

# SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

## CONTENTS

Introduction .....	1
Have You Tried The Carers Education Courses? .....	2
I've Found Something I'm Passionate About .....	2
New Course For Carers .....	3
Get Creative .....	3
Money Matters .....	4
Are There Anymore Carers? .....	4-5
Congratulations .....	5
Community Daybreak .....	6
Taking A Break & Positive Feedback .....	7
Healthy Living Programme For Type 2 Diabetes .....	7
Carers Week In Photos .....	8-9
Torbay Young Carers Update .....	10
The Young Adult Carers .....	10
Other News .....	11
Carers Noticeboard .....	12-13
Outcomes For Carers .....	14
Book Review .....	15
A Thought For The Day .....	15
Carers Aid Torbay .....	16

Deadline for the October edition is **Friday 18th August 2017**

## Hello and Welcome..

to our Summer edition. Firstly thank you to one of our Carers who has kindly sent in their photos for our front page; can I encourage any budding photographers to send in your lovely snaps and we will use them in our various editions.

Also, this edition highlights some of the benefits experienced by Carers who have completed our education courses **(P2 & 3)**. Thanks go to the Carers who provided us with feedback following course completion. We enclose the new education brochure July-December with this newsletter; why not dip your toe in and try something new, or pop into one of our workshops at the Brixham Carers Centre **(P3 & 13)**.

Congratulations go to the winners of the Carers Blue Shield Awards **(P5)**, this is a bi-yearly event, so maybe now would be a good idea to think ahead and if you know of any Carers that have set up a new initiative for the benefit of other Carers, then take note and when the opportunity arises make a nomination. We will alert you when the next Blue Shield is organised.

If you know of anyone who is a Carer, but not registered with us, then please give them a copy of Signposts so that they can consider the benefits of receiving support **(P4 & 5)** and we will be happy to provide them with more information and send you another copy of Signposts.

We have so much going on in this edition; if you fancy a day trip, learning something new, or listening to an interesting speaker, or want some advice, then why not pop along to a local group – details are provided on the following pages **(6,7,11,12,13,16)**.

Finally, we have put together a double page spread of Carers Week in Photos **(P8 & 9)**. Thank you for your wonderful feedback – I'm so pleased that you all had some much deserved 'me time' 'fun' and made some new friends along the way!

Wishing you well over the coming months.

**Natalie Townsend - On behalf of Carers Services.**

## Coming in October's edition:

• My Support Broker • National Carers Strategy • CSW update

Contact us c/o Signposts for Carers

Telephone: **01803 666620** Email: **signposts@nhs.net**



# HAVE YOU TRIED THE CARERS EDUCATION COURSES?

Every six months I put together a range of courses for unpaid Carers. Some courses are fundamental to the caring role, such as Emergency First Aid, or Manual Handling, but others are recreational and provide Carers with the opportunity to have some much needed 'time out'. Over the years I've received so much positive feedback about the courses, so I thought it would be nice to share some of the recent experiences of Carers who have attended. In this mail out we will be including the July to December Education Brochure, so I would encourage you to take a look and may be try something new!

**Natalie Townsend, Carers Services Coordinator**

## MY INSPIRATION

Hi everybody! My name is Michelle and recently, after chatting with the Coordinator of the Carers Courses, and telling her just how much the Yogalates had benefited me, she suggested that I share my experience with you.

Dear reader, I have never looked back from my first Yogalates class; my life has changed so much. We all have different physical abilities and the exercises are presented in such a way that everybody can work within their own capabilities.

The first thing you are taught is to breathe in a regular and controlled manner, which helps to expel those nasty gases from your lungs. When your breathing is under control, it helps you to meditate and clear your mind of all those day to day problems you carry with you. Then when your mind is clear, you can start the exercises and work your body and muscles in various postures.

My body is now so supple that I can touch my toes! In fact, recently, when I was in hospital, my Carers were surprised at my ability to get myself mobile again. To be able to balance with confidence has improved my ability to get my housework done with a lot less effort and best of all, walking out of each session feeling twenty years younger is worth every muscle straining second.

There was also the opportunity to meet other Carers on the course, so the social element was good therapy for me.

I have now bought myself a Yoga mat and I try to do the meditation and breathing exercises on a daily basis. I give myself fifteen minutes just to relax and clear my mind. Yogalates has truly become my inspiration!

**Carer**

## I'VE FOUND SOMETHING I'M PASSIONATE ABOUT!

I've always admired art and wished that I could paint a picture without it having childlike qualities.

In 2014, I enrolled on the Carers Painting & Drawing Course for 10 weeks and surprisingly became quite good. I thoroughly enjoyed the classes and much to my surprise, the tutor, who was also impressed, phoned to invite me back. I couldn't believe that she thought I was any good, it gave me such a boost and self-confidence to carry on.



