

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

CONTENTS

- Introduction 1
- Goodbye To Sera & Ros 2
- Lateral Flow Testing 2
- A Carer's Story 3
- Carers' Centres Re-Opening.. 3
- Money Matters 4
- Carers' Direct Payments
Evaluation 5
- Free Digital Resource For
Carers (DRC) & Jointly 5
- Carers Active April 6
- Free 7 Day Pass @ Torbay
Leisure Centre 6
- Naturally Healthy May 6
- Sign Up For Free Activities ... 7
- Yoga & Pilates - What To
Expect 7
- Carers Week 8-9
- Young Adult Carers 10-11
- Torbay Young Carers 11
- Carers' Noticeboard 12-13
- Upcoming Events
 - Jubilee Celebrations 14
 - Complementary Therapy
Care 14
 - Carers From The LGBTQ+
Community 14
- Torbay Family Carers 15
- Carers Aid Torbay 16

Deadline for the Summer edition is:
9th May 2022

Hello
and Welcome!

To another jam-packed
edition of the **Signposts
Newsletter**.

Best wishes from everyone
at Carers Services.



Torbay Young Carers Wheel of Love

YOUNG CARERS ACTION DAY

Focussed on reducing isolation for Young Carers and previewed the Wheel of Love. The day was a great success!

CARERS CENTRES REOPENING

Paignton, Torquay and Brixham Carers Centres have now reopened for in person appointments and drop-ins.

CARERS ACTIVE APRIL & NATURALLY HEALTHY MAY

Enjoy the organised activities, FREE Leisure Pass and get connected with nature – there's something for everyone.

CARERS WEEK 6-12TH JUNE

We have a selection of online and in person events, providing you with some much deserved 'time out'! We look forward to seeing you and hope you have a wonderful week.



GOODBYE TO SERA & ROS

It is time to wish a fond farewell to two of our Carer Support Workers – Sera and Ros!



SERA BLEWITT-GILBERT

Sera Blewitt-Gilbert was one of our first specialist Carer Support Workers for Mental Health. When she started (I'm not saying how many years ago!), the role was innovative as it was based within the Mental Health team, but supporting Carers whether or not the person they cared for was accessing services.

We had recognised that family members are often more affected by someone's mental health, when the person they care for is not receiving support/treatment. We also, thought that having someone within Mental Health Services could really support communication with the team, where the cared for person was in treatment. Sera was perfect for the role, both caring and thoughtful, whilst fully aware of the many pressures that caring for someone with mental health can bring.

She leaves to run her own business full-time, so we wish her every success and happiness for the future, and wait to see who will be appointed to replace her.*



ROS VIAN

Ros Vian, a GP-based Carer Support Worker, has covered a number of practices since she started in Torbay, especially as various practices merged and we had to move the Carers Support Workers around in 2015. Since then she has been busy covering Pembroke House and Old Farm surgery, working closely with the practice staff and improving their identification and awareness of Carers.

She is being replaced by Claire Horton, who was our 'floating' Carer Support Worker and covered practices when their own CSW was off long-term. We wish Ros a happy retirement!

Claire Horton is now covering Pembroke House Surgery, on Monday & Thursday 8-30am – 4.30pm, Wednesday 8.30am – 4.40pm and Friday 8.30am -10.30am. She can be contacted on: **(01803) 553558**, or **07917 894728**.

*By the way, if you are ever interested in working within Carers Services, or for other organisations which support Carers, please keep an eye on our Facebook page and our monthly Carers' e-mail as we always welcome applications from Carers and former Carers.

Katy Heard, Carers Lead

Torbay And South Devon NHS Foundation Trust

LATERAL FLOW TESTING

Hearing that free Lateral Flow Testing will cease apart from over 75's or over 12's with weakened immune systems, Torbay Council has agreed to fund some LFTs for unpaid Carers who care for someone vulnerable to Covid. Please contact: signposts@nhs.net or on: **(01803) 666620** if you are concerned, or think that you are eligible.

Recently we received a call from a lady who had suddenly found herself caring for her husband, who'd had a stroke which significantly impacted his mind and body. Previously her husband had been the main breadwinner and dealt with all the bill paying and household admin.

The lady was completely overwhelmed and she didn't want to let her family and friends know how much she was struggling to adapt to this complete change of lifestyle. She didn't want to be a burden to anyone. They had always been a very private couple and she felt she was 'failing' her husband.

Our Carer Support worker advised her to officially register as an unpaid Carer with Torbay Carers. This gave her the peace of mind that should something happen to her, the back-up plan would be followed and her husband looked after. A meeting was also arranged with Wollens Solicitors who explained how to apply for Lasting Power of Attorney as well as the legal aspects of writing a will. Finally, an appointment was made with our Bay Benefits team who helped her to apply for Attendance Allowance.

With caring, there are good days and there are bad days. One day you feel fine and on top of things, the next day you may feel overwhelmed, angry, isolated and alone - all very natural emotions to have, when the life you knew has been turned upside down.

If like this Carer, you need someone to listen and help you through challenging times, then please reach out to us – you're not alone! Contact details: **(01803) 323510** - also see **(P16)**.

