

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

- Carer Feedback about Cognitive Behavioural Therapy 3
- Ethnically Diverse Community Brochure 3
- Money Matters 4
- Loan Sharks..... 5
- Torbay Carers Strategy..... 6
- Support for Carers of People with Learning Disabilities..... 7
- Torbay Carers' Passport..... 7
- Carers' Week 10th – 16th June 8-9
- Carer Feedback – CareFree Break 10
- You Said, We Did 10
- Carers Aid Torbay 11
- Carers' Noticeboard 12-13
- Torbay Young Adult Carers Service 14
- Torbay Young Carers Service 15
- Wordsearch 16
- You Said, We Did 16

Deadline for the Summer edition is:
Monday 20th May 2024

Hello & Welcome!

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



Carers' Week 2024

Find out what's happening and book yourself on to activities between 10th and 16th June (Centre Pages)

Carers Strategy

See our updates about the 2021 – 2024 Carers Strategy and read about the Draft Carers Strategy 2024 - 2027

Torbay Carers' Passport

Read all about it!



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



CARERS SERVICE EVALUATIONS: What We've Learnt...

Carer Evaluators recently completed two evaluations about support to Carers in Torbay.

CARERS ASSESSMENTS:

In the first evaluation they asked 50 Carers for feedback about their Carers Assessment.

- Carers appreciated the assessment. They felt the assessor understood their needs well.
- 83% would recommend the assessment to another Carer.
- Most Carers said they liked the convenience and privacy of doing the assessment over the phone. Some preferred a face-to-face meeting.
- Most Carers (73%) were happy with the time they had to wait for an assessment. Usually this was no more than 1-3 weeks.
- Most Carers said the assessment covered what was important to them. However, many did not have the opportunity to say what was going well for them in their caring role.
- 89% of Carers felt the assessment helped them achieve their outcomes to some extent.
- Some assessments did not cover employment / training / education support.
- A high number of Carers were not asked if they were willing and able to continue caring.
- Carers valued an action plan of 'what to do now' as an outcome of their assessment.

As a result of Carers' feedback, Carers' Services will amend assessment paperwork and prompts to Adult Social Care staff.

FAMILY / CARER LIAISON WORKER ON GEORGE EARLE WARD:

In the second evaluation, Carer Evaluators asked 30 Carers and 23 members of hospital staff about the Family/Carer Liaison Worker post. This post was developed to identify, support and improve communication with Carers on George Earle Ward in Torbay Hospital. Findings from each evaluation are summarised below:

- The role has been positively received by families, Carers and Staff on George Earle Ward.
- Carers said that the worker made them feel welcome.
- Carers felt that they had their important questions answered whilst on the ward.
- 90% of Carers said they found the right staff member to talk to when they had worries or fears.
- Most Carers told us they had enough information about the discharge planning. Some highlighted that they needed more information than they were given.

As a result of Carers' feedback, Carers Services will:

- Recruit a new Ward Family / Carer Liaison Worker to fill the current vacancy.
- Ensure that there is more support with discharge planning. This will help Carers to be more confident when the person they care for returns home.
- Extend the role on to Cheetham Hill and Simpson Wards in Torbay Hospital.

There are on-line presentations about the two evaluations above. Please visit our website at (<https://www.torbayandsouthdevon.nhs.uk/services/carers-service/strategy-policy-and-quality/>).

Rohan Davidson, Carers Services Development Manager, can answer any questions on **(01803) 208453** rohan.davidson@nhs.net.

A CARER'S EXPERIENCE OF COGNITIVE BEHAVIOUR THERAPY (CBT)

I was prescribed some Cognitive Behavioural Therapy (CBT) via Talkworks, to help with my anxiety. This began after I experienced family bereavements and family estrangement.

The practitioners gave my small on-line group very detailed and helpful mindfulness exercises to do each week.

I did not have to talk, but could write my own ideas/suggestions in the chat box.

Over the duration of the 6 week course, I discovered that I became less anxious, slept better, and that my thoughts and worries became less intrusive.

As someone who was originally quite sceptical about CBT, I can now say that it has certainly helped me rediscover my equilibrium.