# NEW COURSE FOR CARERS

## WHAT IS AMATEUR RADIO?

Hi! I'm Phil and I am a full time Carer for my wife and we are both licenced Radio Amateurs.

Amateur Radio is a hobby that allows you to talk to people either locally or further afield, depending on the frequency you use.

It's great for making new friends and can be done from the comfort of your own home. It can be done by men and women alike and by Carers, as well as the cared for, so it is widely accessible to anyone. There are licenced operators with all sorts of disabilities, including those who are blind. There are no time constraints, so if you want to see if someone is available day or night, then you can transmit.

Moreover, if you join a local club, there are friendships that develop as a result of the hobby and there are several local events for anybody who wants to get involved socially.

There is always something new to learn and new technologies coming along to keep your interest peaked.

If you would like to know more about Amateur Radio, take a look at our website:

[www.rivieraarc.org.uk](http://www.rivieraarc.org.uk) or you can email us on: [rivieraarc@gmail.com](mailto:rivieraarc@gmail.com) or call: **07591 685707** and we will be happy to answer any questions you may have.

We are also running a session on 9th October, please see the Carers Education booklet for more details.

## GET CREATIVE

Are you creative? Do you enjoy knitting projects, quilting? etc., if so, we would like to invite you to meet up on a weekly basis, using the Brixham Carers Centre (Kings Street), on a Friday morning from 10.30am – 12.00pm. This will be a Carer led opportunity and will not be organised by a tutor. The idea is that you bring your projects to the Centre and meet other like-minded Carers, where you can have some much needed 'time out' and potentially make new friends.

A Carer has also kindly given us a few knitting machines, so if you know how to use one without a handbook, then you are welcome to have a go.

Tea, coffee and biscuits will be provided **free of charge**.

If you are interested in attending this group, then please contact **Natalie Townsend** on: **(01803) 208456** – a start date will be organised in due course.

I'm so thrilled to have found something I am passionate about. It helps tremendously with the ups and down of being a Carer – I just wish I had done it sooner!

Having had such a great experience on this course, I decided to give the recent Textiles Course for Carers a go – once again, I discovered loads of ways to express my creativity using different fabrics and techniques, something which I can also do at home.

I just want to say a very big thank you to the Carers Service, for giving me the opportunity to find my passion and a release mechanism when things get tough! **Anna Swain - Carer**



### THE BEDROOM TAX - A FURTHER UPDATE

The DWP has now amended the Housing Benefit (HB) 'bedroom tax' regulations from 1 April, in response to last year's Supreme Court judgments - important news for those Carers affected by HB reductions, where a:

- couple unable to share a room because of a disability, can now have an additional bedroom. Disabled children unable to share a bedroom with another child have always been permitted this concession.
- disabled child needing overnight care from someone other than the parent(s) & therefore requiring an additional bedroom can now also have one. This was previously allowed for a disabled adult, but not for children.

However, it is essential to read the Carers UK webpage on this topic to see if your situation qualifies you for exemption: <http://bit.ly/2qvxEAN>

### Can I recover arrears of unlawfully withheld Housing Benefit?

Not yet. The DWP has decided to challenge the Upper Tribunal's jurisdiction to 'disapply' the relevant regulations from 1 April 2013. Their argument is based on a technical point and application for leave to appeal was refused in late spring, but the DWP has the right to apply directly to the Court of Appeal. More news when available.

### INCREASE IN THE CARERS ALLOWANCE (CA) EARNINGS LIMIT FROM 10 APRIL

During legislation to remove the 'work related activity component' of £29.05 for new claimants of ESA from 3 April, the government inadvertently prevented young people from progressing to the adult rate of the personal allowance at 25. This change has now been reversed and takes effect from 23 June.

### PERSONAL INDEPENDENCE PAYMENT (PIP)

In controversial changes to the PIP regulations - effective from 16th March, the government amended the regulations for mobility and daily living. These changes affect activities concerned with 'managing therapy or monitoring a health condition', and 'planning and following journeys'. These are unlikely to be the last changes as the government describes PIP as a 'dynamic' benefit'. Disability Rights UK publish a comprehensive guide to PIP, which incorporates the latest changes: <http://bit.ly/2pU10rj>

### PLANNING AHEAD - CARERS AND THE NEW STATE PENSION

The new state pension started on 6 April and pays up to £159.55 per week. For the full amount, you must have been credited or paid National Insurance (NI) for at least 35 years. Those with between 10 and 34 years of contributions (or credits) will receive a proportionately lower amount, as will those nearing pension age, who were formerly contracted out of additional state pension and therefore enrolled in an occupational pension scheme. Carers Allowance includes a NI credit. Some Carers not receiving CA may still qualify for a 'Carer's Credit'. More from the DWP here: <http://bit.ly/2qs7bpl>

## ARE THERE ANYMORE CARERS?

Torbay Carers provides support to people who are caring or intend to care for someone and this is not limited to the people who are seen as the main Carer. If you are aware of anyone in your family, or friends, who help to support the person you care for, then please make them aware that Torbay Carers can provide information, advice and support, to make their caring role more manageable.

