

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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Deadline for the Spring edition is
17th May 2019

Hello and Welcome..

...to our Spring edition. Do take a look at our Carers Project (P2), this is a great opportunity to get involved and share your ideas for what works well and what doesn't, in the Minor Injury Units, or Emergency Departments.



Another piece of exciting news is the offer of FREE Pop-up Sensory Sessions provided by Sense Abilities, an organisation that wants to make sensory accessible to all, no matter what the age or ability. For more information contact Sense Abilities; details are on (P2).

As well as the courses we offer in the education brochure, we are currently looking at a new training organisation – PROMAS Online Ltd, who have put together interactive courses to support your caring role; ideal for those of you who don't find it easy to attend courses. If you would like to try courses 1-3, and then decide that you'd like to complete all the modules, please contact me, details on (P3).

Please take a look at Ageing Well's update (P5), they have been working in the Bay for more than three years, reducing isolation and loneliness in over 50 year olds and they have provided us with statistics across the various areas that have seen an improvement. To find out more about Ageing Well and the work of the Community Builders, go to: www.ageingwelltorbay.com. In addition, Ageing Well are currently launching TOFA – Torbay Over 50's Assembly. For more information please see (P6).

This year Carers Week runs from 10th-16th June and we have put together 14 events for you to choose from (P8 & 9). During Carers Week, it's a wonderful opportunity for you to have some well-earned 'time out' and it's also our way of paying tribute to all you do. We enclose an application form for the events, could you please complete and return it no later than Friday the 3rd of May, noting your 1st, 2nd, 3rd & 4th preferences, addressed to **Torbay Carers Services, FREE POST** (all on one line).

Finally don't forget to take a look at all of the groups and meetings taking place across the next few months, there's something for everyone (P12-14), including CAT events/courses on (P16).

I look forward to seeing you during Carers Week and wish you well over the coming months.

Natalie Townsend - 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 anything happens to you
- Free parking at local hospitals (when attending in support of the person you care for) and discounts in local shops

Contact us c/o Signposts for Carers

Telephone: 01803 666620 Email: signposts@nhs.net
www.tsdf.uk/carers

GOOD NEWS

CARERS' PROJECT CHOSEN AS ONE OF TRUST'S QUALITY ACCOUNT PRIORITIES FOR 2019-20

Every year Torbay & South Devon NHS Foundation Trust chooses up to five priorities for improvement, for its Quality Account. This year it has decided that one of three priorities is:

To improve Carers' experience for themselves and their families receiving care across the urgent and emergency care pathway.

From Carers' stories, we know that your experience of urgent and emergency care is not always a good one. From Healthwatch's consultation for our Carers' Strategy we know that many of you feel that hospital staff could have identified you sooner, and for Carers of people with long-term conditions, you sometimes feel that your knowledge and expertise about the person you care for is ignored. This has improved over recent years, but we believe that if we can improve Carers' experiences for unplanned, emergency care, it should be improved across the whole system.

We will be looking for people with recent experience of Minor Injury Units (MIUs) or Emergency Departments – whether you have had good or bad experiences – to give their ideas for what works well and what doesn't. We are also looking for a small number of Carers to be involved in meetings to plan the changes. It is easy for us to involve or consult people with e-mail addresses, but we would also like to involve those of you who are not 'electronic'. So if you are at all interested in becoming involved in any way, ring Katy Heard on: **(01803 219790)** for more information. Thank you

Katy Heard, Carers' & Volunteers' Lead

SENSE ABILITIES



Sense Abilities is an organisation that wants to make sensory accessible to all, no matter what age or ability. The inspiration behind Sense Abilities came about through Founder and PCF (Parent Carers Forum) Steering Group Member, Suzannah Jones, noticing the positive effects sensory interaction had not only on her disabled son, but with his siblings and the family around him. This led her to realise that accessible, interactive sensory environments were hugely beneficial to all. With that in mind, her determination grew to create opportunities for the community, to access and benefit from sensory spaces. Providing pop-up sensory environments, set up and adapted to any space, Sense Abilities works with individuals, businesses, groups and organisations, breaking down those barriers.

Free Community Sensory Sessions for the Community of Torbay

Excitingly Sense Abilities has been awarded a pot of funding to be able to provide 25 **FREE** Pop-up Sensory Sessions, within Torbay and surrounding areas for children with additional needs. We are currently working with local libraries to provide sessions. Dates are yet to be confirmed at Torquay, Paignton & Brixham Libraries.

If you know of an organisation who works with children with additional needs and would like to benefit from one of these free sessions, please contact Suzannah by emailing:

suzannah.jones@senseabilities.org.uk or ring: **07453 103114**

More information on Sense Abilities can be found on our website:

www.senseabilities.org.uk

We are also on Facebook: www.facebook.com/SenseAbilitiesUK and events are added regularly including the Community Pop-up Sessions.

