



Torbay and South Devon
NHS Foundation Trust

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Deadline for the Summer
edition is: 22nd May 2026

SIGNPOSTS FOR CARERS

The newsletter for unpaid Carers in Torbay



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Torbay Carers

Telephone: 01803 66 66 20

Email: signposts@nhs.net | www.tsdft.uk/carers
www.facebook.com/TorbayCarers



Welcome from Katy Carers' Lead, Torbay Carers



Welcome to our newsletter, full of information for people who care for family or friends.

This edition includes information about money matters, activities, groups, specialist support, and much more. The centre pages pull out so you have a leaflet to refer to with information about Carer-friendly breaks, local discounts, and offers to Carers.

If you ever need advice about your caring role, just pick up the phone and call Signposts on (01803) 66 66 20. You can visit us at Paignton Carers Centre (upstairs in Paignton Library) or the Advice Point in the main reception area at Torbay Hospital. Outside 'normal working hours', leave a message or email signposts@nhs.net with a day and time for us to call you back, and we will aim to do that. You could also use Bridgit – the information resource for Carers in Torbay. Search Bridgit Care Torbay online.

If your situation has changed, or for a fuller conversation, please ask for a review or Carers' Health and Wellbeing Check. This can be done by the Carer support worker in your doctor's practice, by Carers Aid Torbay, or Torbay Family Carers of adults with a learning disability. All these services are here for you, so just ask!

This edition includes our range of exciting activities for Carers' Week in June. Why not book yourself on some of the activities listed on pages 4 and 5?

Katy Heard, Carers Lead



Could you be **The Voice of Carers of adults with learning disabilities?**

Torbay Learning Disability Partnership Board is looking for a new volunteer Carer Ambassador who has experience of caring for someone aged 35 or over with a learning disability in Torbay, to join Carer Ambassador Pam.

The Learning Disability Partnership Board meets quarterly to discuss matters affecting the learning-disabled community. It is led by Learning Disability Ambassadors, working in partnership with the Council, the NHS, and other organisations. Matters discussed are wide-ranging and include the Big Plan for Learning Disabilities and local issues such as companion passes for buses.

This isn't a paid role, but being a Carer Ambassador would:

- Help us to make decisions about important changes
- Give you the opportunity to use your skills and knowledge
- Increase your awareness of Torbay's learning disability community and services, and influence future developments and plans. The role would need approx. 30 hours a year.

If you would like further information or to discuss, please contact either: Lindsey Jeffrey, Carers' Services Delivery Manager on 07824 519471 / lindsey.jeffrey@nhs.net or the Adult Social Care Commissioning Team on commissioning@torbay.gov.uk

Cancer care

We had hoped to have an article on **Caring for Someone with Cancer** in this edition. Unfortunately due to circumstances beyond our control this has been delayed to our Summer edition.

Universal Credit and Carers



The basics

Universal Credit (UC) is the key means-tested benefit for people of working age (18 to State Pension Age), living on a low income and with savings of under £16,000*. UC is paid monthly and most interactions with the Department for Work and Pensions (DWP) are carried out online, thus requiring access to a smartphone, tablet or computer.

*Savings under £6,000 are ignored. If you have between £6,000 and £16,000, you'll be subject to 'tariff income' deductions, at the rate of £4.35 per £250 of savings (or part thereof). The value of the home you live in is ignored.

Claimant Commitment

Most claimants are required to accept a 'Claimant Commitment', including Carers. However, if you're caring for at least 35 hours a week, your Commitment should reflect your situation, and you shouldn't be required to seek paid employment.

Payments

It can take around 5 weeks to receive your first UC payment, but it is possible to request an interest-free UC Advance Payment.

UC calculations and payments are based on individual household circumstances, but here is an example:

Sarah cares for her partner Dan and claims Carer's Allowance of £86.45 pw. Dan gets contributory New Style ESA of £252.00 a fortnight (formerly Employment & Support Allowance). He also gets the enhanced rate of the daily living component of Personal Independence Payment, which is £114.60 pw (ignored for UC income purposes). Dan meets the DWP criteria for 'Limited Capability for Work and Work Related Activity' (LCWRA). The couple have £4,000 in savings and own their home outright. They are not responsible for any children.

Further information

DWP and Universal Credit, see <https://tinyurl.com/3f6y95ya>

Citizens Advice on the April UC changes, see <https://tinyurl.com/3n4mwvk2>

Calculation (2026/27 rates)

Standard allowance (couple, over 25)	£666.97 +
Additional amount (Carer)	£209.34 +
Additional amount (LCWRA)	£429.80 +
Maximum award total	£1,306.11

Existing Income to deduct

Carer's Allowance (monthly)	£374.61 -
New Style ESA (monthly)	£546.00 -

£920.61

Monthly UC payable

£385.50

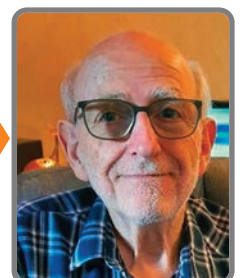
It's not essential to claim Carer's Allowance (CA) to qualify for the UC additional Carer amount, but a CA award might make your UC claim easier to manage.

