



CONTENTS

Introduction	1
Thought For The Day	2
Dear Carers & Colleagues	2
Blue Shield Awards	3
Poems & Pastries	3
Money Matters	4
State of Caring	5
Carers Meet Chief Executive of Devon Partnership Trust	5
Mental Health Services	5
Carers Healthy Eating Guide ...	6
Feedback From Carers	6
Staying Healthy	7
Carers Week In Photos	8-9
Torbay Young Carers Service ...	10
Torbay Young Adult Carers	11
Carers Noticeboard	12-13
Achievements in 2015-16 & Targets For 2016-17	14
Direct Payment Card Update ...	14
Phoenix Trust Update	15
Are You, or Do You Know, A Service Veteran?	15
Facebook	15
Moving On Group For Ex Carers	15
A Royal Quiz	16

Deadline for the October edition
is 15th August 2016

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello and Welcome..

to our summer newsletter.

Firstly I'd like to say thank you to 'Helen' who kindly submitted her article *Thought For The Day*. I am quite sure that many Carers can resonate with Helen's thoughts on finding time for oneself with 'permission to breathe' and recharging ones batteries.

If you fancy getting creative or exploring the art of writing and poetry, then why not try our new group (P3) starting in August. It is hoped that some of the poems will make their way into a booklet for Carers joining the Carers Register, which will act as a means of encouragement and support.

The State of Caring report was formally launched in London during May after national feedback from 6,000 Carers (P5). For more information see the Carers UK website: www.carersuk.org

Please take some time to read (P6 & 7) which looks at the Carers Healthy Caring Guide and Staying Healthy in Torbay with the Lifestyles Team. Why not take the opportunity to look at 'Fitness in Torbay' a 10 week exercise referral programme; or other options designed to help you take your '1st steps' to finding something you enjoy.

Finally, it was wonderful to meet so many of you during Carers Week, your positive feedback was gratefully received. I know it's hard to have time for yourselves with busy caring schedules, but hopefully the week provided some much needed time out. We have a snapshot of Carers Week in photos on (P8 & 9).

Wishing you well over the coming months,

Natalie Townsend - On behalf of Carers Services.

Coming in October's edition:

• National Carers Survey Update • CQC Outcomes • Facebook & Hilibio Update

Contact us c/o Signposts for Carers

Telephone: 01803 666620 Email: signposts@nhs.net



THOUGHT FOR THE DAY

PERMISSION TO BREATHE

Have you ever been given permission to breathe and not taken up the chance? Have you ever had this gift and not seen it for what it is?

My husband has been in respite care at times over the last few years. By the time he goes I am usually very sleep deprived and frazzled. Yet, for some inexplicable reason I have used this time to catch up on everything that needs doing and on the whole carried on 'as normal' with the demands of the rest of the world, too.

This time, it was different. I found my eyes were opened and so were my ears to the gift of time. I spent the week catching up on sleep, which was very necessary. I told very few people I was alone at home, so that expectations from others were not increased and I spent a lot of time by myself - something I need to recharge my batteries. I worked on a room in our home where I want to be able to relax, write and do the things that I enjoy. This room was always last on the agenda and was full of junk that needed sorting. I decided to only focus on this task and leave everything that could 'wait'.

I have to say, it worked! I think I, more than anyone, was surprised. I had a spring in my step, a space I can now retreat to and enough sleep to have a smile on my face.

I hope you can embrace these opportunities too.

PS. Don't get me wrong, I love my husband, I just need recovery time like everyone else!

Helen Elliott, Carer

DEAR CARERS AND COLLEAGUES

As mentioned in April's edition of Signposts, I have retired from my remit with Torbay Carers, but I would just like to say farewell to everyone I have worked with over the 16 years since I joined the then, very small Carers team which was formed under the leadership of James Drummond, whose vision initiated the fantastic service which is his legacy and continues to be taken forward and enhanced with similar passion by the current team.

Reflecting on the various challenges of my Carers' career, from being involved in the pilot phase of establishing Carers Support Workers in G.P. practices, to helping steer the development of the Torbay Carers Register, to organising relaxing away days for groups of Carers, forming 'Time Out' Carers Support Group, and finally co-ordinating the Emotional Support Scheme for Carers; I have been really proud to be part of this progressive, positive team. At its heart is always a wish to help our Carers by offering appropriate services.

The services we provide are being increasingly recognised, not only nationally but also internationally. Little Torbay is Big Torbay for Carers!

