

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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Deadline for the next edition is
Friday 10th August 2018

Hello and Welcome..

to our summer edition. We have a great overview of the NHS 70 year celebration (P2) and by accessing the web address provided, you'll find videos and an interactive timeline, especially good if you're interested in how the NHS was established and the developments made over the years. There is a super interview with one of our NHS Mental Health Nurses (**P2 & 3**) and a fond farewell to a face that many of you will recognise, Steve Black (**P3**) former Hospital Carer Support Worker.



We now have the latest update on the **Carers Strategy 2018-21 (P7)** and for more detailed information a web address is provided. There is also a new service for those Carers caring for an adult with a learning disability and you are invited to join a planning meeting, details on (**P7**).

For those of you interested in Technology and the Apps available to help with your caring role, or if you'd like support to learn more about technology, or how to get the most out of your SMART phone, then turn to (**P5**) for more information.

There's an update from Stephen Marks of Torbay Mencap (**P6**) with an overview of their two latest projects – if you would like to get involved as a volunteer then do contact Stephen on his mobile number provided on (**P13**) and for details of their Gateway Club.

Finally it was great to spend time with so many of you during Carers Week. We have captured some highlights from the week's events in photos on (**P8 & 9**), together with some of your lovely feedback. Thank you for your cards, emails and letters, it's so encouraging to know that events can make such a difference – for at least one week of the year! Also thanks go to the local organisations and individuals who kindly offered their services free of charge for Carers Week and provided gifts for prizes, namely: Torre Abbey, Dartmouth Steam Railway, DSA, Paignton Library, the Belly Dancers, Boots, WHSmith and The Grand Hotel.

Don't forget to see what's up and coming on our Carers Noticeboard (**P12 & 13**) and Carers Aid Torbay (**P16**) – there are many activities and workshops to get involved in!

Wishing you well over the coming months.

Natalie Townsend, Editor – On behalf of Carers Services

ARE YOU AN UNPAID CARER? Carers in Torbay can benefit from...

- A Carers Emergency Card, to alert the appropriate people as a back-up if any thing happens to you
- Free parking at local hospitals (when attending in support of the person you care for)
- Discounts in local shops

Contact us c/o Signposts for Carers

Telephone: (01803) 666620 Email: signposts@nhs.net

Website: www.torbayandsouthdevon.nhs.uk/services/carers-service

NHS 70 YEAR CELEBRATION

On the 5 July the NHS celebrated 70 years of being in operation. On 5 July 1948, the NHS was launched by the then Health Secretary, Aneurin Bevan, at Park Hospital in Manchester (known today as Trafford General Hospital).

For the first time, hospitals, opticians and dentists were brought together under one umbrella to provide services for free at the point of delivery.



THE LAST 70 YEARS

Over the last 70 years, the NHS has transformed health and wellbeing of the nation and become the envy of the world. The NHS has delivered huge medical advances and improvements to public health, meaning we can all expect to live longer lives. It is thanks to the NHS that we have all but eradicated diseases such as polio and diphtheria and pioneered new treatments like the world's first liver, heart and lung transplant.

The NHS Choices website includes an **overview of the milestones** of the NHS in England from its launch in 1948 to the present day.

In addition, the Nuffield Trust has produced an **interactive timeline** which charts the evolution of the NHS from its inception in the post-war years through to today.

You can access the NHS70highlights video and the other highlighted topics on: www.nhs70.nhs.uk

Working with you, for you

MENTAL HEALTH NURSE - TASH

Interviewed by John Davidson, Mental Health Carer Support Worker



WE'VE JUST CELEBRATED 70 YEARS OF THE NHS, CAN I ASK WHAT INSPIRED YOU TO WANT TO BECOME A NURSE?

I was brought up in a family that appreciated the NHS. I have family who were treated by the NHS and received great care. The NHS plays a massive role in all of our lives and our community, and 70 years is definitely something worth celebrating! I feel privileged to say I work within the NHS, I hope we can continue to appreciate and celebrate its presence.

WHY PARTICULARLY A MENTAL HEALTH NURSE?

From a young age I wanted to be a nurse. I believe I was influenced by my aunties, father and cousin, as they were either nurses or in a nursing role. As I got older, the reasons/influences changed, as I became a Carer for my mother who suffered mental health problems. I asked many questions, as to why this was happening and what needs to change....I didn't get any answers, but rather more confusion and upset. I wanted to learn more and support others; it was at this time I knew that I wanted to work within Mental Health. It wasn't until I was 25 that I went to University, which was both challenging and hard, but worth it. I continue to be passionate around my role and look forward to my future career in the NHS.