CARERS' CENTRES RE-OPENING & LAUNCH OF PAIGNTON COMMUNITY HUB

PAIGNTON CARERS CENTRE @ PAIGNTON LIBRARY

This has been gradually reopening and it generally should be fully staffed Monday to Friday from 10am - 4pm. The front door to the Drummond Suite will remain shut, so you will have to ring the bell, and Covid secure measures will remain inside for the immediate future. We may also be available outside these times, so do feel free to ring the bell on the off-chance. On the days that the Hub is downstairs, that will be our reception, as it usually will be Jack covering for the first few months, so we will try to have a sign at the main entrance pointing you in the right direction (or you can ask Chris, the new, friendly security guard!)

PAIGNTON COMMUNITY HUB

Torbay Carers, Healthwatch and a number of Voluntary Sector Partners have launched a 'Community Hub' at Paignton Library. The Hub will be downstairs beyond the coffee shop, initially open Tuesday, Wednesday and Thursday from 10am - 2pm for advice, information and to link people to support. It will be supported by the Community Phone Line and other partners such as Citizens Advice who will be based there one day a week, for drop-ins and planned appointments.

BRIXHAM CARERS CENTRE @ THE FRIENDS CENTRE, BRIXHAM HOSPITAL

This will open after Easter for pre-booked appointments and we will gradually re-open the drop-ins for a few half-days per week. Please ring Signposts on: **(01803) 666620** to find out when we are open, or to make an appointment, alternatively keep an eye on our Facebook page: [@TorbayCarers](#)

TORQUAY CARERS CENTRE @ OLIVE CENTRE, ST EDMUNDS, PLAINMOOR

Carers Aid Torbay will be re-opening the Centre after Easter on Tuesday 19th April. Bay Benefits will hold appointments there Tuesday and Thursdays 10am - 4pm, the Enabling Team appointments will be there Monday and Wednesday 10am - 4pm, and Fridays 10am - 1pm.



CHRIS VANSTONE



JACK WATTS



ANNUAL UPDATING OF CARER'S ALLOWANCE AND OTHER CHANGES

April sees a number of changes which will affect you if you work and claim Carer's Allowance:

- From 11 April, Carer's Allowance (CA) increases to £69.70 per week (+3.1%), and the weekly earnings limit rises to £132 (+3.1%)
- On 1 April, the National Living Wage increases to £9.50 per hour (+6.6%) for those age 23+ (see: <https://bit.ly/3Fl3C7t> for details)
- From 6 April, national insurance (NI) contributions are expected to increase by 1.25%. This will affect your take home pay if you pay NI (*see below)
- Working CA claimants should check that their take-home pay does not exceed the revised CA earnings limit of £132, but bear in mind that the regulations allow for the deduction of certain expenses from gross pay (see: <http://bit.ly/2Myo0IY>)

**From April 2023, the increase in NI is expected to be replaced by the 'Health and Social Care Levy'. This will be applied to all earned income including that of people working beyond state pension age.*

FINANCIAL HELP FROM TORBAY COUNCIL

Could a Discretionary Housing Payment (DHP) help you if your finances are not stretching far enough? To qualify, you must be paying rent and also receiving housing benefit (or local housing allowance) or universal credit. You must also need assistance to meet:

- A shortfall between your rent and the Universal Credit (housing element) or Housing Benefit you receive
- Rent in advance - if you need to move (to reduce your outgoings or escape domestic abuse) and also help with removal costs
- A deposit for a rental property
- Rent arrears

DHPs do not have to be repaid, but they can only be given for a limited period. For an application form (see: <https://bit.ly/302RkiJ>). If you do not meet the DHP conditions and/or have other financial needs, you may be able to get a Welfare Support Grant (see: <https://bit.ly/3GEcDK7>).

DISABILITY LIVING ALLOWANCE (DLA) FOR CHILDREN

The Department for Work and Pensions has released four new YouTube videos about claiming DLA for children: An Overview of the Benefit; How to Make a Claim; After you Have Claimed, and When a Child Turns 16. The videos provide a basic introduction to the subject and could be helpful to Carers who are new to DLA (see: <https://bit.ly/3doCR6q>). Similarly, Carers might also be interested in a guide published by the national charity 'Contact': 'Claiming the Higher Rate Mobility Component for Children with Learning Disabilities and Autism Spectrum Disorders', is just one of the free guides available from the charity's website (see <https://bit.ly/3KJYvkm>).

POST OFFICE CARD ACCOUNTS AND DWP BENEFIT PAYMENTS

The Department for Work and Pensions (DWP) is phasing out the facility to pay benefits into post office card accounts, but delays caused by Covid have impeded the transfer exercise, pushing back the completion date to next November. The new Payment Exception Service is a way for people who do not have bank accounts to collect benefit or pension payments but is only offered in very limited circumstances (further details from: <https://bit.ly/3HwMZHj>).

CARERS' DIRECT PAYMENTS EVALUATION

Torbay's Carer Evaluators recently carried out a survey to explore how useful Carers Direct Payments are to the people who receive them. The evaluation looked into how payments were used and the value they had on wellbeing for Carers. Most respondents used the payments for a break from their caring role, either a physical break or to support hobbies and pastimes to enable time to focus on themselves.

BELOW ARE THE MAIN FINDINGS FROM THE EVALUATION:

- 28 out of 35 respondents (80%) had a break from their caring role, which were personalised and used in a variety of ways to reflect individual interests, needs and circumstances.
- There were significant improvements in health and wellbeing, with 75% reporting an improvement in their emotional wellbeing and 63% noting an improvement in their physical wellbeing.
- Three quarters (75%) of Direct Payment recipients saw an improvement in their family relationships as a result of their break and 63% saw an improvement in social isolation.
- Five Carers reported that the payment prevented or delayed their caring situation breaking down and a further eight felt that it may have done so. Further to this, two people said that the payment meant the person they care for avoided a residential care admission.
- 27 out of 28 people (96%) said the payment helped them to feel supported as a Carer.