I have felt very humbled and inspired by the commitment of Carers I have met along the way, getting to know some only slightly, but working with others in greater depth, so thank you all for sharing your life's experiences with me. I wish you well. If you see me around town (or even in the woods, as happened the other day), please do stop to say 'Hello'.

To all my brilliant colleagues, thank you so much for your support, in all its various forms, over the years.

We have enjoyed fun times as well as serious moments, and I look back on them and you with great affection. With love and best wishes to you all.

Mary Sweet

BLUE SHIELD AWARDS & EM JEFFRIES LIFETIME ACHIEVEMENT

What a great honour it was to have been considered for a Blue Shield Award in recognition of the work carried out by Carer Support Workers across Torbay. Myself, and colleagues, Sally Corbishley, Caroline Saunders, Michelle Glanfield, Lindsey Jeffrey and Mary Sweet all attended the award evening, which was held at the English Riviera Centre on 17 March 2016.



We were all taken by surprise when we won not only the Silver Award in the Non-Clinical Award category but also the Em Jeffries Lifetime Achievement Award for our contribution to Carers'

Services. We were absolutely delighted and extremely honoured that we were able to accept the awards on behalf of all the Carer Support Workers for their hard work in supporting Torbay Carers. What a wonderful evening it was!

About 16 years ago, Carers Support Workers were placed in a few surgeries in Torbay, as part of a pilot scheme. The service soon became successful and was well received by Carers; it was then rolled out across all the surgeries. We have seen a lot of changes since then! I have been a Carer Support Worker for around 10 years and I am still inspired and full of admiration for the Carers I meet who do such an incredible job.

Val Shute – Carer's Support Worker, Barton, Mayfield and Corner Place Surgeries.

POEMS & PASTRIES

by **Samantha Little**

'Poems and Pastries' is the name of a new group for Carers who would like to spend a couple of hours once a month enjoying poetry and eating cakes!

Samantha Little will be leading the group, which will be relaxed and informal, giving Carers 'time out' from caring to lose themselves in sharing, writing and reading poems. Do you have a favourite poem you'd like to read to the group and tell us why it appeals to you?

Or would you like to write your own poems with guidance from Samantha and inspiration from pictures, objects, music...or whatever helps you express your thoughts?

No need to be able to rhyme or even spell... ideas and thoughts are more important.

Sometimes it can help to write about caring, the pleasures, the privileges, the difficulties, the disasters, or you may want to write about themes

far from your everyday life for some escapism... and why not?

Ultimately, we would like to make this a poetry-related social group and also take YOUR writing to other Carers and people who use the NHS. Among the ideas we've had are a booklet for Carers who join the Carers Register, a display at Torbay Hospital and poems from local Carers in surgeries to ease the wait for GP appointments. Can you write some lively and interesting poems to help other Carers and encourage them to get support as well? Or chose poems you love to share?

The 1st session will run on Wednesday, 17th of August (10am-12pm) and the 3rd Wednesday of the month thereafter, at the Drummond Suite, Paignton Library.

Contact Natalie Townsend on **(01803) 208456** for details/or to attend.

MONEY MATTERS

Here is the latest summary of benefits news and tips for Carers.

CARERS' BEDROOM TAX LEGAL CHALLENGE

The cases referred to in the last edition were heard earlier this year in the Supreme Court, but we were still awaiting the outcome at the time of writing.

VICTORY FOR CARERS OF CHILDREN UNDER 18

Last summer, the Supreme Court ruled in *Mathieson v Secretary of State for Work and Pensions* that it was unlawful for the DWP to suspend a child's DLA or PIP once a specified number of in-patient days had accumulated in hospital. As a result of the Court's decision, and with effect from 29 June this year, the child rules are abolished. However, there is no change to the rules for adults after 28 days (including linked periods) have been spent.

CHANGE TO SUPPORT FOR MORTGAGE INTEREST (SMI) IN MEANS-TESTED BENEFITS

As a Carer, you could well be considering claiming Carers Allowance. Depending on your finances you might also find it possible to top up the allowance with Income Support which can also include help with mortgage interest. As a temporary measure during the recession, the waiting period for help with interest payments was reduced to 13 weeks. However, on 1 April this year, the waiting time reverted to 39 weeks (or 9 assessment periods in Universal Credit). The payment rate is fixed at a flat rate of 3.12%, up to a maximum loan value of £200,000. More information at <http://tinyurl.com/nvv2yct>. The government has previously announced that it



intends to scrap SMI in 2018, replacing it with a system of loans.

PLANNING TO MOVE IN WITH THE PERSON(S) YOU CARE FOR?

