attending in support of the person you care for)
- Discounts in local shops

## Contact us c/o Signposts for Carers

Telephone: (01803) 666620 Email: [signposts@nhs.net](mailto:signposts@nhs.net)

Website: [www.torbayandsouthdevon.nhs.uk/services/carers-service](http://www.torbayandsouthdevon.nhs.uk/services/carers-service)

# CARERS PARLIAMENT TRIP



After a five-and-half hour journey to get to London, the trip to Parliament was one of the most informative events put on by Carer Services. Some of the words to describe this trip are amazing, awesome and awe-inspiring. We learned just how small the House of Commons really is and that Kenneth Clarke is the father of the house, as he is the longest serving Member of Parliament and has served since the 70's. In the Royal Gallery there are paintings of all the previous serving Monarchs as well as the current Queen. There were two massive murals of the Battles of Waterloo and Trafalgar that are truly one-offs and took 14 years to paint.

Finally, in the members' lobby, there are four of the most prominent Prime Ministers of the 20th Century, these are David Lloyd George - World War One, Winston Churchill - World War Two, Clement Attlee - Welfare Reform and finally Margaret Thatcher longest-serving female Prime Minister in the 20th Century.

Finally, a big thank you for organising this day out, it won't be forgotten!

**Scott, Carer**

## WHAT A DAY!

The Houses of Parliament in Westminster hosted Torbay's unpaid Carers on 12 February. We were enthralled to be offered a unique insight of inner government buildings familiar from TV.

Thanks were given to Kevin Foster MP's team for their friendly expertise and hospitality in showing everybody around.

The weather was kind, as we journeyed up the motorways in clear sunshine. Intense Westminster security meant that a passenger drop off by Westminster Bridge might trigger an armed unit interception. So to avoid Torbay Carers becoming front page news for the wrong reasons, nearby St Thomas's Hospital graciously provided parking for us.

On entry to the Houses of Parliament we marvelled at the majestic history of the place. Westminster Hall, which we were about to go through, was built 950 years ago by William the Conqueror's son. We were taken through the immense St Stephen's Hall, where King George V was laid in State, where Thomas More had been tried for treason by Henry VIII, and where Nelson Mandela had delivered a key speech.

Going through corridors steeped with masters of art, we encountered the statue of Robert Walpole (the first Prime Minister of Britain). This is also where suffragettes famously handcuffed themselves in 1909 shouting "Votes for Women!" At the time, women weren't allowed through the lobby room opposite, which gave added significance for the protest. Damage to the statue's boot is still evident today from when the police hammered free the women's handcuffs on arresting them!

We heard so many anecdotes – including the diplomatic covering from view of giant paintings depicting British victories over Napoleon, so as to avoid offending French President Macron on a recent Parliamentary visit!

On approaching the House of Commons chamber, we were advised taking photos was prohibited. We were then agast when another tourist got away with taking a “sly selfie” and running off!

Carers felt intrigued when walking around the actual Commons debating chamber so often seen on television. The place seemed much smaller than appears on the media, not much bigger than a church hall even. It was fascinating that, for all its architectural magnificence, the Commons had a “lived in” slightly worn out charm about it. Conversely, the Lords’ chamber was far grander and pristine.

To actually be there was truly captivating, next to the thrones where the monarch sits for the Queen’s Speech. And to hear of the traditions and view the door which bangs shut for Black Rod – all so significant. On the way out, Carers caught sight of former chancellor Kenneth Clarke talking to colleagues – one of our party regretted this had been in a photo-prohibited area, otherwise he would have “asked Ken for a selfie”! Soon we were on the bus for home. The day had gone so quickly. But this was an experience never to be forgotten by all.

**Stephen Black – Carers Support Worker**

## NEIL’S STORY

*Alias : Ingram Foster*

### I WOULD LIKE TO SHARE AN ENCOURAGING AND INSPIRATIONAL STORY

Twenty or so years ago, I worked as an outreach worker, supporting mainly young men (18-25yrs) who had a variety of conditions - mental health, drug and alcohol problems etc. It was challenging, but often rewarding, as I was able to befriend and in part help some along their journey.

One such person was Neil. To many he was complex, an array of conflicting mental health diagnoses, but to me he was interesting, eccentric-yes, but artistic and different.

That could be seen by his choice of pets! He had a snake (a big one too!) rats, a black widow spider and while most of us would choose colourful tropical fish, Neil had miniature piranhas! Yes, he was different and sometimes when the world got too much and the conformity of life caged him in, he would go off for a while and spend some time in hospital for a few weeks. Then looking after those pets was a challenge for me... I’m more used to Tiddles the pussy cat, not Rocky the Python.

His bedsit was a bizarre bazaar of unique knick knacks, oddities, inventions, posters and the like. His own world, his safe place.

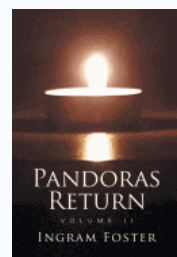
After a few years I moved onto pastures new, to my present position as a Carer Support Worker based in the Mental Health team in Torquay and I lost contact with Neil. I would see him from time to time in the town... when he’d share some new idea, or alternative thought. However, a few months back through a series of fortunate events our paths were to merge again. Neil is now a Carer, he has been for a while, caring for his friend, who has some mental health worries. As he told me “sometimes I just hold her hand... right through the night, reassuring her when her waking nightmares encircle and threaten her”.