MENTAL HEALTH NURSE - TASH *Continued...*

Interviewed by John Davidson, Mental Health Carer Support Worker

WHAT ARE THE BIGGEST CHALLENGES YOU FACE IN YOUR WORK?

There are many challenges working within Mental Health services in a community setting. One being, work pressures as we have many people to visit; paper work, referrals, meetings and collaboratively working with other agencies - all of which are on a weekly basis. I believe that we all try our very best to meet these targets and to do the best for our clients, although this comes with many challenges.

WHAT BRINGS YOU THE GREATEST JOY IN YOUR WORK?

Following on from the above question, I get much enjoyment out of my role as a Care Coordinator. Building a relationship with an individual is rewarding in itself and I always feel privileged that individuals share information about their life, such as their past and current problems, and traumas. Supporting an individual and helping them to regain meaningful activities in their life is rewarding, as is helping them access therapies such as Psychology.

I KNOW YOU HAVE A LOT OF ADMIRATION AND RESPECT FOR CARERS, WHY DO YOU FEEL THEIR VIEWPOINT IS IMPORTANT IN THEIR TREATMENT?

In my opinion, we should be collaboratively working with the client and the Carer at all times. I have great respect for Carers, they are with their loved ones daily and see all aspects of their problems and how they respond to certain situations, life stressors and relapse signs. In many cases they are the ones that keep the individuals well. In addition to this, it is worth recognising the growing number of Young Carers and the great job that they do. Carers are a fantastic hidden support that deserves to be recognised.

HOW DO YOU SEE YOUR FUTURE IN THE NHS?

This makes me smile, as I get asked this a lot! I really couldn't say. The one thing I would like to say is I'm very passionate in my current job role and happy working in the NHS at this time.

WHAT A LEGEND!

Steve Black, Torbay Carers Services' most avid Torquay United fan, 'hung up his boots' at Torbay Hospital at the end of May. Having worked in Welfare Rights and then as a Community Care Worker in Torbay Hospital discharge team, he was seconded into a new role of Hospital Carer Support Worker in 2010. The role had been created to support Carers where there were complex hospital discharge issues, but in fact, Steve ended up doing a lot more than that! He became an invaluable voice for Carers in the discharge process, helping many individual Carers, but also raising awareness across the whole of Torbay Hospital, encouraging all staff to 'Think Carer'. He always went the extra mile for Carers, and was mentioned positively in hospital evaluations and in many letters of thanks. We wish him all the best with his retirement. **Katy Heard (Carers' and Volunteers' Lead)**

Adieu from Steve.....

I just want to take this opportunity to thank you all for being such great friends and colleagues. What we've got in Carers Services in Torbay is something really special. We are a close knit family, have a can-do attitude and camaraderie between everyone, which inspires us to really make a difference for our Carers.

CSWs ourselves offer a great resource, together with the wonderful events, courses, Carer inclusion, excellent Signposts magazine, great collaboration with partners (lovely Carers Aid, Ageing Well, volunteers, etc.), as well as building a great Carer profile within mainstream Health & Social Care - actually, forget that, we have made Carers mainstream! I've never been a touchy feely person but I can honestly say I will miss you all like anything! Love and best wishes, **Steve**





FULL-SERVICE UNIVERSAL CREDIT (UC) STARTS IN TORBAY ON 5 SEPTEMBER

The impact of UC will potentially affect Carers who:

- Oversee the means-tested benefits of a disabled working age adult
- Are balancing paid work with caring
- Top up their Carers Allowance with Income Support
- Receive Housing Benefit or Local Housing Allowance

The DWP have published a detailed guide to UC (<http://bit.ly/2K8DccO>) and a helpful video guide about the claim process (<http://bit.ly/2Kb1jaV>).

NEW CLAIMS FOR UC

From 5 September, anyone trying to make a new claim for Working Tax Credit, Child Tax Credit, Income Support, Housing Benefit (including Local Housing Allowance), Income Support or the means-tested versions of Jobseekers Allowance or Employment & Support Allowance will be required to claim UC instead.

CHANGE OF CIRCUMSTANCES

From 5 September, a specific 'change of circumstances' (including the expiry of a time-limited benefit) will trigger the need to make a new claim for UC. This type of situation is called 'natural migration'. In certain cases, a reduced level of benefit will be the result of a claim, as an individual UC calculation may not be as generous as the legacy benefit(s), although a judicial review is underway to challenge the loss of legacy disability premiums. The 'entitledto' website explains what counts as a 'change of circumstances' (<http://bit.ly/2K8CiwW>). Carers should study the list carefully to understand how a change of circumstances could adversely affect their own finances or those for whom they care.