If you are planning to move into someone's home to provide increased care or simply to reduce your travelling time, you should be aware of the potential impact on any means-tested benefits claimed by the cared-for. This is a complex area of the benefits system that involves the interaction between the 'severe disability element' payable in means-tested benefits such as Pension Credit and Housing Benefit, and the legal status of being treated as 'living alone'. It is the claimant's responsibility to notify the council and DWP when such a change of circumstances occurs, and will usually result in a substantial reduction in their benefit income. Failure to disclose the change will lead to the overpaid benefit eventually being clawed back. Carers UK have a detailed guide to the allowance which covers the topic:

<http://tinyurl.com/jt98nxb>

DON'T FORGET THE CARERS ALLOWANCE EARNINGS LIMIT...

The minimum wage has now gone up for the over 25s, but if you still claiming Carers Allowance and working 16 hours a week, you will now be exceeding the Carers Allowance earnings limit of £110 per week, unless you reduced your earnings by one of the allowable deductions. So it is essential to let the DWP know if you are over the earnings limit and thus avoid being forced to repay the allowance for every week in which the rule was breached.

STATE OF CARING

STATE OF CARING REPORT 2016 – A REPORT BY CARERS UK

This report was formally launched in London in May after national feedback from 6,000 Carers about the impact of caring in 2016 and of the Care Act. A key message was that £132bn is saved by the services provided by unpaid Carers each year across the country – which is almost as much as it costs to finance the whole NHS. They found that 20% of Carers supporting someone for more than 50 hours per week did not feel supported at all, 1/3 of Carers who had an assessment did not include their own health and wellbeing, and over 1/3 of Carers had to wait for 6 months for an assessment.

As some of these statistics are shocking, later this year in Torbay we will be doing a smaller-scale evaluation into local Carers experiences of assessments.

Other findings found that the national experience of hospital discharge was poor, ¾ of Carers are struggling with finances and this is affecting their health, and that Carers in employment need more support.

For more information, see Carers UK website www.carersuk.org or ring: **0808 808 7777**

CARERS MEET CHIEF EXECUTIVE OF DEVON PARTNERSHIP TRUST

Melanie Walker the Chief Executive of Devon Partnership Trust... (which is the organisation that provides Mental Health care in Devon), came to visit the 'Chilled Out' Wednesday Carers Group on the 9th of April.

She had been invited to the group by concerned Carers of those with mental health problems to discuss the recent changes to Mental Health care in Torbay and the impact that was having on Carers.

A lively, yet friendly meeting took place with some thought-provoking questions regarding 'communication issues' the new 'clinics' and whether the Mental Health Carer Support model may be rolled out throughout Devon. Carers were able to pass on a number of personal accounts of what worked well and what didn't.

Melanie agreed that there was still a lot to do to improve Mental Health care in Devon but that some of the recent changes were designed to make that happen. She listened respectfully to the concerns Carers had, taking on board those worries and was able to reassure the Carers that their views were vital in formulating the ideas

for the future, which has to be of a joined-up approach of 'Clients, Carers, and Professionals' so she was grateful for the input of those enthusiastic Carers present.

So over tea and cakes there was a lot of good conversation and the group were grateful that the Chief Executive had given them her time and attention. It was clear that she valued the immense work done voluntarily by Carers, and she said she would come again.

MENTAL HEALTH SERVICES are changing across the bay...

The Culverhay and Waverley numbers are being redirected to: **0300 5555 000**. These calls will be dealt with by the same staff that were at Waverley and Culverhay buildings.

The number for Torbay Wellbeing Clinic is: **(01803) 397444**. Please use this number for cancellations or to contact the clinic. All other numbers remain the same and can be found on: <http://www.devonpartnership.nhs.uk>. Also listed under Adult Mental Health services.

CARERS HEALTHY CARING GUIDE

NHS England, in partnership with Carers UK, Carers Trust, Age UK, Public Health England, and older Carers themselves, has published a Practical Guide to Healthy Caring, the online link is: <https://www.england.nhs.uk/.../2016/04/nhs-practcl-guid-caring.pdf>

The Guide provides information and advice to Carers about staying healthy whilst caring and identifies the support available to help Carers to maintain their health and wellbeing.

While it is aimed at Carers of any age, it is particularly relevant for Carers aged around 65+ and those new to caring.

The Practical Guide to Healthy Caring is a companion guide to A Practical Guide to Healthy Ageing, the online links is:

<https://www.england.nhs.uk/resources/resources-for-ccgs/out-frwrk/dom-2/healthy-ageing> - It was originally published in January 2015 and updated in October 2015.

