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Deadline for the Spring edition is:
Friday 19th May 2023

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello & Welcome!

To another jam-packed edition of the **Signposts Newsletter**. Best wishes from everyone at Carers Services.



CARERS WEEK 2023

See what's happening and book yourself on to activities between 5th and 11th June. (Centre pages)

GETTING OUT AND ABOUT

This special edition of Signposts includes articles on how you can get out and about more now summer is approaching. See pages 5-10

AUTISM BOARD CARER REPRESENTATIVES RECRUITED!

See page 11!



Telephone: 01803 666620 Email: signposts@nhs.net
www.tsdf.uk/carers | facebook.com/TorbayCarers

TORBAY CITIZENS ADVICE

Torbay Citizens Advice becomes the latest organisation to sign a Commitment to Carers.

Torbay Citizens Advice has always worked closely with Carers' Services, but for Carers' Rights Day in November 22 they went one stage further by signing a Commitment to Carers. Geoff Buck (Chair), Lyndsay Jarman (Interim CEO) and Jackie Ekers (Advice Services Manager) signed their Commitment which includes an action plan for ensuring that they identify and offer support to Carers wherever possible.

We are Citizens Advice Torbay, your local free advice and information service! We are here to help you to understand your rights and responsibilities, help you find a way forward and campaign for change on the issues that affect people's lives. We are a local charity, staffed predominantly by volunteers and available to everyone across Torbay.

You can contact us through our Adviceline or visit www.citizensadvice.org.uk for initial advice and information.

Our Adviceline number is **0808 2787859** (Freephone) and is currently available Monday – Friday 9.30am -12.30pm

CURRENT PROJECTS:

The Housing Advocacy Project: Housing advice is available for people with issues such as disrepair or potential illegal eviction. Call the Adviceline on **0808 2787859**.

Energy Advice Project: Our Energy Adviser can help with any energy issues such as billing, energy efficiency or meter problems. Call the Adviceline on **0808 2787859**

The Lodge / Macmillan Project: A full-time Benefits Adviser is available to help anyone affected by cancer. Advice is available over the phone or face to face. Contact The Lodge, Cancer Support and Information, Torquay on **01803 656490**.

YES! Brixham. A generalist adviser is available at The Edge, Brixham, one day per week. Contact The Edge, Bolton St, Brixham on **01803 851414**.



One Devon

WELL and CARE working with communities and local organisations to improve people's lives

Devon-wide Commitment to Carers - Torbay Citizens Advice

We will consider Carers in everything that we do.

Principles

- 1: Identifying Carers and supporting them
- 2: Effective Support for Carers
- 3: Enabling Carers to make informed choices re their caring role
- 4: Staff awareness
- 5: Information-sharing
- 6: Respecting Carers as expert partners in care
- 7: Identify and support Carers whose roles are changing or who are more vulnerable

Torbay Citizens Advice has:

- 1: Signed up to the above Principles
- 2: Identified a Senior staff member with oversight of Carers (Jackie Ekers)
- 3: Started / Undertaken a self-assessment and action plan against the principles
- 4: Committed to becoming a Carer-friendly employer
- 5: Committed to formal 3-monthly review of the actions.

Signed on behalf of Torbay Citizens Advice on 24th November, by:

Geoff Buck
Chair

Lyndsay Jarman
Interim CEO

Jackie Ekers
Advice Services
Manager

WELCOME TO JO NORTH



Jo North started work in January as the Ward Family / Carer Liaison Worker at Torbay Hospital, initially based on George Earle Ward. Her role is to help improve communication between family members/ carers and ward-based staff, as well as ensuring family members are appropriately supported to undertake any caring role. This is a pilot role which will run initially for 12 months, in which time its value and outcomes will be assessed.

Jo will work alongside Sally Smith, Hospital Carer Support Worker, who will continue to support Carers who require her specialist input throughout Torbay Hospital.

We welcome Jo to the Carers Team and look forward to seeing the impact of her role as it develops.

MONEY MATTERS



APRIL'S SPRING BENEFIT CHANGES

Most benefits will increase by 10.1% from 10 April. Carer's Allowance (CA) rises to £76.75 per week, while the CA weekly earnings limit goes up to £139.00. Working Carers will benefit from the scrapping of the short-lived Health and Social Care Levy - a decision which reverses last year's temporary 1.25% national insurance increase and came into effect from November last year. A revised list of pension and benefit rates is available online (see <http://bit.ly/3kzUXcy>).