For more information about CBT via Talkworks, go to:

www.talkworks.dpt.nhs.uk/nhs-mental-health-support or call: **0300 555 3344**.

ETHNICALLY DIVERSE COMMUNITIES Directory of Services for Devon, Plymouth, and Torbay

The Ethnically Diverse Communities Directory of Services contains details of the many organisations and agencies that support people from Black, Asian and Ethnically Diverse communities in Devon.

"We hope the information helps people from different cultural backgrounds to find the local support they need. The Directory is for anyone living and/or working in Devon. This includes migrant workers, asylum seekers, refugees and students."

We recognise that this directory does not cover everything. It will need updating on a regular basis. If you have any additions or changes please contact the Engagement and ESOL Team: ESOL@devon.gov.uk

<https://bit.ly/3IUzsuE>

Goodbye and Thank You to Steve Black

Steve Black, who has been a regular presence covering our Carers Services Advice Point in Torbay Hospital has decided to retire. A huge thank you to Steve for all his work supporting Carers over the years.

Rohan Davidson, Lindsey Jeffrey, Steve Black and Katy Heard, from Torbay Carers Services (left to right on photo).





INCREASE IN CARER'S ALLOWANCE FROM APRIL

Carer's Allowance increases to £81.90 a week from 6 April. The net (take-home) earnings limit for Carers in part-time employment rises to £151.00 a week from the same date. Most benefits are increased by 6.7% for 2024/25, but the state pension goes up by 8.5%.

FAMILY FUND MOBILITY SUPPORT PROGRAMME

The Family Fund Mobility Support programme leases vehicles to low-income families who are raising a disabled or seriously ill child under the age of 3, and who has significant mobility needs. The scheme is designed to address the Disability Living Allowance (DLA) age gap, which restricts the DLA mobility component to children aged 3 and over. The scheme covers rental instalments for the duration of the lease. It also covers insurance, servicing, repairs, maintenance, and breakdown cover. For full details, see: <https://bit.ly/493KLh7>

STILL TIME TO SAVE

Are you a Carer who is claiming Universal Credit (UC)? The government's Help to Save scheme which started in 2018 was due to close to new accounts last September, but the date has now been put back to April 2025. The scheme enables savers to earn a 50p bonus (tax free) for every £1 saved up to a maximum of £2,400. The bonus payments are paid in the second and fourth years. It's possible to have up to £6,000 in savings without UC being affected. The scheme is open to UC recipients who have (or with a partner in a joint claim) minimum take-home pay of £722.45 in their last monthly UC assessment period. For more information, see: <https://bit.ly/2Q4jx0Y>, or to create an account, see: <https://bit.ly/3Rf453b>.

DISABILITY LIVING ALLOWANCE (DLA) IS ENDING SOON FOR MOST ADULTS

The Department for Work and Pensions (DWP) is accelerating its programme of inviting DLA adult claimants to claim Personal Independence Payment (PIP) where:

- The DWP receives information about a change in a person's care or mobility needs
- Someone's fixed term DLA award is due to end
- Children are turning 16 years of age - except in terminal illness cases, where death is expected within 12 months, or where a child is currently in hospital
- Someone is in receipt of an indefinite or a long-term award and born after 8 April 1948. People born on or after this date will remain on DLA
- An adult is invited to claim PIP through a random selection process

If the person you care for falls into one of the categories above, they can expect to receive a PIP invitation letter soon. There are some important differences between DLA and PIP, such as the absence of a lower rate mobility component. Note, that an award of the PIP lower or higher rate of the daily living component, is one of the pre-conditions for claiming Carer's Allowance. Disability Rights UK, has a free 40-page guide to the PIP claim process which can be downloaded from their website, see: <https://bit.ly/495TfEO>.

A paper copy is also available for £7.00. Further information is also available from MoneyHelper, see: <https://bit.ly/3RUmvaK>.



WARNING About Loan Sharks



A loan shark is someone who lends money illegally and without the proper authorisation from the Financial Conduct Authority (FCA) to do so. These criminals are lurking everywhere.

They could be a parent in the school playground, a friend of the family, a friend of a friend, a neighbour or someone who you meet on social media, or via an app. With the current cost of living crisis, loan sharks are looking for anyone who needs to borrow money.