You can also find us on Twitter: www.twitter.com/SenseAbilities



PUTTING CARERS FIRST

Promas Online Ltd was established following the success of Promas CIC, a Community Interest company which offers award-winning face-to-face training for unpaid Carers. The company is run by Jenny Tarvit and Bernie DeLord, we have been working with unpaid Carers since 2011. Caring for someone can be tough, but Carers can't always attend courses in person. To offer better support for Carers, we have developed a series of simple and easy to follow online courses which cover a range of topics.

For example:

- Recognising the type of Carer you are and how caring affects your life
- How to manage and recognise stress
- Strategies to help you understand and cope with challenges in your caring role
- How to achieve a healthy balance in your life and look after yourself

Courses include online videos, interactive quizzes, written information and worksheets, which can be completed online or printed off and completed by hand. These courses are not pass or fail tests. Instead, they are designed to help Carers to understand how they are coping and to offer tools and practical ways to help them.

If you would like to try courses 1-3 **Free of Charge**, please log onto www.promasonline.co.uk, then click Try Our Courses from the Menu, then scroll down to **TRY THE FREE COURSES**. If you find these 3 courses of interest and you would like to complete courses 4-7, please contact Natalie Townsend on **(01803) 208456**.

THE ACCESSIBLE INFORMATION SERVICE

DO YOU OR THE PERSON YOU CARE FOR HAVE AN ACCESSIBLE INFORMATION OR COMMUNICATION NEED?

The NHS Accessible Information Standard came into force in 2016 and applies to all organisations that provide NHS care and /or publicly funded adult social care.

The Accessible Information Service, part of Torbay and South Devon NHS Foundation Trust, is a new service that has just been launched. The Service aims to implement the Accessible Information Standard by helping patients, service users and their Carers receive information in formats that they can understand and support to help them to communicate.

To request your or your cared for person's information in a different format, or to ask for communication support, please contact the Accessible Information Service.

They will:

- Ask you about your communication or information needs
- Record these needs in your hospital and social care records
- Send you a Communication Support Card that you will be able to show to staff at appointments

The Accessible Information Service can be contacted on:

0300 456 8373 or email: tsdft.accessibleinfo@nhs.net





BENEFITS UPDATING FOR 2019/20

Carers Allowance (CA) is increased to £66.15 a week from 8 April, and the hourly National Living Wage also goes up to £8.21 (25+) from 1 April. If you are a working Carer, you'll need to check your earnings don't exceed the increased weekly limit of £123 (after tax, national insurance and half of any pension contributions, etc.). More information about CA is available from Turn2us: <http://bit.ly/2MpHLSl>

NEW CLAIMS FOR PENSION CREDIT, ATTENDANCE ALLOWANCE AND PERSONAL INDEPENDENCE PAYMENT TIED TO QUALIFYING AGE FOR STATE RETIREMENT PENSION

From 15 May, it will no longer be possible for 'mixed-age' couples to claim means-tested pension credit (PC), unless both partners have reached the qualifying age for state retirement pension (SRP). If only one partner has reached SRP age, it will instead be necessary to claim Universal Credit (UC) – see: <http://bit.ly/2GbT8gK>. UC is less generous in the amounts it pays and its treatment of capital. Couples receiving pension credit or pension-age housing benefit before 15 May are not affected if they remain on either benefit.

Additionally, but with effect from 6 December last year, the age at which Attendance Allowance can now be claimed, increased from 65 to SRP age. However, this means that new claims for Personal Independence Payment can now be made up to the day before someone's SRP age, thus allowing older people with severe mobility problems to potentially gain.

The SRP age is due to increase to 66 for both men and women from October 2020, and then onward to 67, between 2026 and 2028. You can check your own or someone else's SRP qualifying date here: <http://bit.ly/2FHXRXg>

ONLINE APPEAL APPLICATIONS FOR PERSONAL INDEPENDENCE PAYMENT (PIP) AND EMPLOYMENT AND SUPPORT ALLOWANCE (ESA)

The Ministry of Justice is gradually modernising the independent tribunal system and it is now possible to send an application online for a PIP or ESA appeal. As usual, before proceeding, you must first obtain a mandatory reconsideration notice (<http://bit.ly/2HLAcqC>) from the Department for Work and Pensions. The success rate for PIP and ESA appeals is good, but it's important to seek timely and independent advice. You can launch a PIP or ESA appeal here - <http://bit.ly/2TquBHv>, and you can download appeal forms from the same link, for benefits that still require a paper appeal form to be posted.

UNIVERSAL CREDIT – WHERE ARE WE NOW?