Stepping into Neil’s new flat was like stepping back twenty years; different, yet the same muddled mix of living art. And what’s more he has written and published two books of poetry. An honest compilation of his thoughts, his fears, imaginations and dreams. They reveal what it’s like to be Neil... unique, gifted, seeing the world differently than most.

Neil has survived and found a way to win the battles within himself. He’s calmer these days, older, yet still uniquely different, still seeing things that most would miss or who don’t want to see... *(by the way he still has a snake and a black widow spider... some things don’t change!)*.

If you would like to have a copy of either book, contact me on: **07909 873275**.

**John Davidson, Mental Health Carer Support Worker**





### NATIONAL LIVING WAGE AND CARERS ALLOWANCE INCREASES

It is expected that working adults (25+) will see their minimum hourly pay rate increase to £7.83 from 1st April. Carers Allowance (CA) is also anticipated to increase to £64.60 per week, with the CA take-home weekly earnings limit increasing to £120.00. Carers with fluctuating earnings may find they can qualify for CA by averaging their earnings over a 'recognisable cycle of work' or over a five-week period. Carers should also check if they have any allowable work-related costs that might bring earnings below the limit. See <http://bit.ly/2E40Sk0>

### DELAYED INTRODUCTION OF FULL-SERVICE UNIVERSAL CREDIT (UC)

Changes announced in the Autumn budget mean that the introduction of UC in Torbay is now deferred to 5th September.

### PERSONAL INDEPENDENCE PAYMENT (PIP) - JUDICIAL REVIEW

The March 2017 changes to the mobility component of PIP which detrimentally affected PIP claimants with severe psychological problems who required help out of doors, were declared unlawful in the High Court last December. The government has decided not to appeal the High Court decision and has stated that it intends to review the applications of 1.6m claimants, including those scoring zero points for mobility. It is estimated that the process could result in higher awards for about 220,000 people.

### ARE YOU GETTING THE CREDIT YOU DESERVE?

The new state pension – see <http://bit.ly/2nNld14> was introduced in April 2016 and is worth up to £164.35 a week in 2018/19. The amount you get is based on your National Insurance (NI) record and any contributions made to 'contracted out' schemes such as SERPS.

Unlike the old state pension scheme, the new version requires at least 35 years' worth of credits or paid contributions to qualify for the maximum. Certain benefits, such as Carers Allowance and Child Benefit, automatically credit your NI record, but if you don't currently qualify for these you should consider exploring your entitlement to Carers Credit (CC).

Figures released last year revealed that 97% of eligible Carers had failed to apply for CC, leading to a potential loss of retirement income of about £240 a year. Fortunately, the CC application process is straightforward, and the qualifying conditions are more flexible than those for Carers Allowance:

- A Carer need only be providing care for at least 20 hours a week
- The hours can be split flexibly between more than one cared for person
- Breaks of up to 12 weeks are allowed (hospital admissions and holidays)

The person(s) you care for should\* be receiving one of the following:

- Disability Living Allowance (care component at the middle or highest rate)
- Attendance Allowance
- Constant Attendance Allowance
- Personal Independence Payment (daily living component at the standard or enhanced rate)
- Armed Forces Independence Payment

\*A health or social care professional who is familiar with your situation may agree to sign a DWP certificate (<http://bit.ly/2EJrCf3>), if none of the qualifying benefits are in payment. The certificate should then accompany your application for credits. There is more detailed application information here : <http://bit.ly/2qVM0gC>. Alternatively, you can call the DWP on: **0800 731 0297**.

# CARERS STRATEGY ENGAGEMENT FEEDBACK

## THAT QUESTIONNAIRE!

Firstly, I just have to say a huge 'thank you' to over 800 Carers who gave their time to fill in our questionnaire. It was quite detailed and it came out just before Christmas, so I was overwhelmed with the response. I believe it shows that we really do listen to what you say!

Torbay Carers Services used the broad themes from the report to draft the main priorities of the next Carers Strategy, including how we plan to re-design support to meet Carers' changing needs. This was subject to formal public consultation as part of the approval process. Healthwatch's report, combined with the public consultation feedback, will help shape the detail of the Strategy action plan, which should be available from the end of April 2018.

We are always striving to improve our services, but part of the value of your feedback is that it shows us what works well, and therefore what is important to continue. The Carers Hospital Parking was the most helpful service, followed by the Signposts newsletter (especially in paper form), Discount Card/back-up plan, one-off Direct Payment (where people had received one), and GP-based Carer Support Workers.

It also emphasises areas which need continued work or improvement, such as GP practice identification of Carers, and the suggestion to have planned Carer reviews. A number of themes, such as support to working Carers and parent Carers, including on-line resources, appeared throughout the feedback, so these will be included in the Strategy Action Plan.

As Carers Support only covers support to the Carer and not to the person for whom they care, this has not previously been included in Carers Strategies. However, you told us that this was having a major impact on you, and this report gave us the evidence that addressing Replacement Care (respite) must be accepted as a priority. Hopefully, the Public Consultation will also back this up.

The other thing that is so positive, is the number of Carers who said that they would be interested in finding out about volunteering or providing peer support to other Carers, so we will definitely follow this up!