They can make the offer of quick cash seem hard to resist but very quickly the situation can spiral out of control. Outstanding debt can escalate rapidly. Borrowers can be subjected to threats, violence, intimidation or worse to ensure they continue to pay.

The warning signs to indicate that you could be dealing with an illegal money lender or loan shark include:

- Not undertaking any credit checks
- Not giving borrowers any paperwork or a contract
- Refusing to give borrowers any detailed information about the loan and how it's to be paid back
- Not issuing receipts
- Taking items such as a bank cards or passports as security against the loan
- Taking things from you if you do not pay on time
- Using threats, intimidation and harassment to get money back.

The England Illegal Money Lending Team (EIMLT) is a dedicated team of specialists that are leading the fight against loan sharks. They have helped over 32,000 borrowers escape the clutches of these criminals and have wiped out over £90 million worth of illegal debt.

The borrower is **not** in trouble if they have taken any money or have been paying back a loan from a loan shark. The **loan shark** is the only person who has committed a crime.

If you or someone you know is being affected by illegal money lenders, then contact the Stop Loan Shark team for help, support and advice. You can contact them on **0300 555 2222** (available 24/7/365) or visit their website at www.stoploansharks.co.uk. A live chat facility is available between 9am and 5pm, Monday to Friday inclusive and all callers can remain anonymous.

If you need to borrow money, then credit unions (for example) are a safe and ethical option. They're local, friendly and not-for-profit organisations. To find out more about your local credit union and what they have to offer, visit: www.findyourcreditunion.co.uk.

THANK YOU TO ALL CARERS and thank you to Carol for speaking up for them

You may not know Carol Brown - one of the Carers who chairs the Carers' Strategy Steering Group meetings. She and Katy Heard have been presenting the draft 2024-2027 Carers' Strategy to Torbay Council and Torbay and South Devon (NHS) Foundation Trust.

Carol used the feedback from our Carers Survey in October to highlight concerns:



- Replacement Care ('respite')
- Mental Health
- Funding for ongoing Carer support
- Carer awareness training for all health / social care staff
- Technology to support people's caring role
- Carers being able to plan ahead properly
- The Community Phonenumber's identification of Carers
- Ensuring Carers who are not IT confident are not disadvantaged
- Letting Carers know about changes that have been made because of their feedback.

Both the Trust and Council expressed their thanks to all Carers in Torbay. They appreciate the huge contribution that Carers make.

Carers Services are creating a detailed Strategy action plan with Carers and other partners. If you would like to get involved, please ring Katy Heard on 07747 847 569. We will give a summary in the next Signposts.

The draft strategy is on-line at www.tsdfc.uk/Carers 'Strategy, Policy and Planning' page. The action plan will be completed in June and we will print some copies then. Healthwatch's full report about the Survey is also on that page. We will upload the final 2021-24 action plan update there.

This includes the detail of what was achieved in 2021-24 and what still needs work in 2024-27. Please ask if you want a copy.

2021-24 Carers Strategy Summary of Targets

IDENTIFICATION OF CARERS (29 targets)

28 met but many need ongoing work.

INFORMATION, ADVICE AND SUPPORT (59 targets)

50 met. 2 delayed (Carers Information Booklet, Carers' Passport). 6 partially achieved. 1 not achieved (Performance in Top Quartile of UK – 'Carers find information easily')

CARERS' ASSESSMENT INCLUDING WHOLE FAMILY APPROACH. (39 targets)

34 achieved. Referrals to Young Carers Service from Adult Social Care, Mental Health and Substance Misuse are very low.

INVOLVEMENT OF CARERS IN SERVICE DELIVERY, EVALUATION AND COMMISSIONING.

(23 targets). All achieved to some extent.

ENHANCEMENT OF SUPPORT TO THE PERSON BEING CARED FOR (19 targets)

16 achieved. 3 not fully achieved including replacement care ('respite') and sitting service.

YOUR CARERS' PASSPORT

In the next few weeks you should receive your new Carers' Passport booklet and card. You can use your card for Carers' discounts and hospital parking. There will be more detail in the Passport booklet. As it is our first passport booklet, we would appreciate any feedback.