Universal Credit changes from 6 April

New claims, which include an additional amount for *Limited Capability for Work and Work Related Activity* (LCWRA), will change from 6 April. The amount paid will be reduced to £217.26 and frozen at the 2025/26 level. Two groups of new claimants are exempt from the cut, and will receive the higher rate of £429.80 per month. This will apply to people with severe lifelong conditions (with no realistic chance of recovery), and people with a terminal illness whose death can reasonably be expected within 12 months. Existing LCWRA UC claims (made before 6 April) will continue to be uprated annually (assuming there is no change in someone's LCWRA status).



Written by Steve Gale





To apply for Carers' Week activities, please either follow the QR link, go to <https://tsdft.uk/carersweek> or cut out and complete the application form on page 14. Alternatively, where specified, ring direct to book. We will do our best to accommodate your choices.

Monday 8th June

■ Carers' Drop-In

Great Parks Community Centre

10.00am – 12.30pm. Support around welfare, benefits, energy, debt etc. Sally from Torbay Women's Circles, Sarah (Community Builder) and Tara from Sanctuary Housing will be available to support or signpost Carers. Refreshments available. *Free. (Just turn up – not part of 3 choices)*

■ Kevin Dixon Presents "The Strand; A Torquay Odyssey"

Followed by a Devon Cream Tea

Paignton Library, 10.30am–11.30am

Join us on a light-hearted virtual stroll around Torquay's Strand, from its eighteenth-century beginnings as a fishing community to the clubs, pubs and arcades of today. *Free.*

■ A Tour Of Kents Cavern

Meet at Entrance 2.15pm. Tour 2.30–3.30pm
Kents Cavern's Stone Age caves are a remarkable prehistoric site. Join your entertaining tour guide on an underground journey, bringing stories of ancient humans and prehistoric animals in Britain to life. Enjoy a drink and snack afterwards with a 10% discount at their café. *Free.*

Tuesday 9th June

■ Basic Photography with Simon, Carers Aid

Cockington, 10.00am–11.30am

Come along and learn the skills needed to capture beautiful photos of gorgeous scenery and wildlife. No professional cameras required; you can use your phone camera for some great results. Carers only. *Free.*

■ Card Making

Paignton Library, 10.30am–12.30pm

Make your own cards. One card can be made in each hour (50p per card). Refreshments provided.

■ Brixham Carers' Cream Tea

Christian Community Centre, Brixham,

1.00pm–3.00pm Carers Cream Tea for Carers (free). If you wish the person you care for to attend, they are very welcome (£2.50 each).

■ Fair Futures Festival

Torquay Town Hall | 12.00pm – 5.00pm

The focus is on Young Carers, Young Adult Carers, Parent Carers, Family Carers and any interested Carer. Bringing together organisations, education providers, voluntary and community partners, who will provide information and support about education, employment and opportunities. *Free. (Just turn up – not part of 3 choices)*

Wednesday 10th June

■ Tai Chi with Lisa Kay

Great Parks Community Centre, Paignton
10.00am–12.30pm

Lisa will focus on connecting mind and body, enhancing balance, strength and flexibility through slow, flowing movements. All abilities welcome. *(Just turn up – not part of 3 choices)*

■ Tea and Cakes

For Carers of Adults with a Learning Disability

Jasmyn House, 1 Midvale Road, Paignton

10.30am–12.00pm If you wish the person you care for to attend, they are very welcome. *Free.*

■ Paignton Carers Coffee Afternoon

Venue to be advised, 12.00pm–3.00pm

Come along, and join us for coffee, cake and raffle as we celebrate Carers for Carers Week. If you wish the person you care for to attend, they are very welcome. Donations welcome.

■ Hair and Beauty Pamper Session

South Devon College

Aspirations, South Devon College,

1.00pm–4.00pm Receive both a neck and shoulder massage or conditioning hand treatment plus a hair wash, blow dry and style. *Free.*

Thursday 11th June

■ Day Trip To Bath with Dave

Meet outside Paignton Library at 7.00am,

Torquay Library at 7.15am This trip to Bath

offers a charming and history-rich escape. Enjoy Bath at your own pace (you will need to have good mobility) before heading back to Paignton (leaving Bath around 5.00pm). £10.00 each.