"This Direct Payment ... has had a massive impact on my emotional wellbeing. [The person I care for] is extremely noisy and this is unrelenting. To be able to get some silence probably saved my sanity."

Enabling Carers to have a break makes a real difference, particularly during the COVID-19 pandemic when replacement care is so limited. Carers breaks have a positive impact on the caring situation and Carers' wellbeing, and make caring roles more sustainable.

"I was very touched that someone was asking after my health and wellbeing rather than focusing on my husband."

If you need a break, please contact your Carer Support Worker for a Health and Wellbeing Check. Direct Payments are one of a number of ways that Carers Services can support you to maintain your caring role and look after your wellbeing. For any further questions about the evaluation or what Carers Services can offer you, please contact Signposts on: **(01803) 66 66 20** or at: signposts@nhs.net.

The full report is available on: www.tsdfit.uk/carers - Go to: Strategy, Policy and Quality page.

FREE DIGITAL RESOURCE FOR CARERS (DRC) &



We all recognise that providing the right support at the right time has never been more important for Carers. One of the quickest ways to keep Carers connected is digitally, so Carers UK have developed The Digital Resource for Carers (DRC). This brings together digital products and online resources for Carers, such as e-learning modules focussing on health and wellbeing, to nutrition and managing finances effectively. Torbay Carers Services pays an annual subscription so that all of our Carers can use it for free. Give it a go on: www.carersdigital.org and use code **DGTL8622**. This also gives access to Jointly, a care co-ordination app, which enables Carers to create a circle of care for the person they support, including important information like medications and contacts etc. Keeping essential information in one place, can help with the stress that Carers often feel.

To find out more, why not join the online information session during Carers Week on Tuesday the 7th, please see **(P8)**, and the following week on the Monday 13th at 6pm. If you need support to get on-line, please contact signposts on: **(01803) 666620** who can link you in to digital support.

CARERS ACTIVE APRIL



HEALTH, FITNESS & FUN TASTER WITH BEACH MOVES, SATURDAY THE 30TH APRIL, PAIGNTON SEA FRONT – GRASSED AREA (WEATHER PERMITTING) 11AM-2PM

Come along and enjoy a few hours of fun, there will be a selection of activities to choose from for you and your family, including: badminton, short tennis, zumba, cricket rounds, 5 a side football, personal training one on ones, easy access ropes, hoops, sack race, three legged race, wheelbarrow race etc.

For more information and to confirm whether the event will be on the Geopark or the cinema side, please contact: **Imagine Torbay Multicultural Group CIC**, Julie Bose on – **07450 332473**

FREE 7 DAY PASS @ TORBAY LEISURE CENTRE

Gain access to the facilities at **Torbay Leisure Centre** or the **Riviera International Centre**. This will give you use of: the gym, health suite, swimming pool, fitness classes, Les Mills Virtual classes and cycling. We hope you enjoy the week.

To get your pass please contact the centre in advance to book an appointment on: **(01803) 522240**

NATURALLY HEALTHY MAY



In our modern, hectic world and with the effects of Covid-19 still very real, evidence shows that taking the time to reconnect with the natural environment offers huge benefits for our health and wellbeing. For example, improving sleep, managing anxiety and improving mood, and reducing blood pressure. Naturally Healthy May encourages you to connect with nature, meet new people, maybe learn new skills, and increase your activity levels in a safe and supportive way. Regardless of age or fitness there is something for everyone.

This could mean joining a local walking group for the first time, taking part in a beach clean, learning about nature and wildlife in a nearby green space. Or it could just be spending more time in your garden, allotment or local park with friends or family. Whatever you do, connecting with nature and people will benefit you.

HOW TO GET INVOLVED:

- Follow Active Devon on social media for updates as May approaches
- Look out for Naturally Healthy activities being organised in your community
- Check the Active Devon Activity finder on our website: <https://devon.sportsuite.co.uk/activities/activities>
- Organise a community clean up: <https://beachcleans.org.uk>
- Enter the Naturally Healthy May photo competition (details to be announced on social media in April)
- Or just make a promise to yourself to connect with nature your own way in May, you can tell us about it on

SIGN UP FOR FREE ACTIVITIES

TORBAY LEISURE CARD

Torbay Leisure Card is free to Torbay Carers from Torbay Leisure Centre, Riviera Centre, Swim Torquay and Admiral Swimming Pool. It offers Carers reduced entry charges to a wide range of indoor and outdoor sport and leisure providers, including; swimming, gym pass, gymnastics, ballet, golf, tennis, dance, cycling, karate, yoga, bowling and football all at a reduced cost:

<https://www.torbay.gov.uk/leisure-sports-and-community/sports/torbay-leisure-card>

PARK YOGA

Beginning 1st May in front of Torre Abbey, Torquay. Free yoga for all ages and abilities to join in in the sunshine:

<https://parkyoga.co/torquay>

FREEMOOVEMENT

Beginning again shortly, in Upton Park, Torquay. A friendly and welcoming group who motivate and support each other to get fit, and improve physical fitness and mental wellbeing. We achieve this by making the most of our local park and open space with very simple fitness kit, passionate volunteers and smiles on our faces:

<https://freemoovement.com/weekly-sessions>

APOLLO SPORTS CLUB

Family circuits on Thursday evenings where adults and children can train together in a fun filled safe environment. The Apollo Family welcomes everyone of all ages and abilities. £3 for adults and £1 for young people:

<https://www.facebook.com/apollo.circuittraining>

YOGA & PILATES – WHAT TO EXPECT

Available During Carers Week &
Online @ Torbay Healthy Lifestyles

EVER FANCED GIVING YOGA OR PILATES A TRY? WELL NOW YOU CAN DIP YOUR TOE IN AND HAVE A GO!