SUPPORT FOR MORTGAGE INTEREST (SMI) IMPROVED

From this spring, people claiming Universal Credit (UC) will be able to apply for a loan to help with their mortgage interest repayments after just three months, instead of nine. The 'no earnings' rule is also modified and will allow claimants to retain SMI whilst still claiming UC. There is no change to mortgage interest support for Pension Credit, which remains available from the start of a claim.

ARE YOU CLAIMING UNIVERSAL CREDIT AS A CARER?

According to a number of reports, the Department for Work and Pensions (DWP) has been erroneously underpaying UC to an unspecified number of Carers who are simultaneously claiming both CA and UC. The underpayments have been caused by the DWP's omission of a Carer element in qualifying UC payments. The Carer element is not a separate benefit, but an integral part of UC, worth £185.86 per month (2023/24).

Hopefully, you're not affected, but if you're not sure, you can find out by logging into your online UC account and checking the figures. Although, you are entitled to the extra element when claiming CA, you are also entitled if you are regularly and substantially caring for at least 35 hours a week for someone who is severely disabled, but the level of your earnings precludes you from claiming CA. Couples are actually entitled to two Carer elements (2 x £185.86 per month), when jointly claiming UC, but each partner must be caring for a different person.

Note: you are not entitled to the Carer Element if you are paid wages to care or receive an additional amount in your UC because you are classed by the DWP as having 'limited capability for work' or 'limited capability for work-related activity'.

You will need to notify UC if your Carer Element is missing. You can do this by creating an entry in your online UC journal and asking for the omission to be corrected. The Carer element should be awarded from the date of the CA claim (if you were receiving UC at the time). This means you may also be entitled to arrears. Seek advice if you run into problems. The Turn2us charity have more information on UC additional elements (see <http://bit.ly/3goOn7f>).

HELP FOR HOUSEHOLDS WEBSITE

Developed by the government, this website (see <https://bit.ly/3DjShGL>) brings together a range of useful money saving initiatives (including the cost of living payments scheme), plus tips on energy savings, help with childcare costs, etc. and links to other helpful sources.



Two new pilot workshops for caregivers and families supporting people at risk of suicide and serious self-harm, with an aim to increase safety and save lives by making sure that caregivers and families are more closely involved in safety planning and have the skills and knowledge to manage risk, whilst also looking after themselves.

Workshop One: *Family, friend and caregiver empowerment: Caring for yourself whilst caring for someone who self-harms or has suicidal thoughts and actions*

Dates: 6th June 2023 - MS teams (10-4)

Caregivers and families can be left holding high levels of risk when caring for someone who self-harms or has suicidal thoughts, often without support or adequate skills and knowledge. This workshop will provide caregivers with coping skills and tools to help manage risk in the person they care for, while also looking after themselves and building their own resilience. The day will focus on:

- ✓ What we mean by suicidal experiences, self-harm and risk
- ✓ Developing strategies to try to keep people and ourselves safe
- ✓ Increasing confidence in how to respond, support and help when risk is increasing
- ✓ How to help and nurture yourself when feeling overwhelmed and 'burnt out'

Note: Ideally caregivers will attend both workshops, and attend workshop 1 before attending workshop 2.

Workshop Two: *Family, caregiver and practitioner collaboration: Building a shared understanding of caregiver and practitioner perspectives and challenges in relation to information sharing and consent, to create better outcomes for those at risk of suicide and serious harm.*

Dates: 25th April (caregivers only) or 16th May, 13th June, 21st June 2023 (caregivers and practitioners together). All dates will be on MS Teams (10-4)

Communication between caregivers, practitioners and service users can be confusing and fraught with complexity. It can leave caregivers feeling isolated and marginalised in the care of those they support, and practitioners concerned and frustrated about how to 'get it right'. This workshop considers the challenges around information sharing and consent which can act as a barrier to family involvement, and how to overcome these. Aims of the day are to:

- ✓ Identify, understand and build on shared experiences of different roles
- ✓ Empower those with caring responsibility to feel confident in sharing information and feeling heard
- ✓ Empower practitioners to listen, hear and value the voice of the carer
- ✓ Develop an understanding of consent and sharing information
- ✓ Understand, develop and champion a collaborative approach to care

Both workshops will be delivered by a carer expert by experience and a DPT practitioner.

This is a pilot project from Devon Partnership Trust, and we are asking all those who attend to complete pre- and post-workshop questionnaires, plus a further follow-up at 3 months and a potential focus group.

To find out more information or to book, please contact Georgina Adams: g.adams4@nhs.net or Hannah Bignell hannah.bignell@nhs.net. Please indicate your preferred date.