# CONGRATULATIONS!...

... Go to the winners of the recent Blue Shield Awards for Carers, held in May at the Horizon Centre, Torquay. The Awards recognise the hard work and dedication of all unpaid Carers and celebrates those particular individuals who go above and beyond their caring role for the benefit of other Carers. This year we had a Gold and Silver Award for the Group category and Gold for the Individual Category. We received the following feedback from the Blue Shield Winners.

## CLEAN SWEEP AT BLUE SHIELD AWARDS!

Young Adult Carers had the honour of attending the annual Blue Shield Awards, hosted by Torbay & South Devon NHS Foundation Trust.

This year, Young Adult Carers were nominated for two awards; a team award and an individual award and the Operational Group received 'Silver' for their "outstanding contribution to health and social care in Torbay and South Devon". Upon presenting the award, Chairman Sir Richard Ibbotson thanked the team for their efforts in continually raising awareness of the service and their dedication to fundraising. Rebecca Morgan-Vale was also nominated for the Carers Individual award and received 'Gold', also for "outstanding contribution". Rebecca was praised for her 5-year dedication to the service, whilst caring for two people, and particularly for her creative fundraising.

There are many people who provide care for friends and family members, and they don't realise they are Carers. We tend to focus on "primary Carers", often a spouse, parent or child, who takes the lead role in caring, but there are often several other people involved in ensuring that the cared for are adequately supported. This might be a child who makes meals for a sibling or parent, or a grandparent who looks after a grandchild with a learning disability to help their parents, or even a neighbour.

If you know of anyone who is a Carer and they don't see themselves as a Carer, or they don't see the benefit of seeking support with their caring role, then please mention Torbay Carers – they could take advantage of free hospital parking (with the cared for), an emergency card in case anything was to happen to them, discounts in local shops and services and courses for Carers.

Tel: (01803) 666620

Email: [signposts@nhs.net](mailto:signposts@nhs.net)

Facebook: [www.facebook.com/TorbayCarers](https://www.facebook.com/TorbayCarers)



We are honoured to be recognised and would like to thank the Trust for such a lovely ceremony.

**Annabelle Gillard on behalf of Young Adult Carers**

Roger and Janet Brinicombe received the Group Gold Award, on behalf of Torbay Mencap Society's Committee, who all care for a family member with a learning disability. Mr & Mrs Brinicombe commented: "This was an exceptional day as Sir Richard Ibbotson, on presenting the award, commented that he valued our outstanding contribution towards Health and Social Care for people with Learning Disabilities and the family Carers that we represent. In particular, our work with Torbay Hospital to improve the Hospital Passport scheme and campaigning for Changing Places accessible toilets. A Changing Place toilet has been included in the new Torbay Hospital main entrance area."



# COMMUNITY DAYBREAK



## A SUPPORTIVE PLACE FOR SELF-MANAGEMENT SKILLS PROMOTION

Our students are people with lived experience of mental health difficulties, their family and friends, and the professionals who support them.

Our tutors bring a broad range of expertise to the courses they deliver: an in-depth understanding of recovery values and principles, specialist knowledge, teaching or training experience, experience of working in the field of mental health, together with relevant lived experience of mental health issues. These are all vital ingredients in the production and delivery of all our courses.

Our approach is educational, informed by the values and principles of recovery that aim to instil hope, opportunity and control. We do not take referrals from health professionals and our students do not have to be using mental health services to access any of our courses.

### WELLNESS RECOVERY ACTION PLANNING (WRAP) | 3 WEEK COURSE

Fridays: 10.30-1.30 August: 11th, 18th and 25th

Charlotte Lundrigan & Suz Yates

This course is for students who might wish to have more control in their recovery and wellbeing by beginning to develop their own personal 'WRAP'.

### MINDFULNESS | 6 WEEK COURSE

Mondays: 2.00-4.00pm July: 17th, 24th, 31st

August 7th, 14th, 21st

Charlotte Lundrigan & Dan Simpson

This would suit people who have already engaged with mindfulness to some degree. Come along even if your practice has lapsed and you wish to re-engage again

Although courses are free, you must phone Devon Recovery learning community to book your place **(01392) 677067**

## Weekly Events



### LETS CREATE

Tuesdays 10.30-12pm

A morning of craft. No experience necessary, all materials provided, a different activity will be on offer each week, but please feel free to come along and do your own thing.

### GREEN FINGERS CLUB

Thursdays 11-1pm

Have fun and learn in the Garden.