Find us on 

The benefits overlap between Yoga and Pilates, both utilise breath and mind focus as major agents towards wellbeing. With Pilates you empty the lungs and in doing so, re-oxygenate the body, improving red blood cell count. With Yoga breath it is controlled and as such helps to still the mind. 'Concentration' is used in Pilates to focus the mind away from external cares and concerns to the exercises themselves.

When we are in a really stressed state, we tend to experience shallow breathing associated with anxiety and/or depression, so Yoga with its combined focus on breath, mind and movement in unison, and Pilates with its focus on concentration and control, means that you slow down your heart rate and stress reactions. In emergency scenarios focused breathing can reduce panicked states, in a non-emergency state it can build up resilience. By practicing Yoga and Pilates you provide the body with frequent MOT's, proactively helping it to be more resilient and anchored so that your hips, shoulders and skull are more aligned.

This won't be a class that causes you pain and all shapes and sizes are welcome, with no previous experience required. This class will help you to be present to enjoy the moment, destressing and bringing about a sense of balance – combining the functional aim of reducing back pain, with the philosophy of Yoga incorporating movement, mind and meditation.

CARERS WEEK 6-12th JUNE 2022



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.

This year Torbay has organised more in person events, as we see ourselves returning to some form of normal, following Covid restrictions. All in person events will keep social distancing in mind and hygiene measures will still be implemented. For those of you who prefer online events, we have included a number of options in our programme, where you can get involved from the comfort of your own home - do take advantage of what's available. If you need support to get online, please call us on the Signposts number below. For those of you who would like to try something new we have a selection of in-person workshops.

To apply please complete the insert with this edition of Signposts, noting your 1st, 2nd & 3rd preferences and return to: **FREEPOST TORBAY CARERS SERVICES – No later than Friday 6th 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, please contact
Signposts for Carers on: (01803) 666620 or go to:
www.torbayandsouthdevon.nhs.uk/services/carers-service/signposts-magazine

MONDAY 6TH JUNE

COOKING TASTY TREATS

Eat That Frog, 89 Torquay Road, Paignton |
10.30am – 12.30pm

Fancy a snack but wish you knew how to make something more healthy and nutritious? Come and make our delicious whole-wheat blueberry muffins and some tasty cheese scones, both of which can be eaten hot or cold and prepared in advance and frozen for later.

CLARKS VILLAGE – CARERS AID

All Day Event | (See Page 16 for more info)

Please ring direct on: **(01803) 323510** to book your space and please include your choice on the application page.

TUESDAY 7TH JUNE

ONLINE LAUGHTER YOGA

Live (Online)

2.45pm – 3.30pm

Join instructor Bridget to laugh and smile with some very gentle yoga and breathing exercises helping you to re-energise and relax. Please email: online@devoncarers.org.uk by 9am on Monday 30th May to book a place and be sent a Zoom link. There are 20 places available that will be allocated on a first come first served basis.

WET FELTING

Parkfield, Paignton

10.00am – 1.00pm

Using traditional techniques, learn how easy it is to felt wool and create your own unique artwork.

CARERS UK DIGITAL OFFER AND JOINTLY

Live (Online) | 11.00am – 12.00pm

For zoom login details please ring: **(01803) 666620**

COFFEE MORNING & CAKE DECORATING

Christian Community Centre, in Brixham Town
9.30am – 11.30am

Come and enjoy a relaxing time over coffee and cake and learn some cake decorating skills. **There will be a suggested donation of £2 for a drink and cake.**

AN INTRODUCTION TO THE ROYAL COLLECTION

Live (Online) 11.00am – 12.00pm

The Royal Collection is one of the largest art collections in the world. Running to more than a million objects, it is a unique and valuable record of the personal tastes of Kings and Queens over the past 500 years. Who are the most important royal collectors and what works of art caught their eye?

Join each session with the following Zoom details:

<https://us06web.zoom.us/j/9044769010>

Meeting ID: **904 476 9010** | Passcode: **624813**

COOKING TASTY TREATS

1.30pm-3.30pm

Repeat of Monday event, please choose either Monday or Tuesday for your preferred session

WEDNESDAY 8TH JUNE

MACKEREL FISHING – CARERS AID

All Day Event | (See Page 16 for more info)

Please ring direct on: **(01803) 323510** to book your space and please include your choice on the application page.

WEDNESDAY 8TH JUNE

JAPAN: COURTS & CULTURE

Live (Online)

11.00 – 12.00pm

Experience a unique insight into the worlds of ritual, honour and artistry linking the courts and cultures of Britain and Japan; in line with the exhibition at The Queen's Gallery, London, highlight rare pieces of porcelain and lacquer, samurai armour, and embroidered screens; many diplomatic gifts from the reigns of James I to Her Majesty The Queen. Join each session with the following Zoom details:

<https://us06web.zoom.us/j/7625416428>

Meeting ID: 762 541 6428 | Passcode: 674534

LUNCH & PAMPERING OR LUNCH & ART /CRAFTS

At the Windmill Centre, Torquay | 12.00pm – 3.00pm (£3.00 per carer, pay on arrival)

Come and enjoy a freshly cooked lasagne and salad followed by your choice of arts and crafts, or nail painting and hand massage. You can decide on the day.