Both guides have been co-produced with experts and partner organisations and tested with Carer's focus groups and networks. The Guide covers a range of topics that provides hints and tips on how Carers can look after their own health, while supporting the person they care for.

The Guide aims to support the 5.4 million Carers and in particular those 1.2 million aged over 65, who make a critical and often underappreciated contribution not only to loved ones, neighbours and friends, but to the very sustainability of the NHS itself.

The Guide is an A4 magazine-style publication that can be ordered free through Prolog, by calling: **0300 123 1002**, quoting reference HC1 or on-line at www.orderline.dh.gov.uk.

You can also view the Torbay & South Devon NHS Foundation Trust, Looking after Yourself at: <http://www.torbayandsouthdevon.nhs.uk/services/carers-service/looking-after-yourself/>

THE HEALTHY LIFESTYLE TEAM NEEDS YOUR HELP

We are looking to develop and run short courses and/or workshops over the next year.

These will be in connection with Living a Healthier Lifestyle and could include:

- Healthy diet
- Reducing alcohol
- Becoming more active
- Managing mood
- Quitting smoking
- Social isolation



We would love to hear from you as to what **YOU** would like to see.

Please contact us with your ideas at:
Trudi.may@nhs.net

or ring Davinia on: **07584 480400**

FEEDBACK FROM CARERS

The Department of Health is about to update its Carers Strategy, and is asking for feedback from Carers about what should be their priorities for the next few years and about what support works well, or what support needs to be improved. It is your chance to have your say in developing the national support to Carers.

<https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers>

STAYING HEALTHY

ACTIVITY FOR LIFE

To stay healthy, all adults should aim to achieve 150 minutes of physical activity per week and the good news is you can break this down into 10 minutes, 3 times a day, which still achieves the goal.

Is there something that stops you achieving your goals? Do you work in a busy office sitting at a desk all day? Try a Healthy Lifestyles Pedometer and you will be pleasantly surprised by how many steps you walk every day. Try looking at this You Tube clip for some inspiration: 'Can you walk 10,000 steps a day?' You'll be surprised at the amount of steps generated from walking to a photocopier or retrieving a coffee. You could always start a walking group and really get to know your colleagues.

Who can help? Planning ahead can help to motivate you; from cycling at the Velopark to walking around a National Trust Property. The Velopark in Paignton, for example, is free of traffic, you can hire a bike and there is far less pollution than a typical road. How about a childhood hobby? Netball is a fantastic all round workout, and there are many clubs on offer throughout Torbay.

Strength exercises can also help us to maintain mobility and independence. Building muscular strength can help with everyday activities such as carrying bags of shopping or walking upstairs, you can find examples of these exercises on the NHS Fitness Studio website.

Taking advantage of the many, walks, fun runs, cycle rides and races for charity can help you with the motivation to succeed, ask about the beginners women's running club, which will be set up soon on a Saturday, via the Healthy Lifestyles Team and WOTR (Women On The Run).

The Healthy Lifestyles Team can support you to increase the amount of physical activity you do and we run a range of courses and initiatives across South Devon; so wherever you live there's bound to be something suitable, whatever your ability or interest. All you need is the desire to be a little more active.

We have a range of activity programmes that can help you to lose weight, and reduce the risk of developing heart disease, stroke, some forms of cancer and diabetes.

So what is available for you to try?

You could start by joining our walking programme - Bay Walks. The programme is led by volunteers. There are short, medium and long walks in Torquay, Paignton and Brixham – so we have something for everyone.

If you are looking to improve your fitness, then try the 'Fitness in Torbay' exercise referral programme. This is a 10-week exercise programme supervised by fully qualified exercise professionals and is open to anyone living in Torbay.

Our strength and balance exercise classes will help if you have a fear of falling, feel unsteady, or have been diagnosed with Osteoporosis. The exercise and camaraderie could help improve your confidence and mobility.

You can also go to the gym, experience toning tables or Pilates classes, or exercises in the water. Our programmes are designed to help you take the 'first steps' as you get started and find something that you can enjoy.

Why not book your free Healthy Lifestyles assessment today by calling: **0300 456 1006**

CARERS WEEK IN PHOTOS

Relax & Unwind Brixham and Relax & Unwind Torquay Museum

"I had Reiki and was overwhelmed with gratitude at receiving love, care and TLC, just what I needed as my caring role is so demanding."

"My nails looked beautiful, thank you."