We will also start updating the posters in shops with the Carer Friendly Torbay logo. After June we hope to start recruiting new businesses.



Torbay Family Carers

Torbay Family Carers supports adults caring for adults with a learning disability. The contract to provide this service for the next three years (with an option to extend for another two years) was recently awarded by Torbay Carers to Devon Link Up. The contract began on 1st April 2024.

A message from Devon Link Up:

"Devon Link Up is a local Devon based charity which started in 1991. We are a user-led charity with a wide range of experience and activities, with people who use our services leading the way!"

We are excited to be able to work in Torbay to support the work of Torbay Family Carers. The staff team transferred from Mencap to Devon Link Up in April, and will continue to build on what Mencap has achieved up until now.

We look forward to meeting everyone who is already supported by the service at an opening event we are planning for May. If you are an adult caring for an adult with a learning disability and you have not contacted us yet, please do so (details below).

*If you have any questions about Torbay Family Carers, contact Helen Burns on **07973 838789**, or alternatively contact Jo Morgan (Project Lead) on **07808 053992**, Jom@devonlink-up.org."*

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, then please pass on a copy of Signposts.

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. Most events are on a ticket only/ pre-book basis, unless otherwise stated. Please also check our Carers Facebook and Website regularly or contact us to find out more.

To apply, please complete the insert that has come with this edition of Signposts, noting your 1st, 2nd and 3rd preferences and return to:

FREEPOST TORBAY CARERS SERVICES - No later than Friday 17th 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 2024, please contact Signposts for Carers on: (01803) 66 66 20 or go to:

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

MONDAY 10th JUNE

AN INTRODUCTION TO INDIAN PRINTING BLOCKS

Paignton Library | 10.00am – 12.00pm

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

KEVIN DIXON PRESENTS THE LEGENDS OF TORBAY

FOLLOWED BY A DEVON CREAM TEA

Paignton Library | 1.00pm-2.30pm

Did Napoleon have a Torbay baby? Is Torquay built on seven hills like Rome? Was Corbyn Head named after the pirate Captain Corbyn who was hanged there? Are there more ghosts in Torquay than anywhere else in England? Dr Kevin Dixon looks at these local legends and more in this fun and informative talk on the weirder side of the Bay (Carers and Cared for welcome).

TUESDAY 11TH

KEVIN DIXON PRESENTS A TORBAY TOUR OF NAMES AND PLACES WITH COFFEE/TEA & CAKE

Paignton Library | 10.00am – 11.30am

Brixham, Paignton, Torquay, Teignmouth, Newton Abbot..... Where did all those towns' names come from and what do they mean? Join Dr Kevin Dixon on a light-hearted tour through South Devon to look at old and new local place-names and their origins.

MEET THE LEARNING DISABILITY PARTNERSHIP BOARD CARERS REPS – PAM AND KEVIN

Paignton Library | 11:00am – 1:00pm

Do you care (unpaid) for someone with a learning disability? Do you have anything you would like us to raise at the Learning Disability Partnership Board (LDPB)?

Come and meet us for a coffee and a chat – we can let you know about the LDPB, our roles, and what we can do to help you to have your voice heard as a Carer.

MEET THE AUTISM PARTNERSHIP BOARD CARERS REPS – SUE & DAWN

Paignton Library | 1:00pm – 3:00pm

Do you care (unpaid) for someone with Autism? Do you have anything you would like us to raise at the Autism Partnership Board?

Come and meet us for a coffee and a chat – we can let you know about the Autism Partnership Board, our roles, and what we can do to help you to have your voice heard as a Carer.

WEDNESDAY 12TH JUNE

WILDLIFE PHOTOGRAPHY with Simon, Carers Aid Torbay

Clennon Lakes, Paignton | 11.00am -1.00pm

Meet at Torbay Leisure Centre Carpark (near to the gates for the Velo Park at the far end of the car park). Come along and learn the skills needed to capture beautiful photos of the wildlife at Clennon. There are Kingfishers, Herons, and dragonflies to name a few. No professional cameras required; you can use your phone camera for some great results (Carers Only).