Full-service Universal Credit (UC) for new claims, is now operational across the entire country, but the transfer of existing claimants ('managed migration') receiving legacy benefits such as income support and tax credits, etc., is delayed pending improvements and so unlikely to proceed this year. Presently, only certain changes of circumstances (see - <http://bit.ly/2K8CiwW>) necessitate a new UC claim, although this could for example, include a new Carers Allowance claim needing a 'top up' of UC. Successful legal challenges from claimants continue to influence the government's UC policies, and we hope to provide a fuller update on UC in the coming months.

AGEING WELL TORBAY



Ageing Well has been working in the Bay for more than three years reducing isolation and loneliness in over 50-year-olds.

At the core of the programme are Well Being Co-ordinators and Community Builders who work at the heart of your community with older people who are isolated due to retirement, bereavement, low income, poor health and mobility, lack of transport, and fear of leaving the house.

If you don't know who your Community Builder is please ring: **(01803) 212638**, or drop an email to: ageingwell@torbaycdt.org.uk. If you want to see a Well Being Co-ordinator, speak to your health professional, or contact Age UK on: **(01803) 555181**, or Brixham Does Care - Wellbeing Co-ordinators on: **(01803) 857727** or email: wellbeingcoordinator.torbay@nhs.net and wellbeing@brixhamdoescare.co.uk

Ageing Well has already proved it can make a difference to older people's lives:

- Community builders have already worked with 1370 isolated older people
- Community builders have identified and worked with 1404 community connectors
- Wellbeing Coordinators have worked with 539 isolated older people
- That means more than 1600 isolated over 50's – reducing levels of loneliness by 50%
- We have supported more than 130 grass root activities and clubs
- We have helped develop ten community magazines
- So far 14 TimeBanks have been set up and nearly 3000 hours exchanged

After engagement people over 50 who:

- Described themselves as lonely fell from 59 to 29%
- Met up daily with friends increased from 39 to 51%
- Met up weekly increased from 64 to 76%
- Spoke to friends on the phone weekly increased from 74 to 85%
- Used texts to friends and family increase from 39 to 47%
- Reported problems with self-care fell from 31 to 19%

Health

- On a scale of 1-100, when asked to score their own health, the average level rose from 55 on entry to 68 on exit
- The percentage of people with mobility problems fell from 74 to 55%
- People reporting extreme pain or discomfort dropped from 23 to 15%

GP VISITS: were almost halved, down from 6.8 to 3.5 times a year

HOSPITAL: admittances were almost halved – reduced from 1.75 to 0.65 times a year

USEFUL: over 50's who could use skills, knowledge or expertise rose from 21 to 46%

Before the end of the programme we aim to:

- Help 1250 older people feel that their lives have value and purpose
- Enable 6000 older people to feel more connected to friends, family and their communities
- Give 4750 older people higher personal aspirations and better expectations from service providers for later life

Ensure a 20% increase in the number of people who celebrate ageing and value older people.

To find out more about Ageing Well and the work of the Community Builders, go to:

www.ageingwelltorbay.com

EVENING CARERS UPDATE



Since September, a group of Carers have been meeting once a month in Paignton. All of the Carers care for an adult with a learning disability, but that is where the similarities end.

As you know, each caring situation is different. You may share the caring responsibilities with a partner or family member, or you may be the sole Carer for the person you care for. The person you care for is an individual (just as you are) and with that comes a unique set of challenges and experiences.

The most important part is meeting people that can relate to the life I lead

Helpful, friendly, coffee, cake, goodies

The group provides a place to share feelings: from the frustrations to the triumphs; experiences: what has worked well in your situation, or a cafe that has been particularly welcoming with staff who have seen the person and not the disability; information: swapping stories, as well as guest speakers to answer questions on a specific topic.

The group is open to any adult Carer aged 60 and under (or slightly over, but young at heart!) caring for an adult with a learning disability, who isn't receiving support through an Education and Health Care Plan.

Why not come along and join us?

Informative in an informal way – very relaxed and a friendly atmosphere

For further information and future dates, please contact Emma Young on: emmajane.young@mencap.org.uk or phone: **07852 546530**

TORBAY OVER 50'S ASSEMBLY

- Have your say on what matters to you
- Influence decisions which affect you
- Share your skills and knowledge
- Support and drive positive change for over 50's

Torbay already has a higher than average number of over 50's and that number is set to rise, topping 50% of the population in the not too distant future.



Torbay Over 50's Assembly

The Torbay Over 50's Assembly (TOFA) is launching, providing older people the opportunity to shape key decision-making across the Bay.

Do you want to make a difference?

Get in touch:

Phone:
(01803) 212638

Email:
ageingwell@torbaycdt.org.uk

Address:

Ageing Well Torbay, Torbay Community Development Trust,
4-8 Temperance Street, Torquay TQ2 5PU



HOME FIRE SAFETY VISIT



DEVON &
SOMERSET
FIRE & RESCUE SERVICE

Every year thousands of people within the UK experience a fire in the home. Tragically, many of these result in injury or even death.