BODY SCAN MEDITATION

Live (Online) | 2.00pm (30-40 minutes)

Please contact Caring for Carers on: (01752) 201890 by 3pm on Monday 6th June to book a place and be sent a zoom link. There are 20 places available that will be allocated on a first come first served basis.

This meditation can be done laying down or sitting with your head supported in a comfortable position and is aimed at promoting a relaxation response, by taking a systematic journey around the body, while using mindful breath awareness. This is adapted from the Body Scan.

THURSDAY 9TH JUNE

DEVELOPING BARISTA SKILLS

Eat That Frog, 89 Torquay Road, Paignton

10.30 – 1.30pm

We Ever wondered how they make those delicious silky coffees? Come along and learn about the origin of the coffee bean, yes it involves Kali and his dancing goats! There may even be a monk involved too.

TIME OUT CREAM TEA & LIVE MUSIC

The Anchorage Hotel, Torquay

1.45pm – 4.15pm

Come and enjoy a cream tea and live music.

Carer free, cared for £4.50.

Book direct See (P12) for details

POTTERY

Lupton House, Paignton

2.00 – 4.00pm

Pottery for wellbeing - create with clay and make functional pottery at a fun, informal workshop.

FRIDAY 10TH JUNE

YOGA & PILATES COMBINED

Paignton Library | 10.30am – 11.30am

No previous experience required, for full details of session go to (P7).

MACRAMÉ

Parkfield, Paignton

1.30pm – 4.00pm

Trending now, and so simple! Make a gorgeous hanging plant holder.

CHEESE TASTING CLASS ONLINE

Live (Online)

6.00pm - 7.30pm via zoom

To book a place please contact Caring for Carers on: (01752) 201890 by 4.00pm on Friday 27th May so that we have time to get your cheese delivered to you and the zoom code emailed. There are 10 places available that will be allocated on a first come first served basis.

With your experienced teacher, Mandy, you will learn how geography, seasons and the cultures and milks affect the delicate balance of flavours in this tasty food.

SATURDAY 11TH JUNE

DONKEY SANCTUARY SIDMOUTH & STROLL IN TOWN

Pickup at the side of Paignton Library | 8.45am

Pickup Outside Torquay Library | 9.15am

Arrive home at approx. 3.30pm

Besides the furry residents, explore our exciting indoor attractions and find out just why donkeys matter through interactive displays in the Exhibition Barn and Understanding Donkeys Zone. Followed by a stroll along the beach front and town. Bring a packed lunch, or enjoy something out on your travels. £5 donation for the Donkey Sanctuary

SUMMER FAYRE AT PAIGNTON LIBRARY

10.00am – 2.00pm

Tombola, games, stalls and much more. All the family welcome, no need to book.

TUESDAY 7TH - SUNDAY 12TH JUNE

TORRE ABBEY & GARDENS

10.00am – 5.00pm (Last admission 4pm)

Enjoy a visit to Torre Abbey gardens and learn about this intriguing landmark and its colourful history. It was founded in 1196 as a monastery for Premonstratensian canons, and is now the best-preserved medieval monastery in Devon and Cornwall. Torre Abbey is also known for the beautiful gardens on Abbey Park and Meadows.

(Free to Carers and the person you care for with your Carers card)

YAC DROP-IN

We continue to offer a place for our Young Adult Carers to come and meet other YAC's, fortnightly, at Jasmyn House in Paignton from 5-7:30pm. Fun is had by all as we take in some culinary delights, chat and make friends. We started to use this time to share skills of the cooking kind, giving the opportunity to take it in turns, where 2 Carers will make and serve some hot food - such as Pizza, Spaghetti Bolognese and Stir Fry. Now it seems we have come to expect a different meal each time, with the YAC's choosing what they would like for the following drop-in. This get together encourages our YAC's to chat, ask questions and seek advice from peers. We hope others will take the opportunity to come along and enjoy the company of other YAC's wanting to get out and have a good time.

Dave Baker | Young Adult Carer Development Worker

Integrated Carers Services

Phone: **(01803) 208455/852421** | Mobile: **07825 027664** | Email: **d.baker1@nhs.net**

Please Note: days of work Wednesday-Friday.

SUPPORTING SOUTH DEVON COLLEGE

South Devon College were nominated as one of three finalists in the RCU Support Award for students, with the Association of Colleges. The Beacon Award supported by the RCU, is a prestigious award for further education and training providers. The foundations of support for both Young Carers under 18yrs, and Young Adult Carers 16-25yrs, have been built upon the 10+ year successful working relationship with Torbay Young Adult Carers Services, alongside other Carers services as well.

It was an honour for the College to be supported on the assessment day by our unsung heroes, our Student Carers. They truly were an inspiration and as a College, we want to ensure they feel valued and have every opportunity to succeed throughout their educational journey at SDC and beyond.

Stephanie Sparkes | Learning Support Lead (Young/Young Adult Carers)

CARERS WEEK 6-12TH JUNE

This year we have an opportunity to enjoy a cruise, BBQ and a sail with support from Dart Saleability. Both events will run from Galmpton. For more information contact Dave Baker on: **07825 027664**, or email: **d.baker1@nhs.net**

TUESDAY 7TH, 9AM – 2PM

Join Young Adult Carers at the Old Fish Market in Brixham, where they will be running market stalls to fundraise and raise awareness of Young Adult Carers and Carers in Torbay.