PAIGNTON CARERS' COFFEE AFTERNOON

St. Paul's Church, Paignton | 12:00pm - 3:00pm

Come along, and join us for Coffee, Cake and Raffle, as we celebrate Carers for Carers Week. (Carers and Cared For Person). Just come along, no booking need.

BRIXHAM CARER'S CREAM TEA Christian Community Centre, Brixham

12:00pm - 4:00pm

Come and join us for a Carers Cream Tea. Free for Carers - Cared for person £5.00

THURSDAY 13th

MATT NEWBURY PRESENTS AGATHA CHRISTIE'S DEVON AT PAIGNTON LIBRARY

WITH COFFEE/TEA & CAKE

Paignton Library | 10.30am-11.30am

Matt Newbury is the Creative Director of the Agatha Christie Festival, which takes place across Torbay every September. In this fully illustrated talk, he looks at the fascinating youth of Agatha Christie on the English Riviera and how someone from a seemingly idyllic background could later become the Queen of Crime.

CARERS CREAM TEA – TORQUAY Livermead House Hotel, Torquay

1:45pm – 4:00pm

An afternoon with Dolly Parton by Sandra Darbyshire Music, cream tea, quiz and raffle.

Free for Carers, Cared for Person £7.25, Parking available.

A TOUR OF KENTS CAVERN

Meet at Entrance | 2:00pm - 3:30pm

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). Please note that there is a car park adjacent to the caves which costs £3 for four hours. Alternatively you can park outside on the road for free.

FRIDAY 14TH JUNE

A RETURN JOURNEY ON THE DARTMOUTH STEAM TRAIN

Paignton to Dartmouth

Meet at 9:15am prompt outside Paignton Library

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).

SATURDAY 15TH JUNE

MOSAICS

Tessera Hub, Babbacombe | 10.00am-1.00pm

During the session you can either create two small projects (coasters) or a larger one like a house number. You will be given all materials and the project will be grouted on the day. (Carers only).

ALL WEEK

BYGONES

Fore Street, St Marychurch, Torquay,

See, Smell & Hear the bustle of 100 years of history. Bygones is three floors of pure nostalgia for ALL the family.

Carers and their Cared For person to pay a special rate of £5.75 each to come in whenever they like across Carers' Week, on production of their Carer's Card on admission.

LIVERMEAD HOUSE HOTEL

Seafront, Torquay TQ2 6QJ

Livermead House Hotel are **offering 10% discount off meals during Carers' Week**, please show your Carer's Card to obtain the discount.

TORRE ABBEY & GARDENS

**10:00am – 5:00pm Tuesday to Sunday
(Last admission 4pm)**

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

Free to Carers and the person you care for with you Carer's Card.

TORQUAY MUSEUM

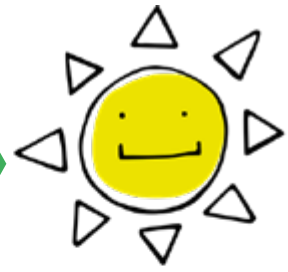
**Tuesday, Wed, Thur & Sat 10am - 4.45pm
(Last entry 4.15pm)**

Friday, Sunday, Monday Closed

Free entry for solo Carers during Carers' Week
Discover 400 Million Years of Torbay's Heritage at Devon's oldest Museum! (Across the year, Torquay Museum offers Free Entry to Carers visiting the museum with the person they care for. This extends to up to two Carers per person.)

CAREFREE BREAKS FOR CARERS

– How it Can Help



By A Carer

I've been caring for 8 years and was at rock bottom, loneliness broke me down and I felt so trapped in my role not even wanting to do it anymore! What would happen, what would people think, does it make me bad for this feeling of resentment, would it be better if I left and they got professional help? Ahhhh the battle inside was so painful, so strong. I didn't even know who I was anymore, apart from my name and my perfect fake – 'I'm ok' smile.

But then my Carers magazine dropped through the door and there it was, 'Do you need a break?' YESSSS I did. I wanted the world to stop and then I could get off, give my head a wobble and get back on.

Debi Porter was brilliant, understanding and said let's get you away. I chose London for a few reasons, but until I got on the coach and set off, I didn't relax, then I started to. I was going to a strange place on my own, but it was all about me and me only.