HOME SAFETY VISIT

The damage caused by fire in the home can have devastating consequences and a large number of fires could have been prevented if potential hazards in the home were identified and eliminated and the residents had a plan in case of an emergency.

To assist with this, Devon and Somerset Fire & Rescue Service offer a programme of 'Home Fire Safety Checks'. The check takes no longer than five minutes, after which you may be offered a home fire safety visit.

Home Fire Safety Visits can sound daunting to many people, especially the elderly, they involve a DSFRS employee visiting your home, at a time convenient to yourself, to give advice and guidance in respect to fire and home safety needs. They will also assist you with the development of an escape plan, so you would know how to get out of your house if there was a fire.

All homes have different requirements but a Home Fire Safety Visit should take no longer than 45 minutes.

WHAT IS THE COST TO RESIDENTS?

DSFRS are working to develop a safer community & this is a completely **FREE** service that's offered to people in places where we know there is a higher risk of fire. This includes high risk individuals such as older people, especially those living alone, those with mobility, vision and hearing impairment, mental health service users and those liable to intoxication through alcohol/drug use. A combination of these factors will significantly increase the risk from fire. You may also qualify to have a **FREE** smoke alarm fitted in your house. You will not be sold anything.

If you are concerned that your home may be at risk of fire, or know someone who you think needs our help, then please arrange a visit by calling: **0800 0502 999**

All Fire and Rescue personnel who visit your home will carry photo identification. Please ensure you ask to see it.



Call now for your free Home Safety Check

CARERS WEEK 10-16th JUNE



Carers Week 2019 will take place from the 10th – 16th of June. This year the focus is on *Getting Carers Connected*.

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

Carers Services in Torbay are also keen to find and support those Carers, who still aren't registered with the service. 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 Windsor Castle, 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 3rd 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 2019, contact
Signposts for Carers on: (01803) 666620 or go to:

www.torbayandsouthdevon.nhs.uk/services/carers-service/signposts-magazine

CARERS WEEK EVENTS

MONDAY 10TH JUNE

RELAX & UNWIND

The Olive Carers Centre, Torquay

10:30am - 2:30pm

Why not come along and let us treat you. There will be a choice of two treatments available to each Carer as well as unlimited teas/coffees and cake!

Please call us direct for further details and to book:

Carers Aid Torbay (01803) 323510. (Carers only)

LOCAL LITERARY LINKS & A LIGHT LUNCH

Room 13, Paignton Library 1:30pm - 3:00pm

Come and enjoy a light lunch followed by a lively talk about the Overlooked Women of Devon, 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)

CREAM TEA

The Morningside Hotel | 2:30pm-4:00pm

Come along and enjoy an afternoon of relaxation over a cream tea. **If you would like to attend please contact Sally on: 07531 947687 (Carers free, Cared for £4.50) – Limited spaces available**

TUESDAY 11TH JUNE

RELAX & UNWIND

The Friends Centre, Greenwood Rd, Brixham

10:30am - 1:00pm

Why not come along and let us treat you. There will be a choice of two treatments available to each Carer, as well as unlimited teas/coffees and cake!

Please call us direct for further details and to book:

Carers Aid Torbay (01803) 323510. (Carers only)

A DAY TRIP TO WINDSOR CASTLE

Meet outside Paignton Library at 7:00am

Come and explore Windsor Castle, home to The Queen and over 900 years of royal history. There is no café, so you may like to bring a picnic. **Please note: the castle is situated at the top of a steep hill and there are a good number of steps throughout the tour.**

Carers only (not recommended for those with mobility problems). £5pp required towards travel costs.

WEDNESDAY 12TH JUNE

AN INTRODUCTION TO MINDFULNESS WORKSHOP

Paignton Library

1:00pm-2:30pm

In this short taster session, we will explore what we mean by Mindfulness. When we rest in the present moment, we may notice a running commentary, filling our minds with all kinds of thoughts. Mindfulness is not about trying to suppress thoughts, but can help us develop greater self-compassion, acceptance and the ability to deal with life's pressures. You do not need any previous experience of Mindfulness to attend. **(Carers Only)**

THURSDAY 13TH JUNE

YOUNG ADULT CARER EVENT DYNAMIC ADVENTURES CIC



Pick up in Torquay & Paignton (AGE 16-25)

Walk Start + Finish Point: Haytor Carpark, Dartmoor

10:00am - 4:00pm

A beginners to intermediate walk, over a distance of approximately 10k. Please wear weather appropriate outdoor clothing, walking boots and bring a day pack.