GETTING OUT AND ABOUT (PAGES 5 – 10)

With the arrival of Spring it's a great time to think about getting out and about in Torbay.

Being a Carer can impact on being able to get out, take a break, exercise and meet up with friends, but Torbay Carers are running a number of initiatives to help with this. Carers Breaks offer hotel stays at discounted rates for Carers with or without the cared for person (see page. 6), and our Technology Enabled Care scheme (see Signposts 2022 Autumn edition, p.6) continues to offer up to three months free trial for carers and their cared for person.

We are fortunate that Torbay and Devon have so many activities on offer, with easy access to the sea and the stunning scenery (see p.7). The theme for Carers Week (5th to 11th June) is Recognising and Supporting Carers in the Community, - see pages 8 & 9 for opportunities during the week where we can try something new, meet up with others and get out and about. See also the exciting events that Carers Aid have planned across the next few months (page 11).

In addition to this, we are working with Active Devon to create opportunities to increase activity and general wellbeing for Carers.



TORBAY CARERS WORKING WITH ACTIVE DEVON

How Can We Help You Be More Active?

Active Devon is committed to getting the population of Devon more active, and understands the challenges that caring can bring to maintaining a healthy and active lifestyle.

We know that caring impacts on the time and energy many Carers have to exercise. We also know that three out of four Carers would like to be more active, but we need you to let us know what would help you to make this happen. Torbay Carers and Active Devon have created a short survey to understand more about what about what you need to be able to increase your activity levels and what would enable you to get out more. This will help Active Devon and Torbay Carers to tailor activities for you.



Please complete the following survey, which is available online or we can send you a paper survey (please call Signposts for Carers on **(01803) 66 66 20**). There will be a prize for one respondent to the approximate value of £80 for use towards improving your health and wellbeing so please enter for a chance to win! The link to the questionnaire is as follows:
<https://forms.office.com/e/5YdcmYDWwh>

CARER'S HOSPITALITY SCHEME



Torbay Carers Services' work with the hospitality sector has now re-commenced following the pandemic. The hope is that we can continue our work encouraging hospitality providers to offer breaks to unpaid Carers at a discount.

Richardson Hotels is one of the hotel brands who have signed up to this scheme, and are offering 25% off all overnight breaks to include dinner, bed and breakfast with an immediate upgrade if one is available. This offer excludes Christmas and Easter. For more information and the full list of participating hotels, contact Debi Porter on **07880 136859**, debi.porter@nhs.net

In January, one of our Carers and his wife booked a 2 night stay at the Richardson Group Royal Beacon Hotel in Exmouth. They had an incredibly positive experience. A Carers Health and Wellbeing Check was carried out pre and post break which showed a marked improvement in the Carer's wellbeing after their stay.

"I came back home from our break in Exmouth more grounded and noticeably more confident. For someone like me who has anxiety states I felt relaxed and open and coped with what I thought might be a problem (my wife is a wheelchair user). I found myself chatting to other residents with a feeling of self-worth and interested in what they had to say. Plus, I enjoyed the routine even though it was for only a few days, and it did not feel too formal which is what I like. Also, no cooking or cleaning. We both had a great time and blew away some cobwebs".



AFTER UMBRAGE CARES FOR CARERS

After Umbrage exists to care for carers. We offer FREE four day breaks in our self-catering cottage in tranquil and comfortable surroundings. The breaks help to give carers a chance to rest and re-charge before returning to their unpaid caring roles for their loved ones living with life limiting and sometimes terminal conditions. Our beneficiaries tell us how they feel less alone knowing there is a charity who cares for those who care. They also say their wellbeing gets a 100% boost after their cottage. <https://afterumbrage.org.uk>

THINGS TO DO OVER SPRING & SUMMER BY KEVIN DIXON



Carers are very aware of the need to get out and about, both for the wellbeing of our loved ones as well as for our own health. And so it is good to see that many visitor attractions, leisure facilities and outdoor events now offer discounts to Carers and the person we care for.

Indeed, a great deal of effort has gone into making it easier to visit places and events that were previously inaccessible. Not long ago, even if it was comparatively easy to get around an attraction, Carers were often expected to pay the full entrance cost, making any visit an expensive day out. Now many places offer free access for Carers. For example, Torre Abbey advertises that if a visitor needs support, the Carer will be admitted to paying exhibitions and events free of charge.

If we want to go to the cinema, there is the Cinema Exhibitors Association (CEA) Card. It costs £6 and 90% of cinemas accept the card which gives a Carer/PA free admission. And if we require adjustments to visit the cinema because of a disability, staff should make those arrangements whether you have a CEA Card or not.