■ Free Guided Tour Of Torre Abbey

Torre Abbey | 11.00am–11.45am / 12.00pm
Discover artists, delve into the Cary family, and explore the Abbey's 800-year-old story. The tour examines its creation, evolution into a family estate, and to the present day. **Free.**

■ Torquay Carers' Cream Tea

Livermead House Hotel, Torquay, 1.45pm – 4.00pm Cream Tea, songs from the Movies with Theresa Moorin. Booking essential. Contact: Beccy Turner 07555 354795 (for Brunel and Chilcote Carers) or Romina Martinez 07785 515979 (for Chelston Hall Carers or other surgeries). For Carers (free). If you wish the person you care for to attend, they are very welcome. **£8.25 each.**

■ Leisurely Walk with Gill Knight

Paignton South's Community Builder
07884 887063.

Free. For Carers and the person you care for. Meeting in front of Inn on the Quay, Goodrington 2.15pm. Followed by tea or coffee at Inn on the Quay. Free parking is available for Carers who buy a tea or coffee. Carers also receive a 25% discount on food (see All Week Events for T&Cs).

(Just turn up - not part of 3 choices)

Friday 12th June

■ A Return Journey on The Dartmouth Steam Train

Paignton to Dartmouth. The train leaves at 10.15am and the return journey gets in at 3.40pm.

Take the steam train along the spectacular Torbay coast and Dart estuary to Kingswear, followed by a ferry to Dartmouth. You will have approximately 2 hours of free time to stop for lunch and take a stroll before returning home (Carers only). **Free.**

■ An Amblers' Walk

A 2-mile flatish amble followed by a cuppa. 10.30am.

For Carers and if you wish the person you care for to attend, they are very welcome. Call Gill on 07884 887063 for more information (no need to book via Torbay Carers). **Free.** (Just turn up - not part of 3 choices)

■ Tai Chi with Lisa Kay

Catholic Church Hall, Brixham,
10.00am–11.00am

Come along, connect to your body, your breath, create stillness, calm your mind and move with presence. All abilities welcome. **Free.**

(Just turn up - not part of 3 choices)

■ Creative Box Making

Paignton Library | 2.00pm – 4.00pm

Enjoy creating treat boxes. Refreshments provided. For Carers and if you wish the person you care for to attend, they are welcome. Hexagonal Boxes **£1.00 each.**

All week

■ Bygones

Fore Street, St Marychurch, Torquay,
10.00am – 5.00pm (last entry 4.00pm)

Special rate of **£6.50 each** (normally £11.95 for Carers). For Carers and the person you care for. See, smell and hear the bustle of 100 years of history. Come in any time during Carers' Week. Please show your Carer's Passport to obtain your discount.

■ Inn On The Quay, Goodrington

Receive 25% discount on food throughout Carers Week. Offer does not include set menus or daytime lunch £6 menu. Carers to show their Carer's Passport.

■ Livermead House Hotel, Torquay

Receive 10% discount off meals during Carers' Week (excluding any special offers in place). Please show your Carer's Passport to obtain the discount.

■ National Trust

Free entry for Carers and the person they care for at several sites in Devon including Greenway. Please present your Carer's Passport.

■ Riviera International Centre

Free gym session (1per person) dedicated entirely to your own wellbeing. Take a break and clear your head in their fitness suite and chat with their team about the exclusive membership discounts they offer specifically for local Carers. Please show your Carer's Passport at reception. Carers Only.

■ Torbay Leisure Centre (TLC)

While TLC offer free access for carers when supporting the person you care for, TLC are inviting you to put yourself first with a complimentary gym or swim session. To claim your free session, simply visit reception and show your Carers ID. Carers Only.

■ Torquay Museum, Torquay

Free entry for Carers during Carers Week.
Tue–Sun 10.00am–4.45 pm.

Last entry 4.15pm (Mon closed). Discover 400 million years of Torbay's heritage at Devon's oldest museum. Carers to show their Carer's Passport.

■ Torre Abbey and Gardens

Tuesday to Sunday, 10.00am–5.00pm
(last admission 4.00pm)

Enjoy a visit to Torre Abbey and its gardens and learn about this intriguing landmark and its colourful history. Carers to show their Carer's Passport. **Free.**

Training Courses

There are still some spaces on courses for Carers this Spring. Details can be found via the link below or pop into the Carers Centre, Paignton Library to pick up a copy of our education brochure available. www.tsdft.uk/carerscourses

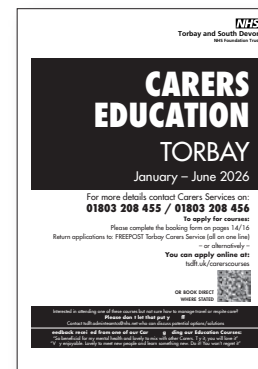
You can book your place online or by calling (01803) 208 455. Confirmation to attend courses will be sent by email unless you do not use email. Please regularly check your junk email to check whether you have been allocated a place. Some of the courses that still have spaces available:

Charcoal and Pastel Drawing (28th April)
A 6-week course

Mandala Stones Art Workshop (16th June)
A 3-week course



Unpaid Carers – Support, Advice & Guidance Session – Ask the Expert (24th June)



Torbay Carers Need You

Torbay Carers are looking for Carers to give some of their time and experience to help us with two important elements of our service.