The Public Consultation ends after Signposts has gone to press, but once the Strategy has been fully signed off, it will be published at: [www.torbayandsouthdevon.nhs.uk/carers](http://www.torbayandsouthdevon.nhs.uk/carers) on the 'strategy' tab.

If you would like your own copy, please contact [signposts@nhs.net](mailto:signposts@nhs.net) or: **(01803) 666620**, and we can send you a copy once it is printed.

**Katy Heard, Carers Lead**

## ARE YOU A CARER WHO WANTED ANOTHER ASSESSMENT?

The responses received, from the questionnaire highlighted the fact that a Carer Assessment captures a Carer's situation at that point in time and support is set up to respond to this; however, when caring situations change, so do the Carer's needs. We suggest that Carers should have a new assessment when their situation has changed, or if they feel the need to review the support offered to them or the cared for person.

If this is you, please contact your Carer Support Worker, or call Signposts for Carers on: **(01803) 666620** to arrange a new assessment.

## STOP PRESS!

**TORBAY CARERS NOW GET FREE ACCESS TO CARERS UK ONLINE RESOURCES & JOINTLY CARING APP**

More information from Signposts for Carers, or our website 'new to caring' page

# USING TECHNOLOGY TO MAKE CARING EASIER

Technology improves at such a pace that it seems impossible to keep up, but there are now many developments that can benefit people in their caring roles and these are easily accessible. Torbay Carers Service will examine how technology can support people with a range of caring roles, and communicate this via Signposts Newsletter and groups over the coming months. For the time being here are some gadgets that could improve your caring role:

- Smart Speakers (e.g. Amazon Echo, Dot or Tap) can do more than just turn on your wet day playlist (if you know what that is!). You can hook it up to other devices to turn lights on, adjust the volume on the TV, switch the heating on, or boil the kettle by using your voice.
- You can receive a notification if a relative has not switched the kettle on by 9:00am to make you aware that there is potential cause for concern.
- There are gadgets that enable you to have video calls through a TV with a camera attachment. This makes it possible to see the person you care for and talk to them from anywhere, in a way that is straightforward for the person you care for.

If you would like to know more about what is available to help you in your situation, or if you have a good example of how you have used technology to help in your caring role, then please contact Rohan Davidson at:

[rohan.davidson@nhs.net](mailto:rohan.davidson@nhs.net) or call: **07909 873241**.

## Here are some examples of the way Carers in Torbay have used technology to improve their caring situations:

"Simple gadget, non-technology, attached to all of my husband's Zimmer frames, wheelers etc. is a whistle! Also have extra loud telephones, door bells and a key safe." Katy Heard (Carers Lead) says, "I love the idea of her husband whistling to get her attention (though not sure I'll give my husband that idea!). Other people I know use a portable doorbell to do this, where the Carer has the portable receiver in their pocket, and the person they care for has the push button with them."

"The Fire Service came to our house a few weeks ago to fit new alarms. I wear hearing aids, but I also suffer from not being able to smell or taste. The Fire Service were worried for my safety, as if there was a fire, I would not hear or smell it. They came with two alarms to go on the ceiling. They also gave an alarm in the form of a box and a pad for me to put under my pillow that lights up and vibrates if there is a fire. My husband, who is being cared for by me and spends a lot of time in bed, now has this alarm next to him during the day. When he needs to call me and I am not in ear shot, he presses the alarm and I can hear it go off anywhere in the house. It makes me jump each time it goes off, mind you, but it has been so useful."

Katy says, "If you or the person you care for has a hearing loss, the Fire Service and the sensory team can make sure that you never miss your doorbell, or an alarm (even when you are asleep with your hearing aids out). They can be contacted on:

**(01803) 219700** with details at:

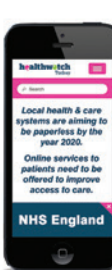
[www.torbayandsouthdevon.nhs.uk/services/sensory/](http://www.torbayandsouthdevon.nhs.uk/services/sensory/)

and run a drop-in at Jasmyn House, Midvale Road, Paignton 10am-4pm Tues, Weds, Thurs.

### ARE YOU ACCESSING CARE ONLINE YET?

Health and social care today is constantly changing, including the way people access health & care services and use online resources.

Find out how to get **free** local support to help you prepare with Healthwatch Torbay



Independent health and social care consumer champion  
Healthwatch Torbay is offering **free** support to help Torbay residents access local online health & social care services.

**Free training and support will include:**

- Setting up your email address
- How to register with local online services such as booking appointments, ordering prescriptions or self-referral services
- How to share your feedback on services or raise concerns

**Book your FREE training session with us today**

Freephone: 08000 520 029 Email: [info@healthwatchtorbay.org.uk](mailto:info@healthwatchtorbay.org.uk)  
Freepost RTG-TDXX-ZZKJ Healthwatch Torbay Paignton Library, Great Western Rd, Paignton TQ4 5AG  
Registered Charity No. 153450 Website: [www.healthwatchtorbay.org.uk](http://www.healthwatchtorbay.org.uk)



# WHAT MATTERS TO CARERS?



In February, Carers across Torbay gathered to share their experiences and provide feedback on the support and health information resources available to them.

The focus group event was held as part of a crucial stage in The Torbay Community Carers Project, a Torbay Council-led initiative that aims to create and improve local resources for unpaid Carers, and support voluntary organisations in the area.