I got upset, overwhelmed by it, but not in a bad way, just feeling free. I didn't have to tell people about my situation and life and see the automatic tilted heads and hear the 'we understand' sympathies that come normally. Many don't understand that it can be draining as caring isn't always a choice we signed up for.



Well, my break was absolutely everything and more. I didn't stop, I didn't need to rest my body just my mind. Seeing the capital (a dream since a child) I absorbed nature, history, culture, and everything that I love. I started to see myself again. I got more confident, chatting with random strangers, taking selfies (don't do it normally), joining another woman on her own and going to a service at Westminster Abbey, smiling and laughing. Then when it was coming to the end there wasn't anxiety about coming home. I had missed the family and knew I didn't resent it anymore; I had just needed a break from caring. Sanity restored I feel happy and useful again, not perfect and that's OK.

I will definitely use this service again, as I think if I hadn't gone away things would've gone wrong, and I don't want to feel that low ever again. It wasn't until after I was back, that I realised how much my mental health had deteriorated.

Thank you again for your support & break away
xx

For information about CareFree Breaks or the Hospitality Scheme please contact Debi Porter. Call 07880 136 859 or email debi.porter@nhs.net.

You Said

"As a Carer of an adult with Autism I want to know the Carers Group for Carers of People with Autism will continue."

We Did

We have secured funding for the Group to continue for another year.



As spring slowly turns to summer, we look forward to welcoming you to our Photography Event as part of Carers' Week (see pp. 8 and 9).

Please check out our upcoming events as well, as we aim to "put something on" for you at least once every other month. Our team await to see and hear from you.

Please call Steph on 01803 323510 to reserve a place on any of the events and trips below. To book the Carers' Week event please see pp 8 and 9 and call Simon on 07398 188197 to book shore fishing.

Bay Benefits operates on Tuesdays and Thursdays on 07530 790354.

Pennie Evans, Carers Aid Torbay Manager

Carers Wellbeing Walks

Carers Aid started a Wellbeing walking group for Carers last year and would love to continue into 2024. Please call **01803 323510** for more details and to book a place. Dates and walks thereafter will be agreed together as a group. These walks will continue throughout the year if there is an interest.

Pottery Painting Workshop

Monday 29th April - 11.00am -12.30pm

Decorate your chosen blank pottery pieces with the specialist paints, sponges, and stamps. There will be plenty of inspiration and technique to demonstrate so you won't be stuck for ideas. Pottery can be decorated with acrylic paints to take home on the day or be left with us to glaze and kiln fire.

Shore Fishing

Thursday 11th July – 10.30am

Shore fishing at Goodrington beach - rods and tackle will be provided. Places are limited to six Carers. To express an interest please call Simon Day on 07398 188197

Mackerel Fishing

Wednesday 24th July – 12.00pm sailing from Brixham.

Due to this proving popular last year, we will be hiring the Mackerel fishing boat again. The qualified skipper will take you to the best places for mackerel in the Bay.

Places are limited to 11 Carers.

Sidmouth Folk Festival

Monday 5th August

Following on from last year's feedback we will be running the coach to Sidmouth again. Sidmouth is a beautiful seaside town which is a pleasure to visit at any time of the year. The town really comes to life for the annual Sidmouth Folk Festival on the first week of August.

We welcome Carers and the person they care for on this trip, but there will be a limit of one cared for person per Carer. This is a very popular trip so please book early to avoid disappointment.



Julie Gibbs



Steph Doolan



Simon Day



Pennie Evans



Kyla Hayfield

CARERS' NOTICEBOARD

Hospitality Scheme

We have agreements with some local hotels to offer discounted stays to you and/or the person you care for.