CONTINUING CLAIMANTS OF LEGACY BENEFITS (NO PRIOR CHANGE OF CIRCUMSTANCES)

The DWP has stated that it plans to migrate the remaining legacy benefit claimants to UC between 2019 and 2022 ('managed migration'). Claimants who have not been required to claim UC prior to their migration date will receive 'transitional protection'. This means their UC will be topped up to the amount previously received through their legacy benefits. Protection continues until a change of circumstances occurs (see above), or increases in UC catch up and match the protected payments. See the Turn2Us website (<http://bit.ly/2jNoflc>) for more information on transitional protection.

ADVANCE PAYMENTS OF UNIVERSAL CREDIT

Universal Credit is paid monthly and new claims can take at least 5 weeks before payments are credited, so it is important to anticipate the financial implications of such a wait. Advance UC payments can be requested to cover the gap (<http://bit.ly/2KeLPmp>), but these are interest-free loans which must eventually be paid back. Discretionary Housing Payments (<http://bit.ly/2rQ1mBd>) may be available to those qualifying for help with rent.

COUNCIL TAX SUPPORT

Help with Council Tax is unaffected by UC and will continue to be administered in Torbay by the council.

DIRECT PAYMENT OF UC HOUSING COSTS TO LANDLORDS

UC includes a housing costs element intended to help with rent, but if you care for someone living in the community who struggles with budgeting it is possible to have the housing element paid direct to a landlord and avoid the risk of arrears building up. The Money Advice Service has information on how to arrange this (<http://bit.ly/2k25avQ>).

CARING FOR UNICORNS?

(and other apps!)

Well, I thought I'd just search in the AppStore for 'caring' to see what technology is available for Carers. Unfortunately none of the top ones were anything about Carers, but you could care for a unicorn or a pony! So where to start? The 'NHS choices' website (good for all sorts of NHS-backed advice) does have a small library of NHS-approved Apps on: apps.beta.nhs.uk. They are mainly about managing health conditions for example: COPD, mental health, exercising, managing stress, and some for people with a learning disability. **Rally Round** is an approved on-line tool for Carers where you can set up a network and then use e-mails and texts to organise your caring role. It has two versions – one for older people and one for young people.

One of our Carers has also told us about an App called **TimeTree**. 'It's an online diary which multiple people can access if invited and it helps me keep my brother and husband up to date on my father's care and appointments. It means if I'm ill they can take over from their own phone and I only have to update one place with changes rather than text or call everyone.'

Jointly is an App from Carers UK and as we are affiliate members of Carers UK, you can download it for free until at least September 2018 (when we decide whether to continue to fund it). Details of how to access it are below. The App helps you organise your caring role especially where other family members or agencies are involved. Please let us know what you think of the App to see if we should buy into it in future, or if you would be happy to explain it to other Carers, via Signposts as below.

FREE CARERS UK DIGITAL OFFER – APP, VIDEOS AND MORE – TRY IT NOW!

Carers UK's digital offer for Carers gives every Torbay Carer free access to their digital resources until at least September, when we consider whether to fund it again. All you need is an e-mail address.

Go to: www.carersdigital.org, choose 'create new account' at the bottom right and use code **DGTL8622**. This code also gives free access to their Jointly App as above. Please let us know what you think of any of the resources, to see if we should buy into it in future, via Signposts as below.

NOT SURE ABOUT TECHNOLOGY?

If you want to try technology, but don't know where to start, Healthwatch Torbay have volunteers who can show you how to try certain things, such as booking a GP appointment on-line. Contact them on: **0800 052 0029**. If you want to help us make technology more accessible for Torbay Carers, then join our technology group. Contact Signposts, as listed below.

FANTASTIC AT TECHNOLOGY?

If you think Carers' Services could do a lot more with technology, then please ask to join our technology group – either virtually or in person. Contact Signposts as below

Signposts for Carers: signposts@nhs.net or: **(01803) 666620**.

HOW TO GET THE MOST OUT OF YOUR MOBILE

DON'T FEEL SMART WITH YOUR PHONE?

One of our Carers has offered to show other Carers how to get the most out of their mobile phone. We can do small groups, or 1-1 initially in Paignton Carers Centre.

Just let Signposts know if you are interested and the times you are free, (phone number above).