The project is funded through the Better Care Fund and Torbay Council have enlisted the help of Health and Care Videos, a partnership with Torbay & South Devon NHS Foundation Trust, to improve local resources by making their existing library of over 700 health information videos freely available and easily accessible to all unpaid Carers in Torbay.

Carers who attended the event were invited to share their thoughts on the videos, as well as suggest new topics to be produced and shared.

## THE NEXT STAGE...

*'I'd like to take this opportunity to thank everyone who has participated in the focus group for your valuable feedback and suggestions. The event gained a real insight in to what matters to Carers and those who support them, and as a result, a whole series of new videos surrounding admission and discharge to and from hospital, amongst others, are in production'* says Hugh Kelly, Project Manager at Health and Care Videos.

There are now over 20 health information video libraries up and running, which are connected to local care organisations and charity websites.

These include Torbay Council, Healthwatch Torbay, Torbay Community Development Trust, Brixham Does Care and Torbay & South Devon NHS Foundation Trust.

These video libraries provide a central place to go for all health information and are working to support patients and their Carers through the hospital admission and discharge process, signpost Carers to local and national support resources, and to help patients self-manage their conditions.

The next stage of the project sees the launch of the 'Care Certificate Lite,' an introductory care training course that gives unpaid Carers the opportunity to develop their skills, build on their experiences, and progress into the paid care profession.

'People who care for a family member or friend are busy people, and we want to make it as easy as possible for them to access the information they want, when they want it.' says Katy Heard, Carers and Volunteers Lead at the Trust. 'We want unpaid Carers to realise all the skills that they have and support them if they wish to develop these further, or to gain skills/qualifications that are transferable into the workplace, if that is something they would like to do in the longer term.'

## FIND OUT MORE...

We hope you will continue to share your ideas and opinions on what matters to you. You can get in touch with the project team and find out more about the project's progress, at:

[www.healthandcarevideos.com/torbay-community-project](http://www.healthandcarevideos.com/torbay-community-project).

### Useful Links

- Torbay & South Devon NHS Foundation Trust's Video Library - [videos.torbayandsouthdevon.nhs.uk](http://videos.torbayandsouthdevon.nhs.uk)
- Torbay Community Carers Project Facebook Page - [www.facebook.com/TorbayCommunityCarersProject](http://www.facebook.com/TorbayCommunityCarersProject)
- Torbay Council's Video Library - [healthvideos.torbay.gov.uk](http://healthvideos.torbay.gov.uk)
- Torbay Community Carers Project on Twitter - [www.twitter.com/TCCarersProject](http://www.twitter.com/TCCarersProject)

# CARERS WEEK 11-17th JUNE



Carers Week 2018 will take place from the 11th - 17th of June. This year we are continuing our focus on Building Carer Friendly Communities – communities which support Carers to look after their loved ones, while recognising that they are individuals with needs of their own.

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 we are also keen to find and support those Carers, who still aren't registered with Carers Services. If you know someone who is a Carer, but they are currently not known to us, please pass on a copy of Signposts – it's not too late for individuals to be registered and take part in the Carers Week activities.

This year Torbay has organised a programme of events during Carers Week designed to reach a large number and variety of Carers, of all ages. The events are open to unpaid Carers across Torbay. There will be an opportunity for Carers to take part in a whole host of activities from pampering options, travelling on a steam train, a visit to the Houses of Parliament, among other exciting opportunities. Most events are on a ticket only/pre-book basis, unless otherwise stated.

To apply please complete the insert with this edition of Signposts, noting your 1st, 2nd, 3rd & 4th preferences and return to: **TORBAY CARERS SERVICES, FREEPOST – No later than Friday the 4th 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 2018, contact  
**Signposts for Carers on: (01803) 666620 or go to:**  
[www.torbayandsouthdevon.nhs.uk/services/carers-service/signposts-magazine](http://www.torbayandsouthdevon.nhs.uk/services/carers-service/signposts-magazine)

## CARERS WEEK EVENTS

### MONDAY 11TH JUNE

#### FAMILY HISTORY

**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)**

#### LOCAL LITERARY LINKS & A LIGHT LUNCH

**Paignton Library 1:30pm - 3pm**

Come and enjoy a light lunch followed by a lively talk about local people and their literary history; presented by Janet Downer, Brenda Loosemore and Lorna Smith. Amusing and enlightening, the talk will last about 30 to 40 minutes, after which questions and discussions are actively encouraged.

**(Carers & Cared For)**

### TUESDAY 12TH JUNE

#### RELAX WITH PHOTOGRAPHY

**Paignton Library 10:00am - 11:15pm**

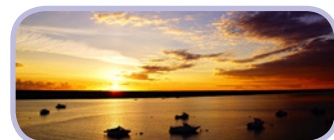
Learn how Scott (Carer) relaxes from his caring role, taking time to walk and rejuvenate around the local landscape and further afield. Enjoy shots and stories, together with practical information and tips on photography. Scott has a selection of photos including landscapes, macro, animals, sun sets, moon, lifeboats, snow, planes and lucky shots! **(Carers only)**

#### A RETURN JOURNEY ON THE DARTMOUTH STEAM TRAIN FROM PAIGNTON TO DARTMOUTH

**Meet outside Paignton Library**

**12:30pm prompt to leave Paignton Station at 1pm**

We hope you enjoy the seven miles of Great Western tradition along the spectacular Torbay coast to Churston and through the wooded slopes bordering the Dart estuary to Kingswear. We will have approximately 2 hours free time in Dartmouth, where you can stop for snacks and a stroll and we will then embark on our journey home. **(Carers only)**



**RELAX & UNWIND  
CARERS AID****The Olive Carers Centre, Torquay****10:30am - 2:30pm**

Why not come along and let us treat you to nail pampering, reiki, reflexology and massage (choose 2 free treatments). Refreshments and a pamper pack will be part of the experience.