AROMATHERAPY WORKSHOP

Room 12, Paignton Library

10:30am - 12:00pm

An introduction to aromatherapy and how essential oils can help you live a happier healthier lifestyle. We will discuss the importance of good quality oils, learn simple self-care/beauty tips, including self-massage and how to use oils safely in your home. **(Carers & cared for)**

THEMED AFTERNOON TEA

The Anchorage Hotel, Aveland Road, Torquay

1:45pm - 4:15pm

Cream Tea and songs from the Musicals, join us for another wonderful performance from Theresa Moorin. Quiz and raffle!

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 £4.50)

MONDAY 10TH - SATURDAY 15TH JUNE

TORQUAY MUSEUM

10.00am – 4.00pm (last entry 3.15pm)

For a great day out, take a trip to Torquay Museum an amazing place for World culture and local History.
(Free of charge to Carers and Cared for with a Carers Card)

FRIDAY 14TH JUNE

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



Meet at the entrance to the railway

10:00am prompt to leave Paignton Station at 10:30am

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 lunch and a stroll and we will then embark on our journey home. **(Carers only)**

A TOUR & TALK BY THE LOCAL FIRE 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)

MONDAY 10TH 10:00AM - 2:00PM
& WEDNESDAY 12TH 5:30PM - 9:00PM

SAILING AROUND THE BAY WITH DSA

Meet outside Harvester, Torquay

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 and times. Please tick which you would 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)



TUESDAY 11TH - SUNDAY 16TH JUNE

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



Young Carers in Torbay celebrated Young Carers Day, Thursday 31st January, through raising awareness with many local schools and organisations. With the support of Young Carers at Brixham Church of England School, we presented an assembly.

We also had many awareness raising stands in local secondary schools. Please see photo of one of the stands at The Spires College.

We also had awareness raising

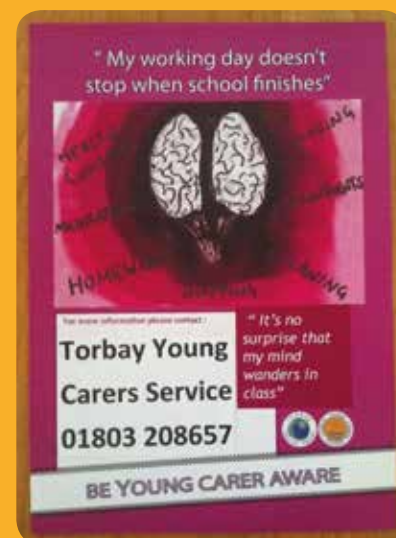
stands at Torquay Health Centre, Torbay Adults Social Care, Union House and St Edmunds Community Care Centre, Torquay.

We also sent out many emails which included a poster "My working day doesn't stop when school finishes". This was designed by local Young Carers. Also as part of the awareness raising we promoted participation in the National Young Carers quiz, provided by The Carers Trust: <https://carers.org>.

Here is the link for the quiz:

https://carers.org/sites/default/files/media/the_young_carer_quiz.pdf

Andrew Wright | Young Carers Support Worker



ACTIVITIES UPDATE

It might be a while ago but, Young Carers in Torbay had a great Christmas activity programme with many thanks to local support from Babbacombe and St Marychurch Lions Club, Preston Rotary Club, Brixham Soroptimist's and Torquay United Football Club.

This year the Parkfield Christmas party run jointly with Torbay Youth Service was very successful, with 86 young people attending, comprised of Young Carers and other vulnerable young people who access support at Parkfield Youth Centre. All the food for the Christmas dinner was provided, cooked and served by members of Babbacombe and St Marychurch Lions Club. The party started with a penalty shootout run by Torquay United, followed by a roller disco; with many thanks to Revolution Skate. These activities certainly burnt off much energy and helped build a healthy appetite for the scrumptious feast awaiting. All young people had a great time and were given gift bags from Brixham Soroptimist's and Babbacombe and St Marychurch Lions Club.

Young Carers also took part in another fantastic activity thanks to Preston Rotary Club, who provided Christmas bowling and a meal at AMF Bowl Torquay. This was great fun for everyone who took part and all the young people went home with Christmas gifts from the Preston Rotary Club.

The Christmas activities provided a number of opportunities for Young Carers to forge new friendships, which are so important in helping to develop Young Carers peer support. Some Young Carers said "I made new friends".



Andrew Wright | Young Carers Support Worker
Tel: (01803) 208657



Winter at Young Adult Carers was all about the Christmas spirit! In December, everyone gathered from Paignton to Plymouth to share the joy of the season. This started on 11th of December, when 8 Young Adult Carers attended the Totnes Christmas Market. Full of food stalls, local suppliers and live entertainment, there was something for everyone. One of the young adults that attended said "Despite it being busy, it was a very good atmosphere. The most enjoyable part of the trip was watching the fire throwing artists at the back of the market place."