<https://www.ceacard.co.uk>

It's still worth checking beforehand on an organisation's website if you can; and perhaps get in touch before you go and find out what help they can offer. They may offer you free entry if you are supporting the person you care for.

For more information on local accessibility see:

<https://www.englishriviera.co.uk/tourist-info-and-maps/accessibility/accessible-attractions>

Opportunities have certainly increased over the past few years and many barriers have been overcome. You may even want to go to a festival this summer. That used to be a real challenge for the young and the young-at-heart. But access has improved so much. To take one example, The Beautiful Days Festival 18-20 August at Escot Park near Exeter has a dedicated Disabled Access team. The Festival offers an accessible campsite with allocated pitches for tents, campervans and caravans; viewing platforms, accessible toilets, shower facilities, walkways and trackways for vehicles and wheelchairs.

Other festivals and events across the country may also have medical services, including fridges to store medicines; wheelchair or mobility scooter hire and battery recharging services; some have BSL interpreters at performances. Many of these popular events have free Carer/Personal Assistant tickets - one Carer only, unfortunately! Usually the Carer has to be over 16 and the person needing support has to prove receipt of: Middle or Higher rate DLA for care and/or mobility; Receipt of Enhanced Rate Personal Independence Payment (PIP); or be Registered Deaf or Blind.

If you do try to attend an event or attraction and you find barriers, do let us know and we will see what we can do to improve access for yourself and other Carers!

CARERS WEEK 5-11th JUNE 2023



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. Most events are on a ticket only/ pre-book basis, unless otherwise stated. There will be more events coming nearer the time, such as a Tai Chi workshop, so please also check our Carers Facebook and Website regularly or contact us to find out more.

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 5th 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 2023, please contact

Signposts for Carers on: (01803) 666620 or go to:

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

MONDAY 5TH JUNE

THE GREAT TORQUAY SATURDAY NIGHT OUT

Paignton Library | 2:00pm – 3:30pm

The Mousetrap, EJs, The Hideaway, Doodles! Dr Kevin Dixon will be here to take you on a virtual journey from Torre to the Strand, visiting those pubs and clubs that we remember from our younger days - many of which we have lost. This is the story of how Torquay grew as a tourist town, guaranteed to make you feel young again! **(Carers & Cared For Person)**

PICNIC IN THE GROUNDS OF COCKINGTON

Carers Aid Torbay | 12:00pm – 2:30pm

We would love to see you for our summer meet-up in Cockington. Bring a picnic and take in the beautiful surroundings of Cockington, whilst meeting and chatting to other Carers. You might like to take a walk around the grounds at your own pace, a time to relax and refresh. Should it be raining... then you'll find us in the café and the hot drinks are on us. **(Carers only).**

Please call to let us know you if you would like to come, so we can let you know the meeting point and look out for you if you are a little late – Carers Aid Torbay (01803) 323510.

TUESDAY 6TH JUNE

AN INTRODUCTION TO INDIAN PRINTING BLOCKS

Paignton Library | 11:00am – 1:00pm

An introduction to using Indian printing blocks to create beautiful patterns and make a lovely bag to take home. There will be a small charge for the materials for the bag (£2). **(Carers Only).**

MAKING ZENTANGLES

South Devon College | 1.00pm – 2:30pm

A Zentangle helps create the experience of a sense of timelessness, freedom and complete focus rather like doodling. The Zentangle method involves creating a detailed artistic image by drawing structured patterns often in a round frame.

The goal is for simple patterns and geometric shapes to fill in sections of a larger design, and to let the design flow naturally, there is no right or wrong way to create a Zentangle and each will be unique in shape and design. **(Carers only).**



TUESDAY 6TH JUNE

PITCH AND PUTT

Torre Abbey Pitch & Putt | 11:30am - 12:45pm

Have some fun on this great Pitch and Putt course, meet other carers, and see if you can score a hole in one!

Carers only.

WEDNESDAY 7TH JUNE

MACKEREL FISHING WITH CARERS AID TORBAY

Brixham | 12:00pm – 2:00pm

Join us aboard an established Mackerel fishing boat. We will be fishing from prime fishing locations in the bay. Meet Brixham, limited numbers- **(Carers Only)**

To book a place call Carers Aid Torbay (01803) 323510

PAIGNTON CARERS' COFFEE AFTERNOON

St. Paul's Church Paignton | 1:00pm - 3:00pm

Come along, and join us for Coffee and Cake, as we celebrate Carers for Carers Week. **(Carers and Cared For Person)**