If you would like to find out which hotels are participating and would like me to organise this for you, please contact me (Debi Porter) on

07880 136859

debi.porter@nhs.net

TIME OUT

FOR BRUNEL, CHILCOTE & CHELSTON HALL 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, Michele and Romina 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 18th April 2024
Phil Badcott- The River Avon - From source to the sea

Thursday 16th May 2024
Ian Churchward- Historical songs

Thursday 13th June 2024
NO MEETING AT THE ANCHORAGE HOTEL THIS MONTH
Please see CARERS WEEK EVENTS in Signposts magazine

Thursday 18th July 2024
Dennis Balsdon - North American pitcher plants and venus fly trap cultivation.
Plants will be on sale at this event

If you can't make Time Out and wish to book for the events please contact Michele on 07555 354 795

Funded by
PARKINSON'S UK
Parkinson's Tai Chi
& Support to Carers



Paignton Library, Great Western Road,

Paignton, TQ4 5AG

Every Tuesday

Come along to our new Tai Chi sessions, either

- Standing Tai Chi: 2:00pm – 2:45pm
- Seated Tai Chi: 3:15pm – 4:00pm

Cost is £6 per session
Cash or card accepted



Alongside our Tai Chi, we will have a separate room where you can meet other Carers or patients and have access to Torbay Carers Services for Carer Support also.

Please book your place for the class via the Parkinson's Movement Disorder secretary on Tel: 01803 655417
Further classes can be booked via the instructor in class.

CAREFREE BREAKS - HOTEL BREAKS FOR UNPAID CARERS

Breaks are listed on the Carefree Breaks Hub. Once registered, unpaid Carers can submit a request for a specific hotel booking.

Carers can book 1 break every calendar year, 1 or 2 nights per stay.

There is no charge for the accommodation (room only), but there is an administration fee of £33 which is a contribution towards the charity's operating costs.

If you would like more information and/or to be referred into this service, contact Debi Porter on
07880 136859 debi.porter@nhs.net

Carers 4 Carers phonline

Volunteers wanted!

Would you like to:

- Meet new people.
- Be part of an amazing team.
- Gain new skills or use existing ones.
- Use your experience as a Carer to help other people.
- Help your community.
- Gain experience within Carers Services and develop further if wanted.

We are looking for volunteers to help join our listening service to unpaid carers who are referred to the Carers 4 Carers phonline scheme.

Only 2 hrs per week. Full training and support given.

Your expertise in being an Unpaid Carer would be a great advantage to those you would support.

For more details, contact Debi Porter on: 07880 136 859 or debi.porter@nhs.net

PRESTON AND PAIGNTON CARERS COFFEE CATCH UP GROUP

- 8th May- Come and join us make some positivity jars 1.00pm-3.00pm
12th June- Carers Week- Coffee/Tea, Cake and Chat 12.00pm-3.00pm



Come and Join us for a Coffee and Chat

Frances Norrish Room
St Paul's Church, 19 Locarno Ave
Paignton. TQ3 2DH
Free Parking and Disabled Access

Compass House Medical Centres

Carer's Coffee Afternoon

MAYFIELD MEDICAL CENTRES

Every last Tuesday
of the month

1pm to 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 every last Tuesday of the month!

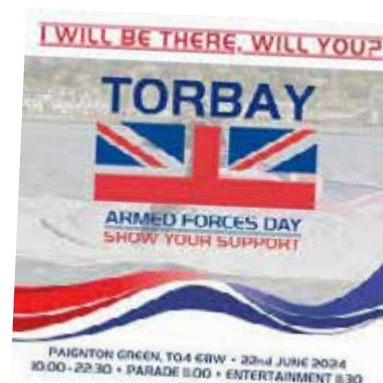
Sarah & Carole
Carer Support Workers

Caring & The Armed Forces Community

Are you a member of the Armed Forces Community who is caring for someone?
Are you caring for someone who is a member of the Armed Forces Community?

Debi Porter can offer you specialist carer support for anything Armed Forces & Armed Forces Veteran-related

Please contact Debi on **07880 136859** or debi.porter@nhs.net



YOUNG ADULT CARERS

The days may have been grey for the first part of the year, but Young Adult Carers have made their own sunshine. Many have enjoyed the fortnightly YAC Drop-Ins– chilling out, catching up and eating good food!

As well as a trip to VUE cinema, we held a Creative Workshop with Re Treats, which brought out our creative sides. This gave our YACs an opportunity to try something they wouldn't normally do. A huge thank you to Ray and Elaine for making it such an enjoyable evening.