The fun continued on December 14th at Inn on the Quay in Paignton, where staff and 16 young adults enjoyed a two course Christmas dinner. However, not everyone opted for the traditional Turkey; some had fish and even burgers! The restaurant provided party blowers and crackers on the table, which turned out to be the highlight of the evening, when everyone got into a competition to see who could blow theirs the loudest! We all got to know people that we hadn't met before, everyone was friendly and merry; the staff couldn't have been more helpful. Sophie Sproston summed up the event in one word, "lovely". We hope you all had a wonderful Christmas and a happy new year!

Annabelle Gillard on behalf of Young Adult Carers

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: torbayyac@nhs.net or phone: (01803) 852421/208455.

TAKOTA



A group of our former Young Adult Carers who have been part of our Young Adult Carers Operational Group have identified the need for ongoing peer support for Carers over the age of 25. In addition, each member of the group has cared for a family member for several years and knows what it's like to be in a similar situation to you.

What is our aim?

We are a peer support group helping each other through our individual caring roles. This group is for Carers who would like the opportunity to meet other Carers of a similar age and with similar interests. We will try our best to signpost people to outside services if needed. Our aim is to support each other, doing everyday things, like making new friends and connecting to the world outside of the caring role.

If you are 25 to 35, living in Torbay, caring or helping to care for someone and would like to have some time out from your unpaid caring role, then this may be the group for you. Interested?

For more information contact your Carers Support Worker, or call Signposts for Carers on: (01803) 666620

Or check out our web page at: tsdft.takota@nhs.net to find our referral form and refer yourself into the group.

CARERS NOTICEBOARD

Torbay Mid-Age Carers Group

We meet on every second Thursday of the month
in various locations around the Bay

2:00pm - 3:30pm

All Carers 35/60 welcome (with some flexibility)

9th May 2019

Picnic at Cockington on the green

13th June 2019

Visit to Torre Abbey, Torquay

11th July 2019

Visit to Babbacombe Cliff Railway, Babbacombe
Downs, Babbacombe, Torquay TQ1 3LF.
Return trip £2.80

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

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

13th May 2019

Samantha Little, a non-political look at Colonel Charles Born,
Torbay's MP 1910-1923

10th June 2019

Carers Week at the Morningside (see centre pages for more
details)

8th July 2019

NRS, Daily Living Aids, Jayne Youdan & Lorna Rapsey

For further information

please speak to your surgery CSW

or ring **Sally Corbishley** on: 07531 947687

"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, TQ1 3PT.
(Unless otherwise stated)

18th April 2019

The Gilberts of Compton Castle – the family that founded the Empire
Phil Badcott traces the fascinating history of the Gilbert family of Compton
Castle from 1329 to 2017, who have served our county and country in many
amazing and brave ways. Their story includes the life of Sir Humphrey Gilbert
who founded the Empire in 1583 but in doing so lost his own life.

16th May 2019

Join Jackie Bufton to make and have fun decorating your own unique
working wall clock. Cost £4.00 booking essential.

13th June 2019

Carers Week, please see centre pages for details

18th July 2019

Before Wallis: Edward VIII's other women

Rachel Trethewey tells us about the women he adored before Wallis
dominated his life. There will also be an opportunity to buy one of her books

**For More
Information,
Contact Michele**

Chilcote Surgery
(01803) 316333 (Tues/Weds)
Brunel Medical Practice
(01803) 312233 (Mon/Thurs)

Lip-reading

And managing Hearing Loss



- Manage your hearing loss and learn to improve communication with lip-reading and coping strategies.
- Learn the various lip shapes and how to use clues from the context of a conversation.
- Increase your confidence and lessen feelings of isolation.
- Beginners welcome.

Sensory Wellbeing Hub

Jasmyn House, Midvale Road, Paignton TQ4 5BD

Contact Bevis Taylor on: 07770684008
or: (01803) 219800

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

25th April

My Life Story, Peter Clark, Carer

30th May

The Role of the HSCC (Health & Social Care Coordinator), Heather-Nixon-White

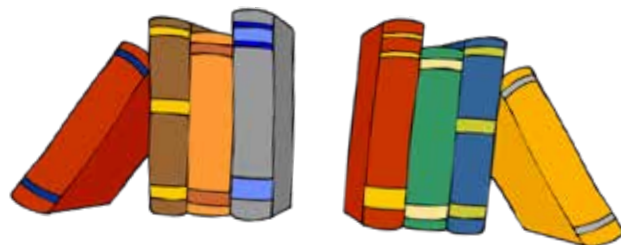
27th June

NRS, Daily Living Aids, Jayne Youdan & Lorna Rapsey

25th July

Cream Tea, venue to be decided

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



Do you have a love of Books

Sensory Team ~ Book Group
Jasmyn House, 1 Midvale Road, Paignton
In the Sensory Room
On the 4th Monday of the month

From 10.30am to midday
Please join us we would love to see you there!