"Carer's week is an important event for all of us Carers, thank you."



Car Maintenance

"Really comforting to know what's under the bonnet and what you need to do."

Kwik-fit has promised they'd help with any further queries. Chuffed to bits!!

With thanks to the Kwik Fit team."



Cream Tea At the Park

"Fantastic, fantastic...and lovely scones!"

"Choice of music was perfect."



Celebration of Local History

"A lively style to the talk and informative without being boring."

Very good and interesting to hear about old Paignton."



Come Fly with us at the Virtual Jet Centre

"Fantastic experience, really enjoyable, very good information and insight into flying."

"Wonderful time out and exhilarating – many thanks."





Family History

"Thank you for giving me an insight to my family history I thoroughly enjoyed this morning and hope to continue with my research."

"A super morning, the tutor was so good at explaining everything, took away all fear of using a computer, thank you."



Lunch, Entertainment & Pampering

"Really feel pampered! Gave us a special time – delicious food, perfect music & lyrics, 3 treatments all relaxing. Thank you!"

"Very friendly reception, amazing food, foot tapping music and a good selection of treatments."



Vintage Afternoon Tea

"Excellent, very enjoyable afternoon."

"Lovely afternoon and great raffle, thank you."

Treasure Hunt

"Brilliant afternoon, thoroughly enjoyable and lovely surprise presents."

"Very enjoyable, it was fairly easy to follow, company pleasant, a most enjoyable afternoon."



Indoor Bowling

"Extremely enjoyable, very patient tutors, great afternoon."

"I have enjoyed today, meeting new people and learning a new hobby."



Yoga Taster Session

"Good introduction to yoga – much appreciated!"

"Enjoyed the class – now I know how to stretch and relax, thanks."

TORBAY YOUNG CARERS SERVICE



Teresa Mikalauskas

Teresa Mikalauskas, Senior Project Leader
Mobile: **07786 856139**

“Hi I’m Teresa and I manage the Young Carers service, and I look after a small team of 6 staff; I am available Monday to Thursday.”

The Torbay Young Carers team is now working out of Parkfield Youth Centre, and we support 600 Young Carers aged 5-18 in the bay. We provide a range of activities and support for Young Carers including: drop-ins in Paignton, Brixham and Torquay; holiday activities, support in schools and Young Carer assessments.”



Emma Wiggins

Mobile: **07795 092407**
“Emma works with young carers whose parents have mental ill-health or substance issues. She also leads on Young Carers participation for the service. Emma is best contacted on Wednesdays and Thursdays.”



Lisa Bishop

Mobile: **07785 748987**
“Lisa is one of our schools workers. She supports Young Carers in Spires Academy (Wednesdays) and Torquay Academy (Thursdays). She runs lunch clubs and also sees people for one-to-one appointments.”



Angela Poole

Mobile: **07785 758506**
“Angela supports Young Carers in schools. She is based at the following secondary schools: Brixham College (Tuesdays); St Cuthbert Mayne (Wednesdays); and Paignton College (Thursdays).”



Jeanette Simpson

Mobile: **07748 761245**
“Jeanette often meets new families joining the Young Carers service. She runs the Brixham drop-in and a weekly lunch club at Watcombe Primary School. Jeanette also joins the holiday programme and will run events for some of our youngest Young Carers. Jeanette is best contacted on Tuesday, Wednesday and Thursday.”



Vanya Selman

“Vanya provides business support for the Young Carers service. She is often the first person many people speak to when contacting us. She is happy to advise people on referrals and take messages for staff. Vanya is available on the main office number. (see below).”



Andrew Wright

Mobile: **07776 495028**
“Andrew organises activities for Young Carers. He also runs drop-ins in Paignton and Torquay, and a weekly lunch club at Barton Academy as well as meeting new Young Carers coming in to the service.”

TORBAY YOUNG ADULT CARERS



Dave Baker

“Hi, my name is Dave Baker and I've been working for Young Adult Carers for around five years.”

“Hi, my name is Cheryl Mackinnon and I've been working for Young Adult Carers since it began in August 2009.”



Cheryl Mackinnon

“Hi, I'm Julie Mosely and I joined the team in October 2015.”



Julie Mosely

We provide help to support the Young Adult Carers, primarily offering 1:1 support whilst promoting and enabling good family working relationships. We also create opportunities for Carers to try something new and help to achieve their individual goals. We also provide drop-ins, activities and fundraising events.