Firstly, we are looking for Carers to provide the voice of their caring experience in our Carers Strategy Steering Group. This group helps guide strategic decisions for Carers Services and ensures the service is achieving its objectives. Approx. 1 hour per month.

For users of Bridgit (the new website to provide Carers with information and advice – search for **Bridgit Care Torbay** online if you haven't already), we are looking for Carers to help to ensure the website provides accurate and helpful information, is easy to use, and accessible. Approx. 2 -3 hours per month.

If you are interested in joining either group, please let us know. Contact Rohan Davidson at rohan.davidson@nhs.net / 07909 873 241.



You Said

You Said: You told us that you really missed the coach trips that were organised for Carers' Week. In the past, these trips included visits to Windsor Castle, the Houses of Parliament, and the Donkey Sanctuary.

We Did

We Did: Dave Baker, Specialist Carer Support Worker, has organised a new day trip for Carers to visit Bath. If you would like to join the trip, you can find more information on page 4-5 under Carers' Week.



Offers & Discounts for Carers in Torbay

PULL OUT

The next four pages form a pull-out for you to keep and refer to in the future. This pull-out features offers and discounts available to all unpaid Carers who have a Carer Passport.



Carer-Friendly Breaks

Discounted Hotel Stays for Unpaid Carers

Would you like a break from your caring role? We have agreements with some local hotels to offer discounted stays to you and/or the person you care for.

- You can both have a break together
- You can have a break on your own (with additional support in place at home for the person you care for)
- They can have a break on their own with or without additional support – whatever works for you.

To see the various offers, you can browse <https://devoncarers.org.uk/takeabreak> or contact Debi Porter on 07880 136 859 or debi.porter@nhs.net

Quote from a Carer who stayed in one of the participating hotels: *Before my break I was run down, tired, teary, exhausted and all of the other many things that Carers feel. During my break I felt guilty at times, as the person I care for was at home but the break 100% did me good as I did feel more relaxed as I wasn't running around and worrying, I was able to concentrate on me and what I wanted and needed for a change. If you have the opportunity to take a break, I strongly recommend taking it'*

Right (in order):

- Boringdon Hall Hotel (Plymouth),*
- Greenbank Hotel (Falmouth),*
- Berry Head Hotel (Brixham),*
- Leonardo Hotel (Exeter)*



<https://devoncarers.org.uk/takeabreak/carers-friendly-breaks/>

Care-Free Breaks



Change Happens Overnight

Caring for someone can be challenging. A couple of days away with a partner or a friend can work wonders. It may seem like a small thing, but it can make a huge difference.

Read a book, go for a walk, or simply catch up on some sleep. Whatever you choose to do, you'll return home with a whole new outlook on things, refreshed and rejuvenated.

Please note, Carefree Breaks are designed for the Carer only, allowing a full break from their caring role.

"Going away has really boosted my energy and mental health. I returned to another crisis, but I was able to hit the ground running and pick up my responsibilities with cheerfulness."

For help with registering for Carefree Breaks, please contact Debi Porter on 07880 136 859 or debi.porter@nhs.net

www.carefreespace.org



Torbay Carers Discount Scheme

Please note, discounts were accurate at time of printing but may be subject to change. The latest discounts list can be found: <https://www.torbaysouthdevon.nhs.uk/uploads/torbay-carers-discount-scheme.pdf>



Therapists

Tina Hooks The Foot Clinic – 25% off Reflexology, Indian Head Massage, Hopi Ear Candles, Bowen Technique. 300b Torquay Road, Paignton. Tel: 01803 525 533 www.tinahooks.com

Wendy Mason – Ladies only foot massages. Free with donation. 18 Branscombe Close Babbacombe, Torquay. Tel: 01803 313 455



Equipment

New Ability Limited – 10% discount on disability equipment. 371 Torquay Road, Preston, Paignton. Tel: 01803 555 961 www.newability.co.uk

Cavendish Health Care Ltd – 10% off sales, hire, servicing. Unit 1, Babbacombe Business Park (Mobility Shop) Torquay. Tel: 01803 220 378



Hair and Beauty

MLP Hair Design – 10% discount (excludes offers). 57 Torquay Road, Paignton. Tel: 01803 554545

Style Nation – 10% discount.