YOUNG ADULT CARERS BUNGEE JUMP – WOULD YOU LIKE TO SUPPORT US?

Through COVID, Young Adult and Takota Carers mental health has been impacted as a result of not being able to meet other Carers as often. Now restrictions have been eased around meeting up, there are a number of activities that could help Young Adult Carers, for example: meeting once a month, a break away, a group meet up for a meal locally, meeting new friends, socialising and getting out for an hour or two, which is important to any Carer to have that time.

As a registered Carer, I have been involved with the 'Young Adult Carers' and Takota for 10 years and feel passionate about the Carers Service as they have changed my life. For this reason, a bungee jump has been organised and funded by myself and booked through 'UK Bungee'. Steph, one of our ex Young Adult Carers has set a goal to achieve the 400ft Bungee Jump, taking place this year in Chepstow (exact date to be confirmed).

All funds will be donated to Young Adult Carers and Takota. If you would like to support Young Adult Carers and Takota, please go to: <https://www.justgiving.com/fundraising/stephanie-sparkes>

Donating through JustGiving is simple, fast and totally secure. Your details are safe - they'll never sell them on or send unwanted emails. Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity. Any money raised is much appreciated, as it truly goes a long way.

Takota is also having an online group chat this month - for more information on how to join the chat and the time please head to our Facebook page: Takota Torbay.

Bye for now, Skye

TORBAY YOUNG CARERS



YOUNG CARERS ACTION DAY

Young Carers Action Day (YCAD) took place nationally on Wednesday 16th March and locally the Carers Trust was involved. Young Carers Action Day focused on reducing isolation for Young Carers, something we find quite often among those in Torbay.



Within the service, we are always doing our part to share the voices of Young Carers locally through our Flashlight project and nationally to enable young people to have a say on policy and issues affecting them directly. For YCAD, our schools Corridor Team – Angela and Lisa, as well as our first employed young person, Katie, visited schools all week to increase understanding amongst young people and staff. They visited South Devon College and other schools around Torbay who signed up to access information and talks. Children's Services were in attendance to join the awareness raising, as well as our director Jo Morrell.



On the day we also hosted an exhibition in collaboration with Artizan Gallery, to display Young Carer produced artwork and creativity, to contribute to raising awareness and bringing people together.

During lockdown, we worked with Artizan and designer Shiraaz Ali – remotely (which was interesting!) with a group of Young Carers to create the "Wheel of Love". This comprised of many Zoom calls and endless online chatter for each young person, who designed and created their own wooden petal, that came together with others to create a wheel. The theme highlights the topic of loneliness and this project speaks volumes! Symbolising the journeys and experiences of each young person on the wheel individually – but coming together a whole. Young Carers do not need to be alone.

This, as well as other artwork created over the last two years, was displayed at Artizan Gallery, Lucius Street. From here, the Wheel of Love will be placed in the HeArTs gallery at Torbay Hospital for a stint – we hope to tour this project nationally.



Best Wishes,
Holly D'Alessandro (She/Her)
Young Carers Project Leader

Contact us at:
Torbay Young Carers Service
(01803) 895299

Email: admin@torbayyouthtrust.org.uk
Website: www.torbayyouthtrust.org.uk

CARERS' NOTICEBOARD



Dimensions For Autism Torbay 2022

Support group for autistic adults, who do not have a learning disability. We usually meet on the last Monday afternoon of each month in Paignton, at the **KINDAKAFE – 10 -12 Marine Parade, Preston Sands Hotel, TQ3 2NU.**

However, due to the Covid 19 virus all meetings will be online until further notice.

Please email Trish Darke for the link to DISCORD
2.30pm – 4.30pm

26th April | 31st May | 28th June | 26th July

WANT TO FIND OUT MORE?

Email Trish Darke (DFA Director/Co-facilitator)
trishdarke.dimensionsforautism@gmail.com
www.dimensionsforautism.life

"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)

21st April

We are very happy to be returning to The Anchorage Hotel, we shall be holding our first meeting on Thursday 21st April. Please join Lesley and Michele for a cup of tea or coffee and a chat. We will have a raffle at each meeting and sell books and honey, with the proceeds going to our group.

19th May

Steve Norman – Disabled Sailing Association.

9th June (Carers Week)

Back to the 50's and 60's with music by Uclear Fusion
Music, Cream Tea, Quiz and Raffle
Carers **Free** | Cared for **£4.50**

If you would like to attend please contact Michele **(01803) 316333**
(Tuesday or Wednesday) or **(01803) 312233** (Monday or Thursday)
Places limited, booking essential

Thursday 21st July

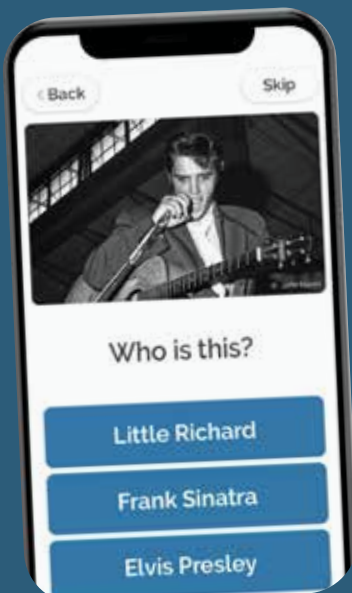
Janet Downer - Yet More Dark Deeds

**For More
Information,
Contact Michele**

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



MEMORY
LANE
GAMES



Would you or the person you care for like to use an App where you can play games to reminisce, trigger positive memories and start wonderful conversations. Here are some of the benefits of the Memory Lane Games App:

Cognitive Exercise

Reigniting memories with simple, frustration-free games to support care and improve the quality of life for people living with dementia and age-related cognitive decline.