Please call us direct for further details and to confirm a place **(01803) 323510**. (Carers only)

**FIT & HEALTHY HABITS  
WITH THE HEALTHY LIFESTYLES TEAM****Paignton Library, Room 10****2:45pm - 4:15pm**

During this workshop we will look at healthy food choices and snacks, alternative healthy menus at short notice and we will touch on other healthy habits you can use to increase your general wellbeing. This workshop is part of a 4 week programme which looks at moving more, improving mood and drinking less. (Carers only)

**RELAX & UNWIND****The Brixham Carers Centre****10:30am - 1:00pm** (please see details above)

Please call us direct to confirm a place **(01803) 323510**. (Carers only)

**ALL THINGS HOLLYWOOD  
THEMED AFTERNOON TEA****The Anchorage Hotel, Aveland Road, Torquay****1:45pm - 4:15pm**

This year we are doing all things 'Hollywood' so be prepared to enjoy the Glitz and Glam with tea and cakes, a quiz, singing from Theresa Moorin and some sparkle included!

If you would like to attend please contact

Michele on: **(01803) 312233** or

Chilcote Surgery on: **(01803) 316333**. Places are limited.

**This event is sponsored by Lodge Concordia No 3102**

**(Carers free, Cared for £4.00) – limited spaces available**

**SAILING AROUND THE BAY WITH DSA****Meet outside Harvester, Torquay****5:30-9:30pm**

DSA give people with a disability, family and Carers a chance to sail and this year the charity are offering the choice of two days. Please tick which time and day you prefer on the application form. There will be a small charge of £5pp, which will go to the charity on the day.

**(Carers and cared for)**

**TUMMY TONING BELLY DANCING****The Acorn Centre, Lummaton Cross, Torquay****11:30am - 12:30pm**

Come and join Saffanah Dance Duo for an hour session of Toning Tummy Belly Dancing. Have fun learning some basic moves and putting these moves to some lighthearted music, no experience required. Bring a bottle of water.

**(Carers only)**

**TORRE ABBEY  
TREASURE HUNT****Torre Abbey****1:30pm - 3:30pm**

Join us for an adult treasure hunt quiz in and around historical Torre Abbey and beautiful gardens. Have fun locating clues and win treats! Meet at the main visitor entrance underneath the clock tower.

Many thanks to Boots, Richardson Hotels, WHSmith and Fat Cow for the donation of prizes.

Please wear practical clothing.

**(Carers only)**

**A TOUR & TALK BY  
THE LOCAL FIRE SERVICE**

**DEVON &  
SOMERSET  
FIRE & RESCUE SERVICE**

**Meet at Torquay Fire Station, Newton Road,  
Torquay, TQ2 7AD**

**4:00pm - 5:00pm**

About the fire service:

- Brief tour of Torquay Fire Station
- Operational Fire Kit – donning of kit etc.
- Fire Engines (we have 5 different ones here) YES sit inside!
- Use of fire service hoses
- Fire Safety in the home / road advice

**(Carers only)**

**TORRE ABBEY & GARDENS****10:00am - 4:00pm**

Enjoy a visit to Torre Abbey gardens, or join in an interactive tour and learn about this intriguing landmark and its colourful history. **(Free of Charge to Carers and Cared For with a Carers Card)**



# TORBAY YOUNG CARERS UPDATE



During February half term ten Young Carers took part in arts and crafts, with Lorrie Layne at Parkfield Youth Centre. They made masks and created some fantastic print designs.

We had thirty two Young Carers and friends attend a roller skate disco. This was our first time and it proved to be really popular, with many asking to do it again. Also thanks goes to Burn the Curtain who have provided funding for Young Carers to take part in their activities at Haldon Forest, which included 'Hunting The Snark' and art in the forest. The Snark Hunter was a very interesting activity, where Young Carers tried out a newly developed APP, searching for the elusive Snark. Everyone found it very exciting because the APP combines virtual reality and the real world.

We also had great attendance with sixty two individuals attending our family swim at the International Riviera Centre.

The staff team are also working hard and we have had good attendance at our monthly drop-ins and groups. Our school workers are busy seeing young people for 1:1's, and lunch clubs are always buzzing with Young Carers.

We look forward to planning our next activities for the Easter holidays and hope that the warm weather isn't too far away!



**Andrew Wright, on behalf of Young Carers**  
**Torbay Young Carers Service**  
**Tel: (01803) 208657**

## THE YOUNG ADULT CARERS



In December, eighteen Young Adult Carers thoroughly enjoyed a night out at the Waterside Flaming Grill for dinner. It was a great evening filled with a considerable amount of laughter and fantastic conversation. We all enjoyed filling our bellies and each other's company, taking one of the last possible breaks before Christmas, which can sometimes be a difficult time of year for Young Adult Carers, as they lose some of their support networks.