167 Winner Street, Paignton Tel: 01803 527 773

Inspirations Salon – 10% off treatments.

Not available May-September.

South Devon College Long Road, Paignton. Tel: 01803 540 419 www.southdevon.ac.uk



Health and Fitness

MotorActive Exercise Centre – Discount on membership (£20pm for 10 weeks).

55 Brisham Road, Brixham. Tel: 01803 614 067

Oasis Leisure Club - 15% off 3/6/9-month memberships.

Beverley Holiday Park Goodrington Road, Paignton, TQ4 7JE.

Tel: 01803 844 033 www.beverley-holidays.co.uk

Admiral Swimming Centre – 10% discount.

Higher Ranscombe Road, Brixham, TQ5 9HF. Tel: 01803 857 151 www.admiralswimmingcentre.co.uk

Ibis Styles Paignton – Drift Spa - 10% discount.

26 Esplanade Road, Paignton, TQ4 6BQ.

Open Tuesdays – Sundays Massage, reflexology, manicures & pedicures & oncology treatments. Fully accessible. To book, call reception on 01803 435 522

AR Baker Opticians – 10% off.

55 Hyde Road, Paignton. Tel: 01803 556485 www.arbaker.co.uk

Spex Opticians – 15% off (excludes offers).

2 The Willows, Village Centre Condor Drive, Torquay, TQ2 7TG. Tel: 01803 614 067 www.spexopticians.com



It is expected that you show a copy of your Carer's Passport to access these discounts.



Pharmacies

Babbacombe Pharmacy – 10% off Toiletries. 100 Reddenhill Road, Torquay.
Tel: 01803 312 347 www.babbacombebpharmacy.co.uk

Shiphay Pharmacy – 10% off Toiletries 11 Collaton Road Shiphay, Torquay
Tel: 01803 613 152 www.shiphaypharmacy.co.uk

Valley Pharmacy – 10% discount. 37 Sherwell Valley Road, Chelston.
Tel: 01803 607 425 www.sherwellvalleypharmacy.co.uk

Watcombe Pharmacy – 10% off Toiletries
69 Fore Street Watcombe, Torquay. Tel: 01803 310196
www.watcombepharmacy.co.uk

Day Lewis Pharmacy (Torbay Wide) – 30% discount (excludes NHS charges / items at retailer's discretion e.g. nappies, milk powder).

52 Fore Street, Brixham. Tel: 01803 852 860

19 Ilsham Road Wellswood, Torquay. Tel: 01803 293 732

28 Walnut Road Chelston, Torquay. Tel; 01803 605 456

237 Torquay Road, Paignton. Tel: 01803 550 268

266-276 Torquay Road, Paignton. Tel: 01803 522 308

99 Foxhole Road, Paignton. Tel: 01803 556 958



Practical Services

Brown's Shoe & Key Services – 10% off Shoe Repairs/Key Cutting/Engraving.
Unit 31 Market Buildings Market Street, Torquay. Tel: 01803 213 385

Tor Laundry & Dry Cleaning – 10% off Dry Cleaning.
256 Union Street, Torquay Tel: 01803 298 823 www.torlaundry.co.uk

Imperial Valet Dry Cleaners Laundry & Dry Cleaning Services –
10% discount. 149 Reddenhill Road, Babbacombe, Torquay. Tel: 01803 313 466

Wheelpower – 15% off new tyres and alloy wheels.
Units 1-4 Magdalene Road Torquay. Tel: 01803 293 139

N&K Exterior Cleaning – 10% discount.
31 Rea Barn Road, Brixham. Tel: 07402 992 029.



Restaurant Services

The Berry Head Hotel - 10% off Restaurant/Bistro meals -
Excludes group orders/special offers. Berry Head Road Brixham.
Tel: 01803 853 225. www.berryheadhotel.com

Bayview Restaurant – 10% discount.
Torbay Hospital, Level 4, Torbay Hospital.

53.3 Degrees Coffee Company – 10% discount.
Torbay Hospital, Level 4, Torbay Hospital.



Shopping

Fredmans Limited (Furnishers) – 5% discount VAT-free on recliner chairs and adjustable beds. 16-20 Torquay Road Paignton. Tel: 01803 557 720.
www.fredmans.co.uk

The Edinburgh Woollen Mill – 10% off full price clothing (Torquay store only). 46/48 Fleet Street Torquay. Tel: 01803 209 071. www.ewm.co.uk

Another Chapter Toy & Bookshop – 10% discount.
13 The Quay Brixham. Tel: 01803 882 811. www.anotherchapterbrixham.co.uk

Free Parking for Carers

Carers have free parking at the following sites when supporting or visiting the person they care for.