"Re Treats would like to thank Torbay YAC... It was a privilege to come and work with the group who made us feel very welcome. The planned activities were well received and included a wood sign and tea light lantern. Everybody decorated a wood round and turned it into a sign by adding a positive message. The tealight holders were made out of card and then constructed to make a box surrounding the tealight. The group really enjoyed the opportunity to be creative and their makes were stunning."

Young Adult Carers also enjoyed a great well-being session with Pets and Picasso at the end of March.

We are looking forward to more adventures in the summer months. Our plans include visiting The Box in Plymouth, cycling in Haldon Forest, and celebrating Carers' Week. We will also have our regular Drop-in sessions.

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. You can do this via our website:

www.torbayyac.co.uk

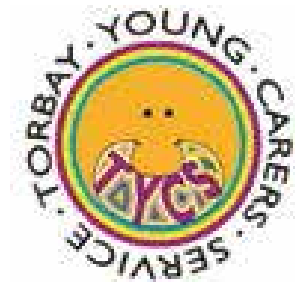
or email: torbayyac@nhs.net

or phone: **(01803) 208455/666620.**

Cheryl, Dave and Julie (YAC Team)



TORBAY YOUNG CARERS



The Young Carers Service has seen another busy few months with referrals coming in from schools, parents, and health services. This is great as it means that the caring roles that young people have in the home are being recognised.

Fourteen amazing families braved a very cold and rainy Valentine's Day at the Orchard Forest School. They made some clay animals and heart decorations from willow. We are very grateful to the team at the Orchard Forest School and are looking forward to more events planned there this year.

We took part in several activities for Young Carers Action Day on 13th March. This year's theme was 'Fair Futures for Young Carers'. We wanted to celebrate Young Carers' strength and resilience. We also raised awareness of their rights and the challenges they often face. It was also an opportunity to raise general awareness about Young Carers.

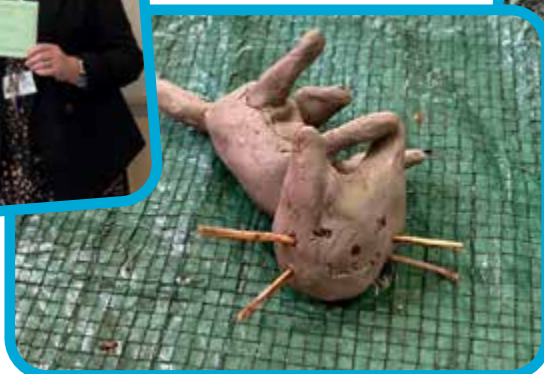
- Nancy Meehan, the Director of Torbay Children's Services, visited a Young Carers Group.
- We published a self-help book created by a Young Carer and Karen, Lead Thrive Practitioner, from Torquay Academy.
- We introduced a reference sheet co-created with Young Carers, about transferable skills from the caring role.
- We encouraged schools to raise awareness by running events with Young Carers. This included taking part in an event at South Devon College with the College and Young Adult Carers teams.

Torbay Young Carers Services want to do whatever we can to ensure that young carers from Torbay have the same opportunity than other young people have, despite the additional responsibility of caring for loved ones.

If you would like to get in touch with the team, please contact us at youngcarers@torbay.gov.uk.

For more information, please see <https://www.torbay.gov.uk/children-and-families/services-and-support/young-carers-service/>.

Sarah Pengelly, Project Manager –
Youth Hub, Torbay Children's Services



WORDSEARCH

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TIME FOR YOU
RELAX
MOSAICS
COCKINGTON
TORRE ABBEY
TAKE A BREAK
BYGONES
THANK YOU
PRESENTATIONS
CAKES
FUN
PHOTOGRAPHY
TALKS
OUTINGS
MUSEUMS
CREAM TEAS

Play this puzzle online at : <https://thewordsearch.com/puzzle/6788914/>

You Said

"The person I care for lives in Torbay so I am a Torbay Carer BUT I live in Devon. How can I benefit from the support you give to Carers in Torbay?"

We Did

We met with Devon and Plymouth Carers to agree how we support Carers out of our area and have made it clearer on our webpages.

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

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

- FREE parking at local hospital
- Discounts in local shops
- A Carer's Emergency Card

Coming in the next edition:

Page 16 • Carers' Week 2024 in photos • Update on our Carers Strategy • Carer Friendly Torbay