Connect & Reminisce

Connect and engage with loved ones or someone you care for with games created from their own memories or play from the huge library of existing games to create new experiences and moments to cherish.

Carer Support

Free, professionally curated reminiscence and speech and language activity games to calm and support people living with dementia.

Clinically Endorsed

Certified by ORCHA, prescribed by GPs and neurologists in the Philippines and RCT Clinical Study underway.

1,500 frustration-free games

If you have a Smartphone or Tablet, why not download the App and have a go!

NHS
Torbay and South Devon
NHS Foundation Trust



Health Connect Coaching



Do you have experience of a long-term health condition or disability?

Would you benefit from being supported by someone with shared lived experience, who really gets it?

Then why not try the
Health Connect Coaching Programme!

Our trained volunteer health connect coaches are able to offer you 1:1 support to increase your knowledge, skills and confidence in order to move forward with positive changes, and goal setting.

For more information & to access this programme, please get in touch!
tsdf.healthconnectcoaching@nhs.net or 07825 792847


 **Compass House Medical Centres**  **MAYFIELD MEDICAL CENTRES**

Carer's Coffee Morning

Every last Tuesday of the month

9:30am - 11:30am

Brixham Christian Community Centre



Would you like to meet and chat with other unpaid carers? If so, please join us at Brixham Christian Community Centre on every last Tuesday of the month!

Sarah & Carole
Carer Support Workers

A Letter from Louise

A free pen pal befriending service

In partnership with Omega, the National Association for End of Life Care




A Letter from Louise is a free pen pal correspondence service that matches volunteer pen pal writers with clients for regular friendly conversations and sharing of stories.

Staying connected. Making friends.

If you would like to receive regular letters from a pen pal, please do get in touch with us. We have caring, enthusiastic pen pals waiting to write to you. If you don't feel you can write back, don't worry! Simply just receive letters with no obligation to reply.

The service is fully supervised and safeguarded. No personal addresses are shared.




"I am so happy to have a new friend. We all need friends."

01743 245 088 | aletterfromlouise@omega.uk.net

Omega, the National Association for End of Life Care | Registered Charity No. 1120322
www.omega.uk.net | Find us on Facebook, Twitter and Instagram at @OmegaConnected

Babbacombe Memory Cafe

Every Tuesday 2:00 to 4:00pm

St Anne's Hall, Babbacombe, TQ1 3FA
Parking nearby at Princes Street or Walls Hill charges apply. The bus passes the door.
An awareness of dementia café

Carers bring your friend, partner, wife or husband for an afternoon of entertainment. Games, Talks, Sing-a-long and Music, there is a great time to be had by all!

£2 per person admittance including refreshments.

19 April - Brenda Loosemore – memories of Joyce Grenfell
26 April - Lydia Docherty and the Bay Singers
3 May - Steve Gill on his accordions
10 May - Alison Moyet, sings like an angel

Require more information?

Contact Nigel on: **07477 492846**
or Bill on: **07958 558066**

UPCOMING EVENTS

JUBILEE CELEBRATIONS



WEDNESDAY 1 JUNE, 11:00-12:00 – A PLATINUM JUBILEE CELEBRATION

This year the Queen is celebrating her Platinum Jubilee, marking 70 years as Monarch. Join Fiona Johnston from the Royal Collection Trust, to hear about the milestones of her Majesty's reign and to celebrate this historic moment together online. Bunting and having your own celebratory refreshments whilst listening to the presentation are encouraged!

Join this with the following Zoom details: <https://us06web.zoom.us/j/9044769010>
Meeting ID: **904 476 9010** | Passcode: **624813** | Tel: **0208 080 6591**

CHILDREN'S ROYAL GARDEN PARTY

Join us for a Children's Royal Garden Party and Crafting event to celebrate the Queen's Platinum Jubilee on Saturday the 4th of June, from 2pm-3pm. Booking required. Ring Paignton Library on: **(01803) 714460**



COMPLEMENTARY THERAPY CARE



FOR CARERS DURING CARERS WEEK 6-12 JUNE

We would like to take this opportunity to invite family care givers of Rowcroft patients some nurturing wellness sessions, at the Outpatient Centre at Rowcroft Hospice, during Carers Week in June. We are still organising the sessions, but hope to offer the following:

- Seated yoga/relaxing breath work
- Tea/coffee break plus cake!
- Preparation of aromasticks
- Massage/reflexology session
- Relaxation/visualisation session

To find out more please contact the **Complementary Therapy Team** on: **(01803) 210850**
or: complementarytherapy@rowcrofthospice.org.uk

CARERS FROM THE LGBTQ+ COMMUNITY

If you are LGBTQ+ or care for someone who's LGBTQ+ then you may feel you have some particular challenges as a Carer. You may worry about discrimination or people not understanding your situation.

WORRIES AND CONCERNS

You may feel that some services are 'not for you' or people might not understand your needs or what you're going through. Sometimes people can even be put off seeking support because they worry about others' reactions, or even discrimination.