Newton Abbot Community Hospital

Free Parking – Display Carer’s Passport on dashboard.

Torbay Hospital

Free Parking in barriered car parks only. Get ticket voided at reception by showing your Carer’s Passport.

Totnes Community Hospital

Free Parking – Display Carer’s Passport on dashboard

Brixham Community Hospital

Free Parking – Display Carer’s Passport on dashboard



Carers with a Carers Passport are able to have a My Bay card **free of charge** (usually £10). You will need your Carer’s Passport number when applying.

You can enjoy the following benefits (T&Cs apply. Please visit the website for more information):

- Pay for an hour or more and get an extra hour for free in Torbay Council’s off-street pay-and-display car parks with your My Bay permit.
- Use My Bay resident card to get into Torbay public toilets for free, up to 33 times, worth £10 per year.
- Exclusive discounts from participating local businesses and venues

For more information please visit:



<https://www.torbay.gov.uk/my-bay/join-my-bay/> or contact Signposts on 01803 66 66 20.

Carers in Torbay...

You can access our online Carers Self-Help platform that includes...



Personalised Advice & Toolkits

Local Services & Events

Financial Support & Discounts



To create your own self-help plan, scan the QR code or go to...
<https://carers.bridgit.care/app/torbay/live>

TORBAY COUNCIL

‘Have you tried using Bridgit? How was your experience?’ Please let us know on 01803 66 66 20 or tsdft.signposts@nhs.net. We would welcome any feedback you may have.



Discounts for Carers

When attending somewhere with the person **you care for**.

There are a number of local venues that offer discounts for Carers when attending with the person you care for, including (but not limited to):

- Vue Cinemas
- Paignton Zoo
- Torquay Museum
- Babbacombe Theatre
- Paignton and Dartmouth Steam Railway

We recommend checking their website of phoning ahead to confirm requirements.

If you know of somewhere offering unpaid Carer discounts locally, please let us know on 01803 66 66 20 / signposts@nhs.net

Torbay Family Carers
(Carers of adults with learning disabilities)



Peer led Arts & Crafts Group

This new group meets at Jasmyn House on the first Friday of the month from 10:00-12:00 and provides an opportunity to chat, have a hot drink and try out anything new as decided by the group. For more information please contact:



Helen: (07937 838 789)
Emma: (07852 546 530)

T@3 - Dementia Friendly Christian Group

Tasty scones and sacred songs – join us for a sing along!

Come along to our warm and welcoming dementia friendly Christian group where everyone is valued. We welcome anyone experiencing dementia or memory loss and those who care for them. We aim to provide a place to find support and friendship.

- Enjoy tea, coffee, cake and friendly conversation
- Sing along to favourite Christian songs and classic hymns
- Feel supported in a safe, inclusive, and dementia-aware environment.

We meet from 3pm to 4:30pm on the first and third Thursday of each month at Upton Vale Baptist Church, St. Marychurch Road, TQ1 3HY. Parking for blue badge holders is available directly outside the Church entrance on St. Marychurch Road.

Find out more: www.uptonvale.org.uk/t-at-3
Telephone: 01803 400 403

Men Who Care

The Men Who Care group meets twice a month at The Palace Hotel, Esplanade Road in Paignton TQ4 6BJ at 11am.

The group is for men who care for family members or friends to get together for a conversation and laugh. The group is going to run every other Thursday from 23rd April onwards.

To find out more, contact Scott Taylor at menwhocare@yahoo.com or 07799 666 035.

Carers' Coffee Groups



Brixham	Paignton	Torquay
Last Tuesday of every month	1st Wednesday of every month	3rd Thursday of every month (not in January)
1.00 - 3.00pm	1.00 - 3.00pm	1.45 - 4.15pm
Christian Community Centre TQ5 8DS	St Paul's Church TQ3 2PB	The Anchorage Hotel TQ1 3PT
Contact Carole on 07385 407683	Contact Laura on 07919 063025	Contact Romina on 07785 515979

Come with us to Sidmouth Folk Festival

Join Carers Aid Torbay on

Monday 3rd August 2026

We welcome Carers and Cared for on this trip, but there will be a limit of one cared for per Carer. This is a free trip

This is a very popular trip so please book early to avoid disappointment. £5.00 deposit which will be returned on the day.

Please call Steph on **01803 323510**

to reserve your place and discuss the deposit



Carers Aid Torbay supporting unpaid Carers across Torbay

Hello From Young Carers

On a wet and windy January weekend, a group of 7 brave Young Carers from across Torbay and some dedicated Young Carer Team members, namely Daisy, Joy and Carly, embarked on our first residential activity for quite some time. For some of the Young Carers, it was their first night away from home - ever!