For more information about Young Adult Carers visit our website: www.torbayyac.co.uk or email: torbayyac@nhs.net

YOUNG ADULT CARER MUM AND BABY GROUP

April 2016 saw the start of a new group for Young Adult Carers who are Mums and not necessarily able to come along to some of the other activities provided for Young Adult Carers. It is a small group that is being held at the Paignton Carers Centre and welcomes Young Adult Carer Mum's and their babies/toddlers to come along and still be supported in their caring roles and get information. The Healthy Lifestyles Team, Davinia Allbrook and Laura Walsh, came along to the first group, providing a wealth of information for keeping active and about various groups across Torbay. One of the Young Adult Carers commented: *"It's a great group, nice for my children to mix and play with other children their age, while we get to chat to people going through the same things we are."*



BRIXHAM ROTARY CLUB

On Tuesday 24th May 2016, Young Adult Carers were invited by Richard Withey from the Brixham Rotary Club to give a talk to its members about the service Young Adult Carers provides in Torbay. Annabelle Gillard, Young Adult Carer (YAC) and Cheryl Mackinnon (YAC Development Worker) were warmly welcomed by President John Burt of the Brixham Rotary Club and a thoroughly enjoyable evening was spent with the members, before getting down to the business of raising awareness about Young Adult Carers and how the service is able to support them. Young Adult Carers were invited back by the Brixham Rotary Club in May to attend a presentation evening at the Brixham Cricket Club; where Young Adult Carers received a donation of £100.00. On behalf of the Young Adult Carers a BIG thank you to the Brixham Rotary Club

for their donation and support, it is very much appreciated and will benefit Young Adult Carers to have some time out from their caring roles and meet peers in a similar situation to themselves.



Brixham Rotary Club

CARERS NOTICEBOARD

Torquay Carers Group

Meet at the **Olive Carers Centre**,
Victoria Park Road, Torquay
Second Monday of every month
2:30pm - 4:00pm | £2.00 per head

8th August
John Dudley
Folklore

12th September
John Risdon
'Victorian Torquay'

10th October
Ian Handford - *'Tony Hancock'*

For further information
please speak to your surgery CSW
or ring **Sally Corbishley** on: **07531 947687**

DO YOU HAVE A FEW HOURS TO SPARE?

Would you like to put some of your skills to good use?
Why not volunteer for the Carers Telephone Line, a
confidential service available to all Carers within
Torbay? We operate on a Tuesday
evening between 5.00 and 9.00 p.m.

Coffee/Tea provided.

For more details please contact: Val Shute:
07596 103291



TORBAY MID-AGE CARERS GROUP

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

2:00pm - 3:30pm

All Carers 40/60 welcome (with some flexibility)

14th July

Meet at Derwent Hotel - Torquay Land Train Trip (£3.20)

11th August

Visit to Prickly Ball Farm, Newton Abbot

8th September

Cooking at Growing for Life - To be confirmed

13th October

Afternoon Tea at the Grand Hotel, Torquay

For further information call:
Val Shute on: **07596 103291**

"TIME OUT"

For Chilcote and Brunel Carers

We meet on the third Thursday of every month

1:45pm - 4:15pm

at The Anchorage Hotel, Aveland Road, Babbacombe,
(unless otherwise stated)

Thursday 21st July 2016

Dr. Peter Moore - 'A Police Surgeon's Lot'

As well as working as a GP he was also a Police Surgeon
for over thirty years and is still a clinical consultant to
Devon and Cornwall Police.

In this talk he will outline his work as a police surgeon
with numerous anecdotes as well as giving some
historical context.

Thursday 18th August 2016

Carol Stephens will be humouring us with poems from the
likes of Pam Ayres and Stanley Holloway, as well as some
of her own poems.

Thursday 15th September 2016

Phil Badcott will reveal the 'Exploits, Executions and
Expulsions of the owners of Cockington'. From William the
Conqueror to the 20th Century.

For More Information, Contact

Amanda at **Chilcote Surgery** : (01803) 316333
Michele at **Brunel Medical Practice** : (01803) 312233

CARERS CHOIR

If you are interested in being part of a
Carers Choir, please get in touch with
Natalie Townsend for more information,
on: **(01803) 208456**



Carers @ The Park

Coffee Mornings

2nd Thursday of every month (except August) at:

Park Hotel, The Esplanade, Paignton

8th September, 13th October

10.30am - 12.00pm

£1.50 per head

Afternoon Tea & Biscuits

3rd Friday of every month at:

Park Hotel, The Esplanade, Paignton

16th September, 21st October

2.30pm - 4.00pm

Meetings are attended by **Ros Vian (CSW)**

£1.50 per head

For further information:
contact **Sally Corbishley** on: **07531 947687**

Ancestry

Have you ever wondered where your family came from? Learn how to navigate around the family history sites on the internet. If you would like to get involved, please could you gather as much information as you can to bring to the session.