A big thank you to Steve and Jacqui Wakeley and members of the Totnes Archers, for welcoming a group of Young Adult Carers into the club for an evening of archery. The members were very kind and patient, giving tuition and words of encouragement. We had some great shooters, some hitting several bullseyes, even though no one had picked up a bow and arrow before! A night to remember, great experience for first timers to the sport, relaxing and enjoyable; great fun was had by everyone and definitely an activity to be done again.

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](http://www.torbayyac.co.uk) or

e-mail: [torbayyac@nhs.net](mailto:torbayyac@nhs.net) or phone:

**(01803) 208455.**



# WOULD YOU LIKE TO GET INVOLVED?

## CO-ORDIN8 ALLOTMENT STUDENTS GET THEIR FIVE A DAY! FOR PEOPLE WITH A LEARNING DIFFICULTY

Have you ever wondered what it would be like to grow your own fruit, veg and flowers, or sow seeds, lift lettuce and tie in beans? Well students at Co-ordin8 are doing just that.

Student Stephen Algar says, 'The site we use in Preston is ideal for growing great vegetables because the soil is such good quality.'

Jo McCleod adds, 'Just getting the fresh air, sun and exercise is great and makes me feel good, then we get to cook and eat the veg and fruit, or sketch the flowers in one of our art sessions.'

Tutor Clive Burton comments 'We have still got places left for our Friday sessions and anyone who would like to give it a try is welcome to get in touch and to come and see what we all do.'

If anyone with a learning difficulty would like to give growing your own fruit and veg in our allotment a try, then get in touch with Co-ordin8... the 'not for profit' organisation for people with learning difficulties, based in Torbay on: **07548 943294** or email: **co-ordin84action@hotmail.com**



## HOME SAFETY VISIT

We offer free Home Fire Safety Checks over the phone, which takes no longer than five minutes, after which you may be offered a home fire safety visit. The visit takes less than 30 minutes; we provide advice and fit a free smoke detector if required. You are important to us.

If you would like a free home fire safety check please call: **0800 05 02 999**

**Make sure you are not the next victim of fire**

## THOUGHT FOR THE DAY: WHAT GIFT CAN I GIVE MYSELF?

I've just spent the evening writing birthday cards and wrapping presents. It's a busy time of year for me - and an expensive time too, right on the heels of Christmas!

During this time I found myself thinking about what words of encouragement and presents I give myself.

In my role as a Carer and with the other demands on my time, it is easy to neglect both things.

Quietness, time with friends, healthy eating...these are all gifts I can give myself. I am starting to realise that kindness isn't just for others and if I am kind to myself, then I can be encouraged and built up too.

What gifts and words of encouragement can you give yourself this week, month, or year?

**Helen Elliott (Carer)**



# CARERS NOTICEBOARD

## Torbay Mid-Age Carers Group

We meet once a month on every **second Thursday** of the month in various locations around the Bay between **2:00pm - 3:30pm**  
All Carers 40/60 welcome (with some flexibility)

**10th May**

'Jungle Journey' Crazy Golf, Torquay

**14th June**

Visit to Cockington Village, meeting at the Manor

**12th July**

Visit to Totnes Rare Breeds Farm, cost £6.50 adults, or Carers - FREE

For further information about the group, or if you are in need of a lift to an event, please contact 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 19th April 2018**

Time for some springtime crafts with Jackie Bufton

**Thursday 17th May 2018**

Kevin Dixon will be joining us to talk about the history of all things 'Torquay Peculiar'.

**Thursday 14th June 2018**

Carers Week Event/All Things Hollywood, see page (8&9) for more details and to book your place.

**Thursday 19th July 2018**

John Risdon will be coming to talk to us about the History of Dartmouth and South Devon Railway.

**For More Information, Contact :**

**Michele** at Brunel Medical Practice  
(01803) 312233

## Healthy Lifestyles

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

## 3 Steps to a healthier you

**FREE**  
Health report  
delivered to  
your inbox

**1**

### Take the quiz

Log on to [www.tsdfit/lifestyles](http://www.tsdfit/lifestyles) and click on 'Start Quiz'  
Don't forget to enter your email address to receive your free health report

**2**

### Check your email

Check your inbox for your free personalised health report

**3**

### Take action

Use the information, tools and support provided to start making positive changes for a healthier you

The Torbay Healthy Lifestyles Team offers a wide range of healthy lifestyle information, advice and support.

Our specialist team includes health coaches, physical activity specialists and experts in supporting people to quit smoking, to get more active, eat more healthily, lose weight and improve wellbeing.

In addition to our dedicated team, our website offers straightforward, easy to follow steps through tailored advice and guidance.  
Visit [tsdfit.uk/lifestyles](http://tsdfit.uk/lifestyles) to find out more.

Take our healthy lifestyles quiz, which will assess your current lifestyle and provide free personalised information, goal-setting, interactive self-help, and signposting to additional services.  
What are you waiting for? Take our quiz today!