We are extremely grateful to the team at Shallowford Farm who made this opportunity happen for us. Shallowford Farm is a charity based on a medieval working hill farm deep in the Dartmoor National Park, providing a huge range of experiences for people, young and old. Shallowford Farm has been hosting residential visits to Dartmoor for over 40 years. Staying away from home can be a huge step for some, but with a small group in a family-based farmhouse, plenty of care and sensitivity, visitors overcome their anxiety and feel proud.

The experience included climbing Cordon Tor (and rolling back down), hands on work around the farm, mucking out, feeding the animals and plenty of fun games.

Here is some feedback from the Young Carers who attended:

'I liked the night walk when the moon was out.'

'I found my time at the farm, really fun. My favourite part

was the treasure hunt even though I fell in the muddy path.' *'I liked the piglets, especially the noisy ones.'*



We are thankful to the team at Shallowford farm for this opportunity. The young people we took along with us were brilliant fun and put their all into the activities, even those they found difficult. It was a rewarding experience for us all and we look forward to planning our next visit.

Torbay Young Carers Service are here to support children and young people under 18 years old, who are for caring someone. A Young Carer may be the sole Carer or be supporting another family member in care tasks.

Being a Young Carer can have a lot of impact, whether on home life, education, work and social life – but Young Carers Service is here to help.

TORBAY COUNCIL

Teen Young Carers Group

A space just for young carers to chill out, get creative, cook, play games and connect with others who really understand. Take a break from responsibilities, build friendships and be yourself in a supportive, judgment-free environment.

When: Every month on a Tuesday, starting 27th January until 7pm

Booking required. These are not drop in sessions.

For more information, or to book onto the Young Carer



Groups call us call us (01803) 208 657, email YoungCarers@torbay.gov.uk or visit our website by scanning the QR code or www.torbay.gov.uk/children-and-families/services-and-support/young-carers-service/

TORBAY COUNCIL

Carers Group

Join our fun and welcome in a room where you can try creative crafts, play games, do cookery and an outdoor for young carers. It's a chance to relax, build confidence and see others who understand your experiences - all in a safe and supportive space.

When: Every 2 weeks on a Monday, starting 12th January 5:30 until 7pm

Booking required. These are not drop in sessions.

Young Carers' Action Day

Young Carers' Action Day was on Wednesday 11th March 2026, this year's theme being 'Fair Futures for Young Carers'. Young Carers Staff were at South Devon College, and Young Adult Carers from Torbay and Plymouth celebrated the day by enjoying a joint activity at the Adrenaline Trampoline Park in Plymouth.

We started January with our Young Adult Carers drop-in (which takes place every four weeks). The drop in offers a safe space for Young Adult Carers to get together enjoy some food, chill out and have a good catch up with each other.



During February half-term Georgina Watson of Lucky Clucks Smallholding C.I.C very kindly offered 6 free places for Young Adult Carers to have "The Lucky Break. This included a chilled animal hangout, where Young Adult Carers got to meet a variety of rescue animals lambs, geese, 'Mama' the sow, chickens, turkeys and goats and experience the running of a smallholding. A little something different from our normal activities and situated on the River Dart, Galampton. Even though the 'heavens opened' and we got thoroughly drenched; a good time was had, the group made treats for the goats and bottles for the lambs AND hand fed both!

Following the February half-term Torbay Young Carers Service invited the YAC team into secondary schools to meet with Young Carers in Year 11 who may wish to be referred or transition to Young Adult Carers.

If you are a Young Carer or 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) 208 455/ 66 66 20. Cheryl, Dave and Julie (YAC Team)

Young Carer's Under 25 Consultation

**Do you know a Young Carer or Young Adult Carer?
Are you a Young Carer or Young Adult Carer?
Are you cared for by a young person?
Do you work with young people?**

We are updating our Young Carers under 25 Strategy to ensure it works for you for the next 5 years.

To help us review our progress and understand what is important to you please scan the QR code and provide your views. Ask a trusted adult if you need any support completing the form.

I am or think I might be a Young Carer or Young Adult Carer

SCAN QR CODE

I work with or know children or young people who care for someone.

SCAN QR CODE

We Need



Young Carers Action Day



Carers Rights Day
Young Carers under 25 Strategy 2026 to 2031 published

TORBAY.GOV.UK

NHS
Torbay and South Devon
NHS Foundation Trust

Carers Aid Torbay wish you a Happy Spring



Bay Benefits

Operates Tuesdays and Thursdays for all your benefit and entitlement needs.

Call 07530 790 354 and speak to Kyla.