For further information contact Jackie on:
Jasmyn House: (01803) 551846
Sensory Team: (01803) 219800

Sensory Well Being HUB

Jasmyn House – Rotary Room
1 Midvale Road, Paignton, TQ4 5BD
Tel: (01803) 551846

Craft Club

**For people with a Visual Impairment,
Hearing Impairment & their Family/Carers**

The group meet on the **2nd Thursday** of the month,
10:30am – 12:30pm, voluntary contribution of **£2.00**,
which includes refreshments

**Bring along your own projects to create, and
learn new skills from other group members**

Crochet
& Knitting

Card
Making

New Mosaics

Painting & Drawing

Sewing, Embroidery & Tapestry

Carers @ The Library

Coffee Mornings

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

9th May, 13th June, 11th July
10:30am - 12:00 noon
£1.50 per head

Meetings are attended by Sally Corbishley, CSW

Afternoon Tea & Biscuits

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

17th May, 21st June, 19th July
2:30pm - 4:00pm
£1.50 per head

Meetings are attended by volunteers Mike & Denise Eccleston

OTHER NEWS

TORBAY OLDER FAMILY CARERS

Support for people aged 60 or over caring for a family member with a learning disability.

'Tea and Cakes' Social and Information Get-togethers
held on 2nd Wednesday of the month 10:30am-12noon
Jasmyn House, Midvale Road, Paignton

An opportunity to meet other Carers for a friendly chat over a drink and a cake. We usually have speakers providing information relevant to learning disability and caring.

8th May

Mike Le-Surf, Royal Mencap Society, Campaigns Officer – update on Mencap's national campaigns including 'Treat Me Well'

12th June

Celebrate Carers Week – a social morning – join us for a drink and cream cakes

10th July

SPACE support planning service

Friday Morning Drop-in
Carers Centre, Paignton Library

If you would like to call in for a chat and a coffee, or have a particular concern you would like to discuss, please call in anytime between 9:30am and 12:30pm.

We will be pleased to see you.
The person you care for is also welcome.

For further information, please contact:

Caroline Saunders: (01803) 321145

Mobile: 07939 880092

Email: caroline.saunders@mencap.org.uk



Groups run by FoPL

SCRABBLE GROUP

2nd Tuesday of every month 2pm - 4pm

Paignton Library, Room 13

All welcome | £2 donation
Large tile set available



Tuesday 14th May & 11th June
(No sessions during July & August)

Calling unpaid Carers

There's a cosy spot waiting for you at

'The Lounge'

Upstairs at Fleetwalk Shopping Centre, Torquay
It's a laid back, flexible, fun place to socialise for any member of the community.

Come and meet Colin
from Signpost for Carers

First Wed of the month
11.00am - 3.00pm

for coffee and a chat about
any aspect of your
caring role



Contact Colin Slough on: (01803) 666620 for more details.



Torbay Visual Loss Sensory Cafe

Coffee Mornings

3rd Wednesday of every month 10am - 12pm at: **Jasmyn House, 1 Midvale Road, Paignton TQ4 5BD**

Come and join us for light refreshments and meet others who have a visual impairment.
Practical advice & information available.

Voluntary contribution £2 to include refreshments, cakes and raffle prizes.

For more information, contact Sensory Team on:
(01803) 219800

BOOK REVIEW

By Samantha Little

Bonjour?

Longer days and light evenings provide the perfect opportunity to read these outstanding narratives set in the City of Light and translated from the original French...

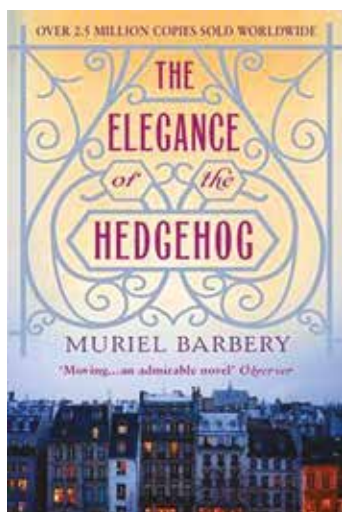
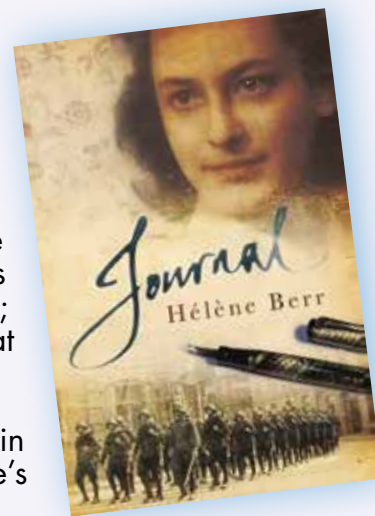
JOURNAL

Helene Berr (ISBN: 1906694192 MacLehose Press (2009))

Known as 'the French Anne Frank', Helene Berr wrote an exceptional diary of the years 1942-44, which caused a sensation following publication.