Wednesdays: 10:00 am – 1:00 pm

27th July 2016

No Ancestry in August

21st September 2016

Pub Quiz

Pub Quiz @ Chelston Manor, Old Mill Road, Torquay. Devon, TQ2 6HW.

A fun quiz, to raise money for Carers Trust Phoenix.

Up to 6 People per team; £2 per head. Bring family and friends for a giggle.

Held on the first Monday: bi-monthly starting @ 7pm

1st August 2016 & 3rd October 2016

Legal Workshops

These sessions are offered by solicitors from Wollen Michelmores. Edward Lee offers Advice on Wills and Power of Attorney and will be running these sessions. To book an appointment call Carers Trust Phoenix; workshops are free of charge to Carers. The appointments are 30 minutes long and are at the Olive Carers Centre.

Monday 1st August -2.00pm & Monday 26th September – 2.00pm


carerstrust
Phoenix
action · help · advice
(01803) 323510



BOOKS on WHEELS

If you know someone who can't make it in to the library, call us to ask about our home delivery service.

Torquay Library: 208300 Paignton Library: 208321

Brixham Library: 853870

Provided with the support of volunteers from
Brixham Does Care, Torquay & Preston Rotary Clubs & Torbay Libraries



Paignton Carers Group

Meet at the **Paignton Carers Centre, Paignton Library** on the last Thursday of every month

2.30pm-4.00pm | £2.00 per head

28th July

Davinia Allbrook - Health Trainer:
'Small Steps to a Better You'

25th August

Ian Handford

'Richard D'Oyly Carte' (Gilbert & Sullivan operas)

29th September

Brian Capello - Devon & Somerset Fire Service:
Home Safety

27th October

John Risdon:

'Paignton, Past and Present' Part 2.

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

ACHIEVEMENTS IN 2015-16 & TARGETS FOR 2016-17

Carers Services is measured against a whole variety of targets, as well as having our own strategy targets, but the most important question is: 'Have we made a difference to Carers?'. Over the last financial year, I'd like to think the answer is 'Yes'....

2015/2016 RESULTS

- Over 500 Health and Wellbeing Checks by GP-based Carer Support Workers (target 500)
- 43% of all assessments for Social Care were Carers Assessments – better than the 40% national target
- GP practices identified 5.9% more Carers than the previous year against a target of between 2% and 5%
- 12% increase of Carers accessing Carers Register against target of 10%
- 57% of Young Carers (YC'S) achieved good GCSEs, compared to 52% of their peers; YC's results are usually lower
- 198 Carers identified by Healthy Lifestyles team
- Free Hospital Parking for Carers when supporting the person they care for. This is being replicated across the country; Royal Devon and Exeter Hospital has followed suit
- Almost £90,000 raised in on-going benefits for Carers by Carers Trust Phoenix, whom we part-fund.
- South Devon College – free meals for Young Carers

- Free activities for Young Adult Carers were donated to the value of £13,300 (Tall Ships places, Jet Simulator, Tall Ships Yacht etc)

However, there are still things that we want to improve; such as support to Carers around employment, so we have set a target of helping at least 30 Carers with employment for 2016-17. The top four targets mentioned above will remain the same, which will be more of a challenge given the financial situation this year, as will the additional targets of identifying at least 50 more Carers under 25 and training up at least 5 more Carer Evaluators to help with evaluating our services. We have further targets based on the bi-ennial National Carers Survey, which is due to be undertaken in October, so we will discuss this in the next Signposts.

For full details of targets and progress, please visit: www.torbayandsouthdevon.nhs.uk/carers - the Strategy, Policy and Quality Tab.

DIRECT PAYMENT CARD UPDATE

Previously in Signposts, Torbay and South Devon NHS Foundation Trust wrote about plans to implement a pre-payment card to assist those in receipt of a Direct Payment.

The card is now ready for use and we are working on a launch process which will include a range of information such as frequently asked questions, guidance on to how the card works and how it can help Carers. Existing Direct Payment clients will begin to transfer to the card later in the summer and this will occur over a period of months. New Direct Payment users will also have access to the card from the summer onwards.