We at Carers Aid Torbay hope you are getting the hang of spring now it's finally arrived. We would like to imagine you in your favourite garden seat with a cuppa. Are you properly looking after yourself? **Remember April:**

- A** All of nature, it's there to be enjoyed by you.
- P** Pamper yourselves, you know what you like best and what your body needs.
- R** Rest when you have a choice, just rest.
- I** I can do it, but do you really need to? And finally...
- L** Let yourselves relax, bath, bed, beach, biscuit, whatever works for you, please April yourself.

We are Simon, Pennie, Julie and Steph. Contact us on (01803) 323 510. steph@carersaidtorbay.co.uk

Torbay Family Carers of Adults with Learning Disabilities



Pictured: Some Carers at the craft session in February

Torbay Family Carers of adults with learning disabilities offers support to Carers of adults with a learning disability in Torbay.

Torbay Family Carers have been learning new skills in their peer-led arts and crafts sessions. In February, Ali Meadows shared her skills, and the group created some beautiful watercolour cards under her instruction. It was a lovely morning, and there is definitely some hidden talent in the group! At future meetings, we will be attempting to learn crochet, making pompom pets, and working with clay.

If you are a family Carer of adult with a learning disability, and would like to join us, you will be very welcome. Please see the Noticeboard on page 11 for more information.

To get in touch, contact our Specialist Carer Support Workers:

Helen: (07973 838 789)

Emma: (07852 546 530)



Applying for Carers' Week Activities



To apply for your chosen activities, please follow the QR link, or go to:

<https://tsdft.uk/carersweek>

Alternatively, please complete and return the application form below. Please send to:

FREPOST TORBAY CARERS SERVICES (in this order, all one line with nothing else on the envelope).

Please indicate the three preferred activities you wish to attend.

Where the person you care for can attend (see each activity), and wishes to join you, please tick next to each activity.

We will do our best to accommodate your choices. **Application deadline: Friday, 15th May 2026.**

Carers Name: _____ Carers Passport No: _____

Address: _____ Postcode: _____

Telephone: _____ Email: _____

GP Surgery: _____ Cared for Name: _____

Do you need any help with transport: Yes No

Do you need care for your Cared for Person Yes No

Do you have any mobility difficulties: Yes No

Do you have Any dietary needs Yes No

From the events detailed on Pages 8 & 9, please state your 3 preferred options (please write name of event):

Activity 1:	Cared For <input type="checkbox"/>
Activity 2:	Cared For <input type="checkbox"/>
Activity 3:	Cared For <input type="checkbox"/>

Note: no need to book for 'all week' events.

Do you struggle with IT, reading, or writing?

If you have a physical or mental health condition that makes completing forms difficult, Paignton Community Hub offers form-completion support appointments every Monday, Tuesday, and Thursday. These sessions are designed to provide one-to-one assistance in a supportive environment.



Appointments can be made at the desk in Paignton Library or by calling the Hub on 07562 780 102.

Important information:

- Form filling can no longer be supported without an appointment.
- Please bring all necessary documentation, evidence and information required for the form you wish to have support with. Should you need more specific specialised support with a form, we will point you in the right direction.

Electronic Patient Record

How it benefits Carers

MY CARE

What is changing?

A new electronic patient record called Epic was launched across Torbay and South Devon NHS Foundation Trust on 3rd April. The system pulls health records into one place. Previously, there were a lot of separate digital and paper-based systems. Epic should make communication better and improve patients and Carers experience of healthcare. Part of Epic, called MY CARE, enables patients and Carers to access health information from any device with internet access.

What this means for Carers

- Having all patient information in one place will improve the quality of care.
- Patients and Carers won't have to remember their medical history or repeat the same information.
- Patients and Carers will be able to view and manage their health information online through the MY CARE patient portal. This will enable them to view and manage appointments, test results and other health information safely.

What you need to do

EPIC will hold all health information for hospital and specialist community care in one location from 3rd April. To set up a MY CARE account just follow the QR code or web link at the bottom of this article.

If you need to view the health records of the person you care for within MY CARE you can request 'proxy access'. You will then be able to view health information of the person you care for within your own account. This can be set up either by the patient once they have set up a MY CARE account or by clinical teams, so please ask the clinical team who are providing your care. Patients will be able to grant their Carers 'Proxy Access'.

What if you do nothing?

It's fine if you do not want to sign up to MY CARE. You will continue to receive paper appointment letters. MY CARE will make access to health information easier for people who use it, but there will be no change for people who do not want to.

Next step

To find out more about the new system and register on MY CARE visit <https://www.torbayandsouthdevon.nhs.uk/services/my-care/>

SCAN ME



If you are no longer a Carer please let us know on 01803 66 66 20, or by using the QR code. If you have already informed us, but have still received this magazine, please accept our apologies. It may be that our database has not been updated at the time of printing.