**Call: 0300 456 1006** (Local rate number)  
**Email: [torbaylifestyles@nhs.net](mailto:torbaylifestyles@nhs.net)**

## 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**

**14th May**

Steve Black, Carers Support Worker @ Torbay Hospital

**11th June**

Dolores Unwin: CAB, Benefits

**9th July**

Cream Tea: regulars only please

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

# Carers @ The Library

## Coffee Mornings

2nd Thursday of every month at:  
**Paignton Carers Centre, Drummond Suite,  
Paignton Library**

10th May, 14th June, 12th July  
10:30am - 12:00pm  
£1.50 per head

Meetings are attended by Sally Corbishley, CSW

## Afternoon Tea & Biscuits

3rd Friday of every month at:  
**Paignton Carers Centre, Drummond Suite,  
Paignton Library**

18th May, 15th June, 20th July  
2:30pm - 4:00pm  
£1.50 per head

Meetings are attended by Ros Vian, CSW



# Guided Tour of the Houses of Parliament

**Monday the 4th June**

Meet outside Paignton Library  
Main Entrance at 6am

Enjoy a full day out, being picked up from Paignton Library and transported by minibus to London, for a fully guided tour of the Houses of Parliament, offering a unique combination of one thousand years of history, modern day politics and stunning art and architecture.

This event will be part of your 4 choices for Carers Week and must be ticked on the application form enclosed.

**(Carers only – need to be physically able to manage stairs and standing for long periods)**

A £5 contribution per person is required.

# Stroke Groups in Torbay Spring 2018

## Stroke HUB at Paignton Library: drop-in.

Peer support and information drop-in for stroke survivors and Carers. Confidence building, sharing and communication. Meet people with similar interests. Cafe.

Every Monday at 11.00 am. First floor, Great Western Road, Paignton TQ3 5AG.

## Younger Women's Stroke Survivor Group.

Peer support: stroke survivors supporting each other. Coffee and communication in a nice cafe in Paignton. Every Tuesday at 10.30 am. Paignton.

## Younger Men's Stroke Survivor Group.

Peer support: stroke survivors supporting each other. Coffee and communication in a nice hotel in Torquay. Every Wednesday at 11.00 am. Torquay.

## Babbacombe Communication Group.

Peer support: stroke survivors over 60 supporting each other. Coffee and communication in a nice hotel in Torquay. Every Tuesday at 10.30 am. Torquay.

## Stroke Survivor Computer Group.

For stroke survivors who have never used a computer, or those who would like to relearn or develop their skills. Qualified tutor in a stroke survivor led group. Paignton.

## Brixham Peer Support Group.

Peer support: stroke survivors supporting each other. Coffee and communication. Every Wednesday at 10.30 am. Brixham.

## Stroke Walking Football.

A slower version of the beautiful game. Great fun and exercise. Paignton



## Top-Tips for Stroke Recovery Event Thursday May 10th 1.00 pm.

Professionals and stroke survivors share their top tips for life after stroke. Paignton.



For information on all groups contact Stroke Association  
07717 275 848 | david.mannion@stroke.org.uk



**Stroke**  
association

# 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

**31st May**

Amanda Giles, Senior Wellbeing Coordinator

**28th June**

Cream Tea: regulars only please

**26th July**

Caroline Saunders: update on Mencap

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

## OTHER NEWS

### CARER RECOGNITION TOOL UPDATE

The Carer Recognition tool is a card that staff working for a wide range of organisations can refer to, when they realise they may be working with a Carer, and the prompts will provide signposting for support where required.

Since the launch of the Tool on Carers Rights Day in November, Carers Services across Devon have started to work with the Ambulance Service (South West Ambulance Service NHS Foundation Trust) and the Fire Service (Devon and Somerset Fire and Rescue Service) to support each other with raising awareness of each other's services. For example the Fire Service will help to identify Carers and Carers Services will promote the Fire Service's Home Fire Safety Checks.

Work is currently taking place to increase the awareness of Carer Support within local pharmacies. Torbay Carers Service will present to Pharmacists from the Local Pharmaceutical Committee sometime in Spring, to show what is available to Carers and why pharmacy staff should identify Carers.



### CARER IDENTIFICATION IN THE EMERGENCY DEPARTMENT

Two Carer Evaluators (Diana Sibley and Lisa Reynolds) began a pilot in Carer identification and support within the Emergency Department in October 2017. We know what a difficult time it tends to be when Carers accompany their loved ones to hospital and in particular when that admission is an emergency. Diana and Lisa worked with staff within the department to identify Carers, to spend time with them and to update them on the situation with the person they care for whenever possible.

On the busy ward the project was not straightforward, and a lot has been learned from the experience. What Carers wanted most, was to be kept informed, as much as possible with developments with the health of the person they care for. They also wanted to provide information about the person they care for to ensure they received the right care.

Carers Services have had the opportunity to discuss findings with the senior Emergency Department staff, and what has been learned will help the Department to continue to improve and support people effectively. The Emergency Department follows a system to ensure the most efficient method of treating patients, and this does not always incorporate Carer input as a priority at admission due to the speed of treatment that is required. As a result of the pilot work will take place with the Rapid Assessment and Discharge Service (Need confirmation from Lisa that this has been raised and agreed), as this team focus on a safe and supported discharge and can incorporate Carer needs within their processes.

Further work will take place in the coming months to establish the best way of identifying and supporting Carers who come in to Torbay Hospital as an emergency admission, with the cared for person.

### THE STORY OF UMBRAGE

Named after the founder's mother's Teddy Bear, After Umbrage is a charity whose vision is to provide free, short breaks for anyone who has been looking after family members or loved ones with a life limiting condition. The pressure associated with caring can be overwhelming. After Umbrage provides a chance for Carers to take time out to relax and unwind in idyllic surroundings, so they can return to their caring duties rejuvenated.