A TOUR OF KENT'S CAVERN

Meet at Entrance | 2:00pm - 3:00pm

Kents Cavern is one of Europe's most exciting Stone Age Caves containing a labyrinth of spectacular and easily accessible caverns which are open daily all year. Venture into this remarkable prehistoric site with an entertaining tour guide who will lead you on an underground journey and bring the story of ancient humans and prehistoric animals in Britain to life. With the Woodland Trail, Stone Age Zone, Café, Gift shop and local walks nearby, Kents Cavern is so much more than just a cave! **(Carers Only)**

CREAM TEA

Berry Head GuardHouse Café | 4:00pm - 5:30pm

Join us for a wonderful opportunity to have a delicious Cream Tea at the Berry Head Guard House Café. There will be a raffle too! (There will be a small charge of £1 to Carers, Cared for person £5). Please note the nearest car park is the Coast and Countryside Car Park and there is a 300m walk from here to the café.)

THURSDAY 8TH JUNE

CORONATION ZOOM TALK – ROYAL COLLECTION TRUST

11:00am – 12:00pm (45-minute presentation with time for questions at the end)

Join Fiona Johnston from the Royal Collection Trust to explore coronation traditions from across the centuries. From robes to regalia, we will explore the detailed elements of this centuries-old ceremony and learn about past historic coronations through paintings and images from the Royal Collection itself. Zoom login details:

Meeting ID: 440 773 2986

THEMED AFTERNOON CREAM TEA

Anchorage Hotel, Torquay | 1:45pm – 4:15pm

Devon Historical and Hysterical with Maggie Duffey, a trip around Devon in music, poetry, folksong and dialect. There is a chance to sing a song and have a laugh. Cream tea, quiz and raffle, Carers free, cared for £5.00. Booking essential - please contact Michele on **07555 354 795**

FRIDAY 9TH JUNE

A RETURN JOURNEY ON THE DARTMOUTH STEAM TRAIN

Paignton to Dartmouth

9:30am prompt to leave Paignton Station at 10:00am

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)**

DRUMMING WORKSHOP

Paignton Library | 10:30am – 11:30am

World Drumming workshop. Inclusive music making workshop and therapeutic session. Lyndon Forster is a percussionist and handpan player based in Torbay and uses music as a tool in a wide variety of settings to help connect people, build confidence and self-esteem and to enable creativity. **(Carers and Cared for Person)**

POTTERY FOR WELLBEING

Lupton House, Brixham | 2:00pm - 4:00pm

Pottery for wellbeing – Create with clay and make functional pottery at a fun, informal workshop. **(Carers Only)**

SATURDAY 10TH JUNE

YOGA - DEE FROM FITNESS ESSENTIALS

Torquay Forum Sports Hall | 10:30 – 11:30am

A Yoga style that is suited to all abilities, holistic in nature, incorporating breath work and meditation, all poses are adapted & link the space between the mind & body putting you into a peaceful, meditative state. Following on from the session refreshments will be available. Mats provided, toilets and water available at the venue. **(Carers only)**

TUESDAY 6TH - SUNDAY 11TH JUNE

TORRE ABBEY & GARDENS

10:00am – 5:00pm (Last admission 4pm)

Enjoy a visit to Torre Abbey and its 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)**

CARERS AID TORBAY



Is it me or is our springtime getting warmer and our fabulous Bay blooming even more beautifully than ever this year. Time now to spring out of our onesies and embrace all that nature in the Bay offers us. Did you stroll with us in Cockington, are you part of our growing Breakfast Club.? Don't miss out on our events and "Jolly's" it wouldn't be the same without you.

Best Wishes Pennie, Steph, Julie, Simon and Kyla.

CARERS EVENT APRIL TO AUGUST 2023

Men Matter – Men's Carers Group

This group meets monthly at the Redcliffe Hotel in Paignton. If you are interested in finding out more about this group, please call Julie Gibbes on **07748 884521**.

NEW - Carers Wellbeing Walks

We have started a Wellbeing walking group for Carers. Please call **01803 323510** for more details and to book a place. These walks will continue throughout the year as long as there is an interest.

Coronation Coffee Morning - Tuesday 9th May 2023

11.00am - 12.30pm

Join us to celebrate the King's coronation, come and enjoy a cup of tea and a slice of Victoria Sponge cake whilst chatting to other Carers. We will be celebrating at the Anchorage Hotel, Aveland Road, TQ1 3PT. Dress code – Red, white, and blue. Places will be limited so please book early to reserve your place. Please call Steph on **01803 323510**.



Shore Fishing 2023

Tuesday 25th July – 11:00am

Tuesday 22nd August - 10:00am

We will be offering two shore fishing sessions this year - weather dependant. To express an interest please call Simon Day on **07398 188197**.