Carers Services would like to take this opportunity to invite you to express an interest in how we can help support you and the person you care for; would you like a peer support group / social activity group, or can you think of any local LGBTQ+ organisations that would benefit from Carers Awareness training. Please don't hesitate to get back to us on, Signposts for Carers: **(01803) 666620** or email: signposts@nhs.net

We are funded by Torbay and South Devon NHS Foundation Trust, but are employed by Mencap, the learning disability charity. Our current service has developed from the Torbay Older Family Carers Service which was started in 2003. We offer information and support to unpaid Carers aged 18 and over, who care for an adult with a learning disability in Torbay. A learning disability is a reduced intellectual ability, which means that people might need support with everyday tasks – for example shopping and cooking, or travelling to new places. It is usually diagnosed around birth, or in early years and affects someone for their whole life.

DO YOU CARE FOR AN ADULT WITH A LEARNING DISABILITY?

We help to support unpaid Carers of adults with a learning disability in Torbay.

- We Offer:** Information • Support • Health & Wellbeing Checks
• Carer Groups • Informal Get-Togethers • Social Opportunities

The person you care for does not have to be known to social care for you to access our support.

We're a small, friendly team made up of:



CAROLINE

"I'm Caroline Saunders. I have worked for Mencap since November 2003, when I was employed to set up the Torbay Older Family Carers service. This has now evolved into the Torbay Family Carers service. I am now semi-retired and just work a few hours a week, in the background, to support my wonderful colleagues, Emma and Helen as they take the service forward."

(5hrs per week, no set days)

Email: caroline.saunders@mencap.org.uk | Phone: **07939 880092**



EMMA

"I'm Emma Young and have worked in a variety of people-centred roles, including working with people with a learning disability. I've been working alongside Caroline to support Carers in Torbay since 2015 and I am pleased to welcome Helen to the team."
(usual working days Tues, Weds Thurs)

Email: emmajane.young@mencap.org.uk | Phone: **07852 546530**



HELEN

"I'm Helen Burns. I joined Mencap in November 2021 to work with Emma and Caroline within the Torbay area. I previously worked in a preschool and was responsible for the care and safety of the children attending, and I was the main contact for their parents and Carers."

(usual working days Mon, Tues, Weds)

Email: helen.burns@mencap.org.uk | Phone: **07973 838789**

Our work is varied: signposting people to information, offering the opportunity to meet with other Carers at informal meetings and groups, providing information on topics relevant to learning disability and/or caring through our mailing list and guest speakers, Carer health and wellbeing checks, support to access social care, or making ourselves available should you need someone to listen to your situation. The person you care for does not have to be known to social care for you to access our support. If you'd like to find out more, be added to our mailing list, or would like some support, please get in touch.

HELLO FROM ALL AT CARERS AID TORBAY

Sunny days are at last on the horizon and we look forward to meeting up with you at some of our upcoming events.

Carers Aid Torbay continues to support unpaid Carers on a one to one basis via the phone and internet. (Monday to Thursday 9am-4pm and Fridays 9am-1pm). Home working has enabled the team to support over 460 Carers this last quarter, as well as welcoming on average 8 new families to the scheme and completing over 11 Carers Assessments monthly. Should you need to see us on a one to one basis, we will make every effort to accommodate your request.

As we enjoy the warmer days and the beauty of our area we are delighted to share some free events with you. During Carers Week we will be offering 2 events. On Monday the 6th June, we have hired a coach to take up to 45 Carers to Clarks Village Somerset for a day out and a bit of retail therapy, we will also be giving you money for refreshments. There will be 3 pick-up points in the Bay – Brixham, Paignton and Torquay. Please ring Steph on: **(01803) 323510** to book your place.

We are also delighted to be able to offer Mackerel fishing on Wednesday 8th June for our keen fishing enthusiasts. We have hired a boat to take a dozen Carers to prime fishing locations in the Bay, supported by our able fisherman and support worker Simon. Please ring the above number to book your place. Thank you to one of our Carers, Richard for making this suggestion.

If you like music, the seaside and trips out, we've got an experience just up your street! On Monday 1st August we will be taking a coach over to Sidmouth Folk Festival for the day. Carers and Cared for are both welcome. Book early as places go quickly (on above number).

BAY BENEFITS...

Are available to help Carers and their Cared for on the phone and internet. For benefits and entitlement advice, you can contact Kyla and John on Tuesdays and Thursdays and they will be delighted to hear from you and help with form filling, signposting and advocacy. Ring: **07530 790354** now to book in a time slot for your enquiries. Last quarter, Bay Benefits supported over 240 callers to a resolution with their enquiries.

"YES WE DO" ...

Run a Man Matters group, a book club, offer free legal support (via our supportive solicitors – Woollens) run an ancestry group, a knit and natter group. We are happy to hear from you, if you want to start up a new local Carers group that we could support.

"GUESS WHAT?" ...

We've compiled a **free** recipe book of some of your favourite recipes. Available to you in Carers week, ring in June for your free copy on: **(01803) 323510**. Well done Corinne, £30 vouchers winging your way for your fab contributions.

Wishing you many Happy Days, Pennie Evans, Manager Carers Aid Torbay

Coming in the next edition:

Young Carers Under 25 Strategy and Action Plan • Autism Partnership Board Update • Carers Week in Photos

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

- FREE parking at local hospitals • Discounts in local shops • A Carer's Emergency card

This document can be made available in other formats.

For details please contact: (01803) 666620, or email: signposts@nhs.net | www.tsdfit.uk/carers