We would also like to express our deepest condolences by offering breaks to Carers within their first 12 months of bereavement.

# PLANNING AHEAD - DO IT NOW!

## LASTING POWER OF ATTORNEY

If something happened and you were unable to make your own decisions, could you be sure that the people you trust would be allowed to make decisions for you? Many people assume that their husband/ wife/ partner would be able to do this, but that is not always the case. This is the whole point of the Lasting Power of Attorney, and we should all do this regardless of our age or situation, as it needs to be completed before you need it!

It is really important to consider this if you are caring for someone who has been diagnosed with a deteriorating condition, as Lasting Power of Attorney needs to be started when the person can still make their own decisions ('has capacity'). You may never need it, but it means that if the person became unable to make their own decisions in the future, then you would have the authority to make certain decisions on their behalf.

There are two different types of lasting power of attorney (LPA) and people can grant either one, or both types:

### **Power of attorney for property and financial affairs**

Covers things such as bank accounts, paying bills, collecting benefits or pensions and selling a home. This can be used while the person can still make their own decisions, if they wish, and can then continue to be used when the person is unable to make their own decisions.

### **Power of attorney for health and welfare**

Covers things such as medical care and social care - such as moving into a care home. This can only be used when the person is unable to make their own decisions.

It takes up to 10 weeks to register a LPA and for many people with low income / low savings it is either free, or 50% off the full cost of £82 (at time of going to print). There is plenty of information, including the forms to download at: [www.gov.uk/power-of-attorney](http://www.gov.uk/power-of-attorney).

You can ring them for advice on: **0300 456 0300** Monday, Tuesday, Thursday, Friday from: 9am - 5pm and Wednesday from: 10am - 5pm.

Age UK Torbay have useful leaflets, you can call them on: **(01803) 555181** and national number: **0800 055 6112**

"I have wanted to establish an attractive place of peace and tranquillity for others because I have learnt first-hand how important an opportunity to relax and unwind can be for those caring for others".

Tara Belcher, Founder and Trustee of After Umbrage

Find out more about After Umbrage on: [www.afterumbrage.org.uk](http://www.afterumbrage.org.uk)

To book your break, just follow these simple steps:



- Download one of our referral forms and take it to either your local Hospice, or GP. Once signed send it back to us at: PO BOX 1310, OUNDLE, PETERBOROUGH PE2 2PE.

- We will then contact you with your booking code and instructions, so that you'll be able to see when the cottage is available, and choose your time.

Once booked a FULLY REFUNDABLE £50.00 deposit is required. We love our After Umbrage cottage and know you will too, but accidents happen and we want to keep it beautiful for everyone.

Dear All,

Happy spring time from Carers Aid Torbay. We are running new groups this year and we still have spaces left. There is a Relax and Read group that meet every 6 weeks. The next two dates, are the 2nd of May and the 20th June, 2.00pm - 3.30pm at the Olive Carers Centre. Refreshments will be provided.

Our Knit and Natter group is going strong, with the opportunity to knit for Oxfam and to help raise funds.

Devon folklore Myths and Legends has proved to be a popular and fascinating workshop and we are thinking about taking the group on the road later in the year, so watch this space.

## **CARERS WEEK - JUNE 11th – 17th**

We will again, be offering 2 Carer Pamper Days, at the Olive Carers Centre and Brixham Carers Centre, for more details and to book, see pages **(8&9)**.

## **MIDSUMMERS DAY, DARTMOOR MYTHS AND LEGEND - JUNE 21st**

On Midsummers day we are hosting a myths and legends mystery trip to Dartmoor. Our resident amateur historian will tell you about places of interest and the stories that accompany them. There will be an opportunity to amble along the riverbank and take in the breath taking countryside of Dartmoor National Park. A light picnic will be provided by Carers Aid Torbay.

## **MEN MATTER - Please call for more information and dates.**

We would also like to start a social group for male Carers; this will be a chance to unwind with other men in a similar situation. This group will initially meet at The Redcliff Hotel, Paignton, where you can chat and play darts/pool. As the group becomes established, it will be led by what the group want to do. Drinks and nibbles will be provided by Carers Aid Torbay.

## **DEVON FOLKLORE, MYTHS & LEGENDS - JUNE 22nd, 2-4pm, at The Olive Carers Centre**

Due to requests throughout 2017, we will be hosting a quarterly talk on the myths, legends and history connected with Torbay and South Devon. If you have an interest in Devon Folklore, the paranormal, or Devon Pixies, or have an interest about the bygone years of South Devon and Torbay, this is the group for you.

## **TO RESERVE YOUR PLACE**

To reserve your place on any of the groups and sessions above or for more details please call Carers Aid Torbay on: **(01803) 323510**.

Please consider that due to the size of the meeting room at the Olive Carers Centre, any groups held are limited in number, so please book ASAP to avoid disappointment.

Other groups and events held by Carers Aid Torbay are Legal sessions, Ancestry, days out and much more. For the full years events, please call the number above, like us on Facebook, or go to our website:

**[www.carersaidtorbay.co.uk](http://www.carersaidtorbay.co.uk)**

## **Coming in July's 2018's edition:**

- Torbay Carers Strategy • Technology and Jointly App • Learning Disability Peer Review Action Plan

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

- FREE parking at local hospitals • Discounts in local shops • A Carers Emergency card

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