Torbay Mencap is affiliated with the national Mencap charity and shares the vision of a world where people with a learning disability (PWLD) are valued equally, listened to and included. At this local level they raise funds autonomously and pursue projects that will improve the lives of the local families.

Stephen Marks, the Chairman of Torbay Mencap, explains how the charity works and discusses their two current projects. The group is operated entirely by unpaid local volunteers in their own time and usually at their own expense and is driven by its project goals. Stephen believes that attracting professionals as volunteers will help ensure its compatible engagement with local business stakeholders and help it achieve its important goals. As well as experienced volunteers to work on and even introduce new projects, the charity is also looking for committee members to take over the roles of Treasurer and Secretary.

Inclusion is the key goal for Torbay Mencap and their current major project is the establishment of a Changing Place in Torbay. This consists of an enhanced toilet facility with a hoist that can accommodate PWLD of any age and their Carers. Usually sited within an existing public convenience, the space is built to a national standard, so changing and toileting can be accomplished safely and comfortably, helping users to enjoy the day to day activities many of us take for granted.

Torbay Council, as a part of a Changing Places Steering Group with Torbay Mencap, the NHS and Rotary Club, has recently announced that a new Changing Place will be built on Paignton Seafront. Torbay Mencap will be making a £7,000 donation to the council and further funds are anticipated from the Rotary Clubs of Paignton and Preston. Stephen Marks comments: "I'd like to think that our Changing Places Steering Group has been a good example of community partnership, helping to make Torbay an even better place. Not only can we expect people to visit Paignton because this facility enables them to do so, but we can also expect Torbay's reputation for access to be strengthened yet further".

The second project has seen Torbay Mencap partner with Torbay Hospital to introduce 'flags' that feature in the computer system used by local hospital Emergency Departments (ED). Torbay Hospital have invited members of Torbay Mencap to provide brief information, which may assist ED staff to communicate with PWLD during triage in the event they are not accompanied by their Carer. Stephen reiterates that this is a process of fostering relationships with the right people in key organisations to make life better for PWLD.

Stephen explains how he wants to promote a closer community of the families in the Bay caring for PWLD to socialise. He tells me that his son Luke attends Mayfield School in Torquay and benefits from a school transport service. Although he appreciates this excellent service, it does mean that the relationships and social networks, which were once established and developed between parents at the school gate no longer flourish. He is keen for parents of children with learning disabilities, who would like to participate in occasional social activities without necessarily committing to the charity, to get in touch. Stephen is keen to build community relations to span the generations and continue to offer support through sharing experiences; this will help ensure a brighter outlook for families.

The charity also runs a club for PWLD over 16's – details on (P13).

TORBAY CARERS' STRATEGY 2018-21 WANT TO GET INVOLVED?

On 4th June, after much deliberation and consultation, Torbay's inter-agency Carers' Strategy was signed off, and now starts work on more than 100 actions. Clearly that is too much to put in this article, so please find more details at: www.torbayandsouthdevon.nhs.uk/Carers on the 'Strategy' tab. If you would like a copy please contact Signposts for Carers on: **(01803) 666620**.

The strategy includes five main priorities:

1. Identification of Carers at the First Opportunity
2. Information, Advice and Universal Support to all Carers
3. Proportionate Assessments and targeted support to all eligible Carers
4. Involvement of Carers / former Carers in all aspects of support, including commissioning, delivery and evaluation
5. Support to the person being cared for including replacement care and the use of technology.

There are also two key targets which cross all these priorities:

- Whole family working, including transitions (moving) between services
- Carers juggling work and caring, or wishing to do so

Carers overwhelmingly supported the suggestion to use Carers and former Carers in all aspects of Carers Services. So if you have any free time and want to join us, or if you know any former Carers who now have time on their hands, then please let us know!

We will have working parties about Parent Carers, Learning Disability, Mental Health, Dementia, hospital support, GP support, technology, employment, substance misuse, adult social care, peer support and communications for starters!! We need people to attend meetings, others to do tasks and some just to have ideas, or tell us what they think. We will also have small projects going on in hospital wards to identify Carers, some community projects and we would like to train up some more Carers to run or co-run Carers Awareness Training, and to undertake evaluations of services – we are particularly looking for parent Carer evaluators. We are happy to pay and where possible, will work around your caring role. For a conversation about available opportunities, please contact: signposts@nhs.net or: **(01803) 666620**.

We will keep everyone updated about progress via Signposts, Facebook and the Carers e-mail.