### FRIENDSHIP GROUP

Runs every Monday 2-4pm

Everybody is welcome. Please call Daybreak and ask for Claire.



### POP-UP CAFE

Tuesdays 1-3pm

For those concerned about their own or someone else's mental health and well-being.

Fridays 11-12.30pm

For those concerned about their own or someone else's mental health and well-being.



### FOREST SCHOOL

Mondays 11-1pm

- Exploration of local habitats
- Making use of natural materials for art and handicrafts
- Work with traditional tools
- Nature mindfulness exercises
- Campfire cooking
- Making friends
- Confidence building

You don't need to book any of these sessions, for more information contact Daybreak:  
**(01803) 557801 | 51 Totnes Road, Paignton TQ4 5LE**

# TAKING A BREAK & POSITIVE FEEDBACK

## A CARER'S PERSPECTIVE

### Taking a break:

I received a call from my GP last week saying they had recommended me for a Carer's respite break. Taking a break from caring helps, whether it's a night away or a cuppa (or more likely a glass of wine) with friends, or a daytime nap. It gives me a chance to breathe and means that I can cope better when things are tough. I remember back in the early days of parenting, I could cope so much better with a crying baby when I had managed just three hours of unbroken sleep. I suppose this tip is about recognising it is important for me to recharge my batteries.

### Positive feedback:

But the Carer's respite break is doing more than just giving me the opportunity to take a breath. It's also been important because someone 'professional' recognises I am doing a good job and told me. Saying that I need positive feedback, kind of makes me feel a bit weak. I think I shouldn't need others telling me I am doing well, I should be able to give myself all the affirmations I need to keep going. But I guess it is the equivalent of me telling people I work with, or the kids or hub that they're doing well and I'm proud of them.

I need to be cool with the fact that positive feedback matters and I need to seek it out because it makes me stronger. Cynically, I know why the GP surgery did it. If I can care for my family it's a hell of a lot cheaper than the state having to bear the costs of caring for a 75-year-old with dementia, diabetes and heart problems, an 80-year-old with glaucoma and diabetes, and a 41-year-old with chronic anxiety and depression. So shelling out a couple hundred quid for me to have a break is a good investment for them. But nonetheless when they called me up and someone, a real person, said on the phone I was doing a good job, I smiled all afternoon.

## HEALTHY LIVING PROGRAMME FOR TYPE 2 DIABETES

Being diagnosed with Type 2 diabetes means that looking after your health is even more important. The healthy living programme is a group information session for newly diagnosed Type 2 diabetics. It has been developed to provide information and advice to help you self-manage your diabetes.

### What can you expect?

Information on a range of topics including treatment and care for Type 2 diabetes, healthy eating and improving activity levels:

- Help you understand the potential consequences of living with diabetes
- Give you confidence to make healthy lifestyle changes
- Preparation for any health checks you might need
- The opportunity to discuss questions or concerns with health professionals
- To meet others who have recently been diagnosed with diabetes (please feel free to bring a partner/spouse/friend with you).



# CARERS WEEK IN PHOTOS

## COME FLY WITH ME

At The Virtual Jet Centre



"Thank you so much for a wonderful experience, it was truly brilliant!"



"A generous facility, I flew through London bridge and landed safely ☺ a very pleasant morning."



Virtual Jet Centre

"I just wish to thank you for giving me the opportunity of joining "Come Fly With Us" and "Just Whoom" last week. I thoroughly enjoyed both events and am now well and truly back down to earth! Thank you again ☺ it's nice to have such good care."

"A lovely afternoon"

## PITCH & PUTT

At Broadsands



"Something I've never tried before but really enjoyed it"

## JUST JHOOM

At The Horizon Centre



"This was very different but really enjoyable ☺ thank you"



"This worked all my muscle groups and we had a laugh at the same time"

## ALL AT SEA

At The Anchorage Hotel

"We thoroughly enjoyed the afternoon. The singers were great fun and the cream tea was delicious. Many thanks to the organisers and all the helpers."

"Really appreciated all the work and organisation that went into giving us such an enjoyable and fun afternoon, thank you"



"Lovely afternoon, great entertainment and wonderful cream tea"



"A wonderful afternoon."



"It was lovely to make new friends."



"Very interesting and absorbing morning, learning new skills."

## TREASURE HUNT

At Torre Abbey



"I never realised we had something as good as this in Torbay."

Thank you to all the organisations that contributed the prizes

## FAMILY HISTORY

At Paignton Library



"Excellent, and very worthwhile."

## THE CARERS REGISTER STAND

At Sainsbury's



"It was a pleasure to answer your questions and tell you about the Carers Register service for Carers; for those of you who registered welcome to Torbay Carers."