Living in Occupied Paris with her parents and sister, Helene is a student at the Sorbonne, enjoying her social circle and missing the beloved who has left to fight for France; but she is soon forced to wear the Star of David, other freedoms are curtailed and her father is arrested. As the months pass, her vivid testament bears witness to the tense waiting, as she knows the Nazis will eventually come for her; drawing solace from poetry and the metaphysical, her personal landscape and that of Paris is beautifully depicted as the end draws near.

Unequivocal descriptions of the indignities and fear experienced by Jews living in the Latin Quarter are elegantly recorded and far from exuding desolation, Helene's brave optimism ensures her story is ultimately uplifting.



THE ELEGANCE OF THE HEDGEHOG

Muriel Barbery (ISBN: 1906040185 Gallic (2009))

Rene is the working-class concierge of a prestigious Parisian apartment block; Paloma is the pampered young daughter of a Member of Parliament who lives in the building. Outwardly conforming, both delight in their respective secret musings. Rene finds intellectual consolation in art and classical music, while Paloma has revelatory experiences as she searches for hope. Private thoughts and discoveries parallel those of the other, until a sudden event takes them in unexpected directions.

Subtle and ironic humour (and feline psychology!) also play a part in the description of their journey. The highly unusual form of writing and presentation of this novel makes a huge impact on the reader, provoking lateral thought and providing a deeper understanding of the beauty of ideas.

CARERS CORNER

WINTER COAT

I've recently been sorting through my wardrobe and discarding a lot of clothes. This has been difficult at times, because some of the items were sure favourites of mine. But past illness caused huge weight gain and present health has largely reduced that again. My wardrobe contents represented many life circumstances. It was bulging at the seams! (Forgive the pun).

One of the hardest things to part with has been a winter coat that I love, but is way too big for me now. As I was clearing out my space, it made me think how metaphorically we need to shed 'winter coats' at times - whether we liked that time of our life or not, it's over now and we all need to move on.

Bay Benefits - On Tuesdays and Thursdays (by appointment only) | From 9.15am - 2.00pm

A service that offers advice and assistance with benefits and entitlements for unpaid Carers and their families. Please call: **07530 790354** from 9.15am - 2.00pm, on Tuesdays or Thursdays to arrange an appointment.

Legal Advice - On Monday - 18th March, Monday 20th May | Appointments from 2.00pm

These sessions are offered by Wollen Michelmores Solicitors; Edward Lee offers advice on Wills and Lasting Power of Attorney. To book an appointment please call – Carers Aid Torbay. The appointments are for 30 minutes Free of Charge to Carers, at The Olive Carers Centre.

Ancestry / Family History - On Wednesdays - 17th April, 15th May, 19th June and 17th July From 10.00am - 1.00pm

Have you ever wondered where your family came from? Learn how to navigate around the family history sites on the internet. If you would like to get involved, please gather as much information as you can, to bring to the session; let's see what interesting things you can find out about your ancestors.

Knit and Natter - On Wednesdays - 17th April, 8th May, 5th June, 10th July | From 1.30pm - 3.00pm

If you like a natter and knitting and are a Carer in Torbay, this is the group for you. Just come along with your knitting and you will be welcomed with a hot drink and a biscuit.

Legends on Dartmoor - On Thursday - 20th June

Come with us on a mystery tour of Dartmoor; along the way we will be regaled with strange and eerie tales on this mysterious moorland.

Men Matter - On Thursdays - 4th April, 2nd May, 6th June, 4th July | From 11.00am - 12.30pm

This is for Gentleman Carers living in Torbay, the group meet at the Redcliff Hotel in Paignton. Drinks and nibbles are provided by Carers Aid Torbay. The group support one another and have informal chats while putting the world to rights.

Relax and Read - On Wednesdays - 10th April, 22nd May, 3rd July | From 2.00pm - 3.30pm

This group meet once every six weeks, which allows people to read at their own pace. As a group they decide what books/genre they would like to read. When the group meet they discuss the books whilst enjoying tea and cake. If you are a Carer and have a passion for reading, then this is the group for you.

Spring Coffee Morning - On Wednesday - 24th April | From 11.00am - 1.00pm

Please come and join us at the Olive Carers Centre for a cup of tea and a slice of cake.

To book any of the above please call Carers Aid Torbay on: **01803 323510**, for advice on Benefits and Entitlements please call Bay Benefits on: **07530 790354**

All groups and meetings are at the Olive Carers Centre, Victoria Park Rd, Round the back of St Edmunds, Torquay TQ1 3QH - unless otherwise stated.

Coming in the next edition:

- Carer Awareness Training For Mental Health Services
- Carers Education Update

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, or email: signposts@nhs.net