Sidmouth Folk Festival – Monday 7th August 2023

Following on from last year's feedback we will be running the coach to Sidmouth again. Sidmouth is a beautiful seaside town which really comes to life for the annual Sidmouth Folk Festival on the first week of August. We welcome Carers and the person you care for on this trip, but there will be a limit of one cared person per Carer. This is a very popular trip so please book early to avoid disappointment.



Julie Gibbes



Steph Doolan



Simon Day



Pennie Evans



Kyla Hayfield

TORBAY CARERS' PASSPORT

In a few months' time, Torbay will be re-branding their Carers' card and discount scheme as the Carer Passport and Carer-friendly Torbay, so that we have similar-looking schemes across the whole of Devon and Cornwall.

Every Carer will be sent a new Carers Card, with a passport sized wallet to keep it in. It is therefore really important that you keep us up-to-date with any changes of address or caring status via **01803 208 455** or

Tsdft.torbayCarersRegister@nhs.net



!STOP!PRESS! HOLD THE DATE

On Friday 26th May there will be an event in Torquay for people who have / suspect they may have an autism spectrum condition and their family members, friends or carers. More details will be posted on Facebook 'TorbayCarers' once it is finalised.

AUTISM BOARD CARERS REP

Congratulations to Sue and Dawn - our new Autism Partnership Board Carer Ambassadors.

After advertising in January's Signposts, I'm delighted to say that we have appointed two Carers of an adult with autism to join Torbay's Autism Partnership Board. Sue Taniguchi and Dawn Cox were interviewed at Brixham Carers Centre by Liz, one of the Autism Ambassadors, and Katy Heard (Carers Lead). Katy said 'Dawn and Sue both impressed us as having the experience and skills to speak up for Carers of adults with Autism, and proved us right when they spoke at the Autism Partnership Board in late February'.

Dawn said "I am delighted to have become part of the strong network of support for carers that already exists in Torbay. Due to the sheer scale of need in this area, there is much to be done to continue to support carers in what can often be a lonely, isolating task. I felt truly energised after the first Autism Partnership Board Meeting, where the voice of many were unified in a desire to continue to improve the understanding of the needs of the Autistic community." Sue echoed this saying "we have some great ideas about supporting Carers of people with autism and want to hear from other Carers as we can all learn from one another."

We'd love to hear from anyone who cares for an adult with autism with opinions about how support to them or the person that they care for can be improved. Please just get in touch via signposts@nhs.net with 'autism' as the subject or with Katy Heard on **07747 847 569**.

SUE



DAWN



CARERS' NOTICEBOARD

The Electoral Commission

You now need photo ID to vote at a polling station

No ID? You can apply for free voter ID
Find out more at

electoralcommission.org.uk/voterID
or call 0800 328 0280



Torbay Family Carers

mencap

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 and 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.

Contact us for more information or to be added to our mailing list:



Helen Burns 07973 830789 (Mon – Weds)
helen.burns@mencap.org.uk



Emma Young 07852 546530 (Tu – Thurs)
emmajane.young@mencap.org.uk

FREE Outdoor Yoga Sessions
every Sunday

PARK YOGA
TORQUAY

Open to people
of all ages,
backgrounds
and abilities.

Torre Abbey West Green
(Just in front of the Spanish Barn)

Sunday 7th May - 17th September
9.30am - 10.30am

No need to book, bring a mat or towel.

www.parkyoga.co



MAYFIELD MEDICAL CENTRES

Carers Coffee Morning

Last Tuesday of the
month

1 - 3pm

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 the last Tuesday of the month!

Sarah & Carole
Carer Support Workers

Preston & Paignton Carer's Coffee Catch Up Group



First Wednesday of the month from 1.00pm – 3.00pm
Free parking and disabled access

Frances Norrish Room
St Paul's Church
42 Orient Road
Paignton, TQ3 2PB

Held and run by Carer Support Workers, Carole Brierley Mayfield Surgery
Claire Horton Pembroke Surgery and Lindsey Redhead Corner Place

Preston and Paignton Carer's Coffee Catchup has now been running for 3 months and is increasing in numbers each time.

It is held in the Frances Norrish Room at the side of St Paul's Church in Preston and has a warm inviting atmosphere to share stories, laughs, advice and experiences. There is a small fee for coffee, tea, chocolate and biscuits and a raffle ticket too. The monies accrued aids towards the cost of running the Carers Coffee Catchup Group.

Please come and join us a each month.

STUFFERS WANTED!!!