# CARERS WEEK IN PHOTOS

## CRAFT SESSION

Design & Paint Your Own Scarf



"Kristina is a wonderful tutor and made the session fun!"



"I have had a brilliant morning painting onto fabric and relaxing with other Carers"



"I thoroughly enjoyed the morning and had an inspirational time, many thanks for making these sessions available."

## RELAX & UNWIND

At Brixham Carers Centre & The Olive Carers Centre



"Oh I feel marvellous now, really relaxed and floaty!"



Reflexology

I really enjoyed the time spent, the reflexology and massage were bliss. I truly felt spoiled. The team made each of us feel so special.



"We've had a wonderful day, well organised & very relaxed"

## SAILING AROUND THE BAY

Hosted by The Disability Sailing Association



"Thank you for my crash course in sailing ☺ I enjoyed every minute!"

"A big thank you to you and the team. The sailing was brilliant. The volunteers were brilliant, and it was a beautiful evening. I can't thank you enough"

## LOCAL LITERARY LINKS

At Paignton Library



"A wonderful afternoon"



"Lovely to hear the 3 local ladies, especially as I'm local too!"



"Brenda and company was very entertaining, also very tasty sandwiches!"

## TASTE OF SUCCESS

At Paignton Library



"Over 35 Carers came to find out more about healthy eating"

"Thank you for some great healthy alternatives."

"Healthy eating doesn't have to be expensive."

# TORBAY YOUNG CARERS UPDATE



This Easter Young Carers were treated to an Easter Egg, generously donated by Essential Chiropractic Torquay (who provided 600 Eggs). The Young Carers were delighted, so a massive 'thank you' to Essential Chiropractic.

We had a great party visiting Torquay Soroptimists, with an action packed morning of Easter arts, crafts and games, including "play your cards right" and cake decorating at their Torquay venue, Rosegarth House. They really entertained us and we were all in bundles of laughter with their fantastic games.

We also had a great activity which took place on Dartmoor, 'letter boxing' organised by the Preston Rotary Club. After discovering a vast amount of letter boxes, they ran a quiz with prizes, including books about Dartmoor and letter boxing. We were then treated to a cooked lunch.

We would like to say a very big 'thank you' to both the Soroptimists of Torquay and the Rotary Club of Preston for providing such wonderful activities and entertainment.



Pictured are children with their eggs at our family swim and the letter boxing team on Dartmoor.

**Andrew Wright,**  
**Young Carers Support Worker**  
**Tel: (01803) 208657**

## THE YOUNG ADULT CARERS

### FUNDRAISING FUN WITH FURRY HAT!

Part of the Young Adult Carer service is offering Carers the opportunity to step away from their caring role through social activities like theatre trips, paintballing, nights at the cinema etc. However, we don't have a budget for activities of this nature, and so the YAC Operational Group was set up to raise awareness of the service and fundraise for these activities.

This term, the YAC team organised a fundraising evening at Yates bar in Torquay. Tickets included access to the VIP area of the bar, where there was a buffet and live music from local band, Furry Hat. We also had a raffle with top prizes, such as a large case of Australian wine, tickets donated by the Princess Theatre and Paignton Zoo, gift vouchers from Morrisons and Lloyd Maunder and a top of the range food blender! The evening was a brilliant success, raising £656.15 for Young Adult Carers. Fun was had by all, who let loose on the dance floor!

We'd like to say a special thank you to Furry Hat for creating a wonderful and fun atmosphere with their brilliant acoustic covers. Also a special thank you to all who donated to our raffle. And last but not least, a big thank you to all the management and staff at Yates for hosting our event and helping to make it such a success! The funds raised do change young people's lives and allow them to be more than just a Carer, and your contribution and support in this is greatly appreciated.

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 via our website: [www.torbayyac.co.uk](http://www.torbayyac.co.uk) or email: [torbayyac@nhs.net](mailto:torbayyac@nhs.net) or phone: **(01803) 208455/852421**.



## OTHER NEWS

healthwatch  
Torbay

Tea, Coffee and Cake

All 50p



FRIENDLY PEOPLE



ACTIVITIES &  
VOLUNTEER  
OPPORTUNITIES



FOR MORE  
INFORMATION  
PLEASE CONTACT  
KATHERINE:  
07796173048  
OR LORRIE:  
07771806870

### BRAVO CAFÉ

Paignton Parish Church Hall  
Church Street

BRAVO is a new and exciting Community Run Café in Paignton. It's for everyone and offers an informal welcoming space for people who are affected by mental health issues, their families and Carers; where we can come together and offer each other support in a fun and friendly environment, over a cup of tea & cake!