Steve Honeywill, Head of Operational Change
Torbay & South Devon NHS Foundation Trust

PHOENIX TRUST UPDATE

Penny Evans
Development
Manager



Dear Carers,

It was wonderful to meet so many of you during Carers Week at our Relax & Unwind events and the indoor bowling. We will be holding our Picnic in the Park event in Cary Park in August, so don't forget to come and see us (P13)

I am also delighted to give you an update from all of us at Carers Trust Phoenix. We now support over 650 families across the Bay and continue to focus on finding hidden Carers and offering advocacy services. We offer Carers Assessments through a Health and Wellbeing Check and continue to put on free events.

Sadly, our Comic Relief funding has come to an

end, with no further funding secured as yet. Our computer/tablet lessons and entitlements support is no longer available.

The **GOOD NEWS**, however, is we still have a marvellous group of peer mentors/volunteers who are available on a 1-2-1 basis. The volunteers will go through the basics of how to use either your tablet or laptop. If you have a specific interest or concern they will endeavour to assist you wherever they can. This will continue to be **FREE** of Charge to any Carers within Torbay.

For more information call Carers Trust Phoenix on: **(01803) 323510**

ARE YOU, OR DO YOU KNOW, A SERVICE VETERAN?

Veterans of the Armed Forces are at risk of serious mental health issues at any time in their lives. We have managed to obtain some funding from the Armed Forces Covenant Team (MOD) for three service veterans to become Mental Health First Aid Trainers in Torbay.

If you are interested, or know someone who is, contact Gerry Cadogan on: gerry.cadogan@torbay.gcsx.gov.uk. The training course will be held in London and all travel and accommodation expenses will be paid. Once trained, you will be able to run courses locally with an experienced trainer, but you will have the additional knowledge of being a service veteran to raise awareness of the issues and implications for this group.

FACEBOOK



Do you use Facebook? May 2016 saw the launch of a Facebook page for Torbay Carers (www.facebook.com/TorbayCarers). This replaces the old online Carers Forum and the content will be managed by a group of Carers and staff. Feel free to LIKE the page, and let us know what you would like to see on there.

MOVING ON GROUP FOR EX CARERS

If you are a former Carer or you know someone who is, then you/they might like to come to the next 'Moving On' group, which will take place on Wednesday 3rd August from 10-12 at the Brixham Carers Centre and on the first Wednesday of the month thereafter.

Whether you have experienced bereavement, or the person you care for has moved into independent or residential/nursing accommodation, this group provides an opportunity to meet with others in a similar situation, with a view to finding the best way to move on, after the caring role has ended.

For more information contact signposts@nhs.net or: **(01803) 666620**.

A Royal Quiz

In celebration of HM Queen Elizabeth's 90th birthday



Question 1

What are The Queen's full Christian names?
Who was she named after?

Question 2

Why was The Queen's place of birth different
to that of previous monarchs?

Question 3

The Queen is well-known for her love of
horses. How old was she when she was given
her first pony and who gave it to her?

Question 4

The then Princesses Elizabeth and Margaret
Rose were evacuated from London during the
Second World War. Where did they stay?

Question 5

King George VI complained about the
"constant topic of conversation at the dinner
table" during the last months of the war. What
was the topic he was jokingly complaining
about?

Question 6

Where did Princess Elizabeth first meet her
future husband?

Question 7

What was the date Princess Elizabeth became
Queen? And the date of her Coronation?

Question 8

How many children do the Queen and the
Duke of Edinburgh have? Give their names in
order of their birth.

Question 9

The year of the Queen's Golden Jubilee began
very sadly for her when two members of her
close family died ... who were they?

Answer 9
Princess Margaret Rose and The Queen Mother

Answer 8
The Queen and the Duke of Edinburgh have
FOUR children:
Charles, Prince of Wales
Anne, the Princess Royal
Andrew, Duke of York
Edward, Earl of Wessex

Answer 7
She became Queen on February 6th 1952, on
the death of her father. She was crowned on
June 2nd 1953

Answer 6
Dartmouth Naval College

Answer 5
Princess Elizabeth had joined the ATS and was
learning how to strip down engines ... she was
sharing this knowledge with her family during
dinner times.

Answer 4
They stayed at Windsor castle

Answer 3
She was given her first pony on her 4th birthday
by her Grandfather, King George V

Answer 2
Princess Elizabeth was born in a house with a
number on the door (17 Bruton Street London)
NOT in a castle or a palace.

Answer 1
Elizabeth ... after her mother
Alexandra ... after Queen Alexandra, wife of
Edward VII
Mary ... after Queen Mary, wife of George V

Quiz by Ray Heath