We are looking for volunteers to help with putting our Signposts magazine into envelopes, each January, April, July and October.

If you want to know more then please ring Signposts for Carers on
01803 666620
or email
signposts@nhs.net.

TIME OUT FOR BRUNEL AND CHILCOTE CARERS

We meet on the **third Thursday of the month 1.45pm to 4.15 pm,**
The Anchorage Hotel, Aveland Road, Babbacombe, TQ1 3PT
(Unless otherwise stated)

Please join Lesley and Michele for a cup of tea or coffee and a chat. We will have a raffle at each meeting, sell books and honey, with the proceeds going to our group.

Our speakers for future meetings:

THURSDAY 20TH APRIL 2023

John Risdon – Dartington, Estate of Art, Education and Historic Beauty

THURSDAY 18TH MAY 2023

Phil Badcott - The Boatmen of Babbacombe Bay

THURSDAY 8 TH JUNE 2023 - CARERS WEEK EVENT

Maggie Duffy - Devon Historical and Hysterical, a trip around Devon in music, poetry, folksong and dialect. There is a chance to sing a song and have a laugh. Cream tea, quiz and raffle, Carers free, cared for £5.00 Book essential, to book a place please contact Michele on
07555 354 795

THURSDAY 20TH JULY 2023

Jackie Bufton - Interactive glass talk

If you can't make Time Out and wish to book for the events please contact Michele on:
07555 354795

Torbay Community Helpline

One call - that's all



Contact us:

Phone:
01803 446022

Online form:
bif.ly/torbayhelpline

Open:
**Monday-Friday,
10am-1pm, 3-6pm
& Saturday,
11:30am-12:30pm**

Visit:

**Paignton Library &
Information Centre**
(Great Western Road, TQ4 5AG)
Open Tuesday-Thursday,
9:30am-1:30pm

**Torbay Community Café
& Help Hub**
(4-8 Temperance Street,
Torquay TQ2 5PU)
Open Monday-Friday,
10am-3pm



2023 has got off to a great start with our drop-ins which are proving to be very popular on the 1st and 3rd Thursday of every month – this offers a space for young adult carers to share and enjoy food and have a chat and laugh.

For Young Carers Action Day on 15th March we worked in partnership with South Devon College, to raise awareness about what it's like to be a young person in a caring role, and the support we can offer.

We would like to say a big thank you to Julie Brenton-Bates who has supported by baking the most fabulous cakes for Young Adult Carers to raffle. Julie's last bake for us raised £63.00. Thank you :)

Big shout out to Poundland in Paignton and the Babbacombe & St Marychurch Lions Club for their generous donations which contributed to Young Adult Carers being able to distribute 42 Santa Stockings for Christmas 2022. Thank you so much for making this possible.

DATES FOR YOUR DIARY:

Tuesday 2nd May 2023 Brixham Market event under the old Fish Market in Brixham and our pig racing stall at Marldon Apple Pie Fair on Saturday 2nd September 2023.

Friday 9th June 2023 we have an opportunity again to enjoy a sail and BBQ on the River Dart in Galmpton with support from Dart Sailability. Due to tides, this will be a 10:00am start. Spaces are limited for more information and to book a place contact Cheryl Mackinnon on **07825 027642**.

Saturday 10th June 2023 Making Carers Count Plymouth have kindly invited YAC Torbay to join YAC Plymouth for a Roller Disco, 6:30 – 8:30pm at the Plymouth Life Centre. To book your place call or text Cheryl Mackinnon on **07825 027642**

Sunday 11th June 2023 Stephanie's 300ft Bungee Jump at Windsor Bray Lake. All donations go to Young Adult Carers to give young people aged between 16-25 a break from their caring role. If you would like to support Young Adult Carers please go to:

<https://www.justgiving.com/fundraising/stephanie-sparkes>



TAKOTA



Takota have been quite busy these last few months focusing mainly on fundraising efforts. Some of Takota's operational team were asked to help run a pig racing table with Young Adult Carers for Carers Rights Day in November 22.

In December we also joined Young Adult Carers for our Christmas meal. We used this as a bit of time out but also as an opportunity for the operational team to get to know some of the YAC'S who will soon be turning 25. This gives them the opportunity to also get to know us so it is not such a daunting process when they do turn 25 and can join Takota if they wish to.

Recently the operational team have put together a coffee morning and a raffle to raise funds for Takota, so that we can organise Takota activities such as a meal out or a trip to the cinema. We managed to raise a massive £201 which will go towards our meet-ups.