Wednesdays 11am – 1pm

You are invited to come and find out more and meet the volunteers



### The Sewing School Torbay

St Boniface Church, Paignton

Would you like to learn dressmaking, patchwork and quilting, clothes upcycling and recycling, get familiar with your sewing machine? Already an experienced sewer? Join the group to bring your skills to the next level! With professional designer-maker KRISTINA COLES

Wednesdays 10a.m. – 1p.m.

Bring your project, patterns and fabrics and let me help you to create that special item for yourself or your family.

Starts 5th of July 2017

Each workshop is £6.00

To book:

07928037041

[kristinacoles45@googlemail.com](mailto:kristinacoles45@googlemail.com)  
<https://www.facebook.com/Kristinacolesfashionandtextiledesigner/>

## DO YOU ENJOY NEEDLE CRAFTS?

Join the Friends of Paignton Library group:

### "CRAFTY CHATTERS"

A group for all forms of needle craft: crochet, knitting, needlepoint, patchwork etc.

\*No group in August\*

Tuesday 19th September

Tuesday 17th October

Between 10:00am and noon. FREE Entry

## REMINDER

### MIDVALE CLINIC SERVICES

Move to Paignton Health and Wellbeing Centre (Paignton Hospital)

Midvale Clinic in Midvale Road, Paignton, received patients for the last time on Wednesday 31 May 2017, and the building has now closed. All services provided at Midvale Clinic have moved to the Paignton Health and Wellbeing Centre (Paignton Hospital site).

The MIU (Minor Injury Unit) at Paignton Hospital, remains open for the time being, but is scheduled to close in due course. As a result of these changes the hospital is re-named as Paignton Health and Wellbeing Centre.

This relocation is happening as part of the wider changes to community health services announced by South Devon and Torbay Clinical Commissioning Group earlier in the year.

### Are changes happening elsewhere?

There are plans for other changes across South Devon & Torbay, all informed by the community consultation 'Into the Future', which is available on South Devon & Torbay Clinical Commissioning Group's website.

If you have any questions and would like further information about the changes, please contact Paignton Health & Wellbeing Centre on: **(01803) 547171**.

# 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

**14th August**

Ian Cooper – Retired Policeman  
More interesting tales...

**11th September**

Beetle Drive

**9th October**

Postcards with Pauline Lintern

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

## Torbay Mid-Age Carers Group

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

2:00pm - 3:30pm

All Carers 40/60 welcome (with some flexibility)

**8th June**

Visit to Torre Abbey House – Free entry to house  
and gardens negotiated

**13th July**

Crazy golf at Pirates Bay in Paignton and then on  
to Shorelines for refreshments

**10th August**

Ferry trip from Torquay to Brixham, Fish and Chips  
and Return

**14th September**

Trip to Orchid Paradise (Burnham Nurseries),  
Forches Cross, Newton Abbot £2.50 entry

**12th October**

Afternoon Tea at Living Coasts, Torquay

For further information about the group and  
for details about January to April events please  
contact 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.

**Thursday 20th July 2017**

Beans to Bar - Paul Rowland  
A talk for all who love coffee and chocolate

**Thursday 17th August 2017**

Janet Downer will be telling us about 'More Dark Deeds of  
Dartmoor'.

**Thursday 21st September 2017**

Simone Parkyn will present a talk about The Age of Fish:  
Devon- Newfoundland connection; the story of the historic  
connection between Devon and the cod fishery of Newfoundland,  
Canada, spanning several centuries.

————— **For More Information, Contact** —————

**Amanda** at Chilcote Surgery : (01803) 316333

**Michele** at Brunel Medical Practice : (01803) 312233

## Torbay Young Visually Impaired Connect

We meet on every third Thursday of the month  
7:00pm - 9:00pm

Informal Group, come & meet like-minded,  
visually impaired people, make friends, talk about  
music, films, or anything that interests you.

Find out about activities. Held at:

Jasmyn House

Midvale Road

Paignton

(£1 voluntary contribution)

Tel **(01803) 219800** for more details



## 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**

**30th August**

*Jane Reddaway, Falls Prevention Lead  
Staying Safe and Well*

**28th September**

*Quiz at the Carers Centre*

**26th October**

*Rod Cullum*

*Staffordshire and Bisque Antique Figures  
Bring your own if you have any!*

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

## Doodle Box



Have some fun painting, writing, colouring,  
doodling, whatever you fancy!

**JULY 28th 2017**

**Fridays 1.30pm - 4.00pm**

Brixham Carers Centre,  
Kings Street, BRIXHAM. TQ5 9TF

**No Experience Needed**

**Free Drop in Sessions for Carers**

**Places limited - Please phone: 01803 852421**



## MEN ROC



**EVERY THURSDAY**

**10:30am - 12:30pm**

**£2.00**

(inc. Tea/Coffee & biscuits)

**This is a group for Men who are 50+  
Come and join us for:  
Drinks, Food, Games, Films and More!**

**Riviera Life ROC Centre  
Old Mill Road (down the lane by Chelston Grill)  
Torquay TQ2 6AU Tel: 01803 291156**

**Or contact Shaun 07715 676668**

[www.ageuk.org.uk/torbay](http://www.ageuk.org.uk/torbay)

<http://www.rivieralife.co.uk>

## Carers @ The Park

**Coffee Mornings**

2nd Thursday of every month (except August) at:  
**Park Hotel, The Esplanade, Paignton**

**14th September, 12th October**

**10:30am - 12:00pm**

**£1.50 per head**

Meetings are attended by Sally Corbishley, CSW

**Afternoon Tea & Biscuits**

3rd Friday of every month at:  
**Park Hotel, The Esplanade, Paignton**

**15th September, 20th October**

**2:30pm - 4:00pm**

**£1.50 per head**

Meetings are attended by Ros Vian, CSW

# OUTCOMES FOR CARERS

## CARERS ASSESSMENT EVALUATION FINDINGS

In early 2017 Carer Evaluators interviewed a sample of Carers who had received Carers Assessments in the previous year to understand their experience and whether it was beneficial to their caring role. The main findings were as follows:

- Carers tend to be comfortable with the location of the assessment, the time they had to wait for it, and that it covered everything important to them.
- Carers were not offered the choice of a combined or separate assessment very often.
- Carers often had no information about the assessment before it took place.
- Carers were not satisfied with the extent to which the assessment covered support with caring, or parental responsibilities, help with planning if anything were to happen to them or the person they care for.
- Everyone who had a copy of the action plan found it helpful, but only half of respondents had one.
- 16% of respondents did not know who to contact for further advice.
- Personal payments and respite were the most valuable services resulting from the assessment.
- Most respondents would recommend the assessment to others.
- When Carers were asked what would improve the assessment, respondents said a follow-up call or visit, more information on finances and a better explanation of the assessment before it takes place.

Recommendations have been made to improve the experience that Carers have of completing their assessments and will be implemented later this year. Thank you to all the Carers who

kindly agreed to take part in the evaluation. This has improved our understanding of the assessment experience and the benefits resulting from the process.

## AGEING WELL OUTCOMES

Two projects that have been funded through the Ageing Well programme run by Torbay Community Development Trust for the Big Lottery are nearing completion. We have reported previously on the work of the Circles of Support and Growing Older Together projects and can now provide a near-final report on both.

Both projects over-achieved their objectives, with 20 stand-alone self-supporting circles for Circles of Support and Growing Older Together working with 36 Carers.

The Circles of Support project achieved a wider benefit than just for the isolated Carer who was initially identified; the person they care for, and friends or volunteers also saw reduced levels of isolation and benefited from associated health and wellbeing improvements.

The Growing Older Together project identified and supported 36 people in a mutual caring relationship with the following outcomes:

- There was an improvements in Carers' understanding of the support (including assessments) available.
- Carers participated more in the community around them.
- They learned new skills to support them in their caring role.
- Carers' confidence levels improved and they could speak out about their situation.

Each of the Ageing Well projects is a 'test and learn' project that runs for a limited 2-year period so they are both due to be completed and end this summer. There have been some really encouraging outcomes and many more people have benefited from the projects than the 40 Carers who were directly affected. Well done to everyone involved in both pieces of work for achieving the outcomes and for making a difference to so many carers!

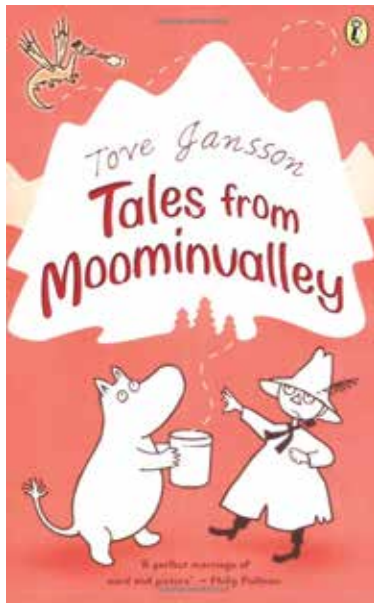
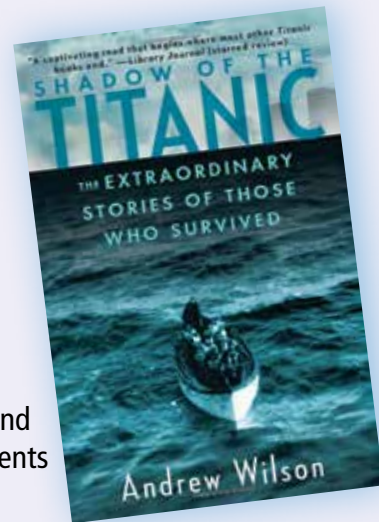


### SHADOW OF THE TITANIC

Andrew Wilson (ISBN: 9781847398226 Simon & Schuster 2011)

Sailing into uncharted waters, Andrew Wilson, renowned journalist and biographer (Patricia Highsmith, Sylvia Plath, Alexander McQueen) turns his talents to the fate of survivors of the Titanic, the ship whose shocking loss has been the subject of undiminishing fascination and myth for over one hundred years.