YOUNG CARERS SERVICES NEWS



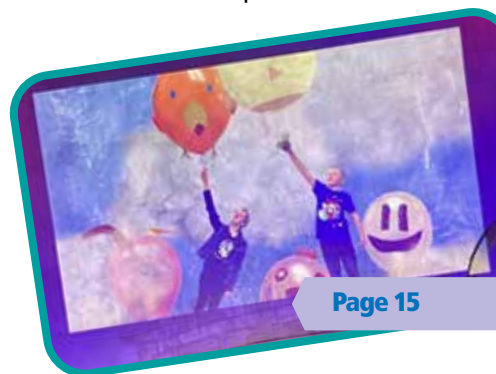
What an incredible performance! The highlight of our year so far came in early March with a wonderful performance alongside Bath Philharmonia at the Great Hall in Dartington. Family and friends were invited to the spectacular performance, which was the culmination of 6 days of workshops. It was amazing to see how the musicians from Bath Phil were able to work with our young carers ideas to create four musical pieces. The young carers had the opportunity to try out different instruments and it was so good to see how their confidence developed throughout the project. The group also used their creative skills, and their art works were brought to life in the form of an animation running alongside their performance. At the end of the performance there was a well-deserved standing ovation followed by an encore and many proud faces both on stage and in the audience.

Other great events have been our outdoor wellbeing sessions run in conjunction with our friends at Orchard Forest School. During school holidays this is a fun day out for all the family where everyone can come along and enjoy the outdoors! There are a range of activities to do here, from a mud kitchen to birdwatching and cooking lunch on the fire - and the best part which is toasting marshmallows on the fire pit!

The Orchard Forest School is also the venue for some afterschool sessions with young carers where they have been making dinner over the fire and learning outdoor skills.

This is not all – we have more activity opportunities being organised for the future, including an Ocean Discoverability Sailing Event - Learning about marine life and the environment whilst being out at sea and even the opportunity to sail the boat for those who wish. The Sharpham Trust have also offered a canoeing activity for young carers, where they will canoe on the River Dart in a small team - this will encourage team work and new friendships.

As always, you can get in touch with us through admin@torbayyouthtrust.org



PLANNING AHEAD - WHAT MATTERS TO ME?



- Have you ever asked 'what matters to me?'
- Are you someone who takes comfort in being organised?

rowcroft
hospice

While working at Rowcroft Hospice as a nurse on the Inpatient

Unit and in the Education team, I have seen first-hand how some people take comfort in being prepared. This might include getting financial affairs in order, writing a Will, taking out a lasting power of attorney or sharing some of their preferences (for example preferring a bath to a shower).

Research shows that people are often waiting for health care professionals to bring up the subject of thinking and planning ahead. At Rowcroft Hospice we have developed a 'Planning for the Future' resource hub

rowcrofthospice.org.uk/planning to empower everyone to consider their options when planning for the future. Combined with conversations with families we can make plans, so if there ever comes a time when our health changes and we can no longer tell others what we want, it will be written down and can shape the care that we receive.

We invite you to look at the website and consider planning for your future, recognising that you have the choice to change your mind at any time.

<https://rowcrofthospice.org.uk/planning>

Catherine Hughes

Education Facilitator, Rowcroft Hospice



TORBAY CARERS CENSUS DATA

You may have heard in the national press that caring has reduced since the last census. However, this does not give the full picture in Torbay, and as the caring question was re-worded from 2011, it is thought that fewer Carers self-identified. In Torbay, we have much higher numbers of Carers than the England average. Carers providing more hours of care have increased significantly since 2011, with Torbay having one of the highest rates of Carers caring 50+ hours in the country.

20-49hrs increased from 2,286 to 3,207 and 50+hours increased from 4,684 to 5,185 Given the impact of caring on this group is highest - the greatest need for

support including replacement care, the greatest impact on their physical and mental health and wellbeing, and greatest impact on their finances, this is a concern and will have an impact on all our services.

Provision of unpaid care, Torbay 2021	Number	%	England 2021
Provides no unpaid care	118,359	88.8%	91.2%
Provides 19 hours or less unpaid care a week	6,514	4.9%	4.3%
Provides 20 to 49 hours unpaid care a week	3,207	2.4%	1.8%
Provides 50 or more hours unpaid care a week	5,185	3.9%	2.6%
Total: All usual residents aged 5 and over	133,265		

Telephone: 01803 666620 | Email: signposts@nhs.net | www.tsdftr.uk/carers | facebook.com/TorbayCarers

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

Coming in the next edition:

- Carer's Week 2023 in Photos
- Carer's Services - You Said: We Did
- Update on our Carers' Strategy 21-24