In this communal biography, the author traces the effects of survivorship and trauma, peeling away the delicate veneer covering outwardly glamorous lives of those who escaped the sensational sinking. Commencing with a description of the drama so vivid as to transport the reader to the doomed decks, the narrative progresses through the harrowing escape and rescue of passengers before following their ill-fated lives to the end, resulting in a beautiful and poignantly woven tale of love affairs and lost relationships, corruption and Court cases, accidents and suicide, and the early feminism of the many women who found themselves widows.



### TALES FROM MOOMIN VALLEY

Tove Jansson

(ISBN: 9780141329772 Puffin Books, 1962)

Ah! Who can resist the Moomins?

This is a wonderful collection of short stories about the trolls of Moomin Valley, a strange, colourful, almost ethereal land, beautifully illustrated by their Scandinavian author, who was also an accomplished artist and sculptor. These unusual, delightful tales feature the gentle creatures and a further assortment of fantastical characters: 'The Fillyjonk who believed in Disasters', 'The Hemulen who loved Silence', the mysterious Hattifatteners, the musical Snuffkin and the obnoxious Little My, a slightly disturbing presence in an otherwise tranquil world.

Although written for young people, these tales are subtly philosophical: as Snuffkin says: 'Tonight I'm alone with my tune, and tonight isn't tomorrow'. Entering the world of the Moomins is the ultimate Carers' break – and a great read to enjoy with children and grandchildren, too.

### THOUGHT FOR THE DAY

Poem by Helen Elliott - Carer

#### TIMES AND SEASONS

I'm writing this while Wimbledon is on. It must be mid summer.

Wimbledon, despite the weather often indicating otherwise, takes place in the summer.

Christmas in the winter, Easter in the Spring...

Our lives follow the seasons and hopefully embrace them too.

Such is it with caring too.

During our caring we will have hot airless summers, cold lonely winters...

Things will not remain the way they are for ever. Autumn follows Summer and Spring follows Winter.

Take hope.

## Carers Aid Torbay Update

**I hope you are all enjoying peaceful summer days.**

We were delighted to see so many of you at our two pamper events this Carers Week. We are trying to support Carers with more breaks and “jollys” out, so do ring up for our events list. We had a fun picnic up on the Moors on Midsummers Day with tales of years gone by. By now you will have heard that Carers Aid Torbay has been selected as one of two good causes in the Bay, supported by the newly-elected Chair of Torbay Council, Anne Brooks. This is fabulous news, as we will be able to use the funds raised to support even more Carers breaks. Look out for us at Paignton Carnival, we will be dressed as black cats with tutus!

Warmest wishes - **Pennie Evans**, Carers Aid Torbay | Tel: **(01803) 323510**

## CARERS EVENTS | Spring into Summer

### LEGAL ADVICE SESSIONS

**Monday 18th September and 4th December 2017**

**Time: 2:00pm (Appointment only)**

These sessions are offered by Wollen Michelmore Solicitors.

Edward Lee offers advice on Wills and Power of Attorney.

To book a 30 minute appointment please call Carers Aid Torbay. **(Free of Charge to Carers)**



### CARERS OUTING TO BUCKFAST ABBEY

**Wednesday 18th October 2017**

Nestled in the shadow of Dartmoor, in a beautiful wooded valley beside the river Dart, Buckfast Abbey offers visitors a tranquil refuge from the hectic pace of everyday life. The Abbey is a working monastery where a community of Benedictine monks live self-sufficiently.

Within the Abbey precinct, visitors can browse in the Bookshop or visit the Monastic Shop which has an extraordinary array of products made by nuns and monks across Europe. There is also a gift shop and information point by the Westgate entrance.

In the Grange Restaurant, you can relax and enjoy tea and homemade cakes or choose from a range of hot meals.

**The mini bus and the entrance are free; all you will need is either a packed lunch or a small amount of money for the Café and perhaps the gift shop. Please call the office to reserve your place and for further details.**



### CARERS DAY TRIP TO DARTMOUTH

**Wednesday 9th August 2017**

We would like to take a coach of Carers Free of charge to Dartmouth for the day.

There will be time to wander around and Carers Aid Torbay will give each Carer £7 for their lunch.

There is limited availability for this trip, please call the office to reserve your seat on the bus.

**This document can be made available in other formats.  
For details please contact: (01803) 666620**