LEARNING DISABILITY

We are about to start a service for those Carers caring for an adult with a learning disability who are younger than the Older Family Carers Project. If that is you, we would like to invite you to a planning meeting. It will be either on a Wednesday or a Thursday evening, 6:30-8:00pm, or 7:00-8:30pm, in Paignton; if we can find a suitable venue – all suggestions welcome. Please can you let Emma know if you would like to come to this meeting (and if so which day, dates and times would suit you best) or if you have ideas / are interested in the service, but not that meeting. Please e-mail Emma at: EmmaJane.Young@mencap.org.uk or phone: **07852 546530**

Healthwatch Torbay has been approached by the Learning Disability Sustainably Transformation Partnership (LDSTP) to review and refresh the Devon-Wide Learning Disability Commissioning Strategy. This is an opportunity for service users with a Learning Disability, together with their parents, Carers and service providers, to express their views about what has worked well, what still needs to be improved and what is needed for the future. They have a short survey at: <https://www.surveymonkey.co.uk/r/LDcarers>

If you would like help with the form, or have further questions, contact the Healthwatch Torbay office at Paignton Library, Monday to Friday, 9:30-12:00pm, or on the Freephone number: **08000 520 029**.

CARERS WEEK IN PHOTOS

A Return Journey on the Dartmouth Steam Train

"Thank you for today – so enjoyed it; happy and relaxing and such an enjoyable treat away from responsibilities!"

"Lovely day, great to have an afternoon away and I love steam trains!"

"Thanks for organising this day out, I enjoyed it so much – the train, the ferry and free time in Dartmouth. It was a real tonic!"



Family History

"A very enjoyable relaxed session. Informative tutor – approachable and patient!"

"I came here as a beginner and was very nervous. I left wanting to take what I have learnt further. Thank you so much."

Local Literary Links

"Thoroughly enjoyed it! They kept my attention the whole time, which is quite something. Thank you for catering to my G/F needs."

"Enjoyed it a lot, the ladies are wonderful – good subject"



Relax With Photography

"Very interesting Scott made it come alive."

"Absolutely lovely chap. Could have listened to him all day."

Torre Abbey Treasure Hunt

"Really enjoyed looking for clues and finding out new facts along the way – great fun!"

"An interesting way to look at the exhibits, I didn't expect to win a prize! I now have a lovely book about the Queen and the celebrations of her life."

"Thank you for this opportunity, a lovely prize and time out over a relaxing coffee."





Sailing Around The Bay with DSA

"Thanks for getting us a trip on the splendid yacht. It was brilliant! Tim and Guy were kindly, competent and confidence-inspiring, and nobody was seasick."



Tummy Toning Belly Dancing

"I learnt a lot in a short space of time – great fun!"

"Didn't think I could move like this...and thank you for the experience."



Tour & Talk by the Local Fire Service

"Firemen, hoses, information, large engines, what more do you want!"

"Interesting tour, very informative."

"A short drive with the bell ringing was a treat which I shall always remember. Thank you to Torquay Fire Station and its lovely firemen for a fascinating visit."

All Things Hollywood Themed Afternoon

"FABULOUS!!"

"Entertainment first class!"

"Really enjoyed the afternoon especially the singer."

"A wonderful afternoon, very entertaining."



Sir Richard Ibbotson Spends time with Carer and Cared for

Sir Richard Ibbotson, Chair of TSDFT spent a couple of hours with Carer Dene and her daughter Kirsty, to find out more about the realities of the caring role. Many other governors and senior managers spent time with other Carers, with very positive results on both sides. Thank you to everyone involved!

TORBAY YOUNG CARERS UPDATE



Torbay Young Carer's Service is very grateful to Essential Chiropractic, 147 Lymington Road, Torquay, for the very generous donation of 650 Easter eggs. These were distributed to Young Carers throughout schools across the bay and at Young Carers drop in's and Easter activities. Everyone was very pleased with their Easter egg.

Many thanks also to the British Red Cross, for running two first aid sessions at Parkfield Youth Centre. We also took a group of 20 Young Carers to Paignton Zoo, pictured with eggs! And 8 Young Carers enjoyed a day out shopping in Exeter, where they had some freedom to go off in groups to explore the city centre.

16 Young Carers attended a very successful transition activity for the 16+ who joined Young Adult Carers at the popular Chinese "eat all you like" restaurant, Oriental Touch. All who attended were given Easter eggs. Young Carers said it was really good to meet Young Adult Carer staff who will now follow up with meetings in schools.

We also took part in a nationwide research project run by Bath University. This involved Young Carers providing hair samples, to be tested for levels of stress and then compared with other Young Carers and young people who are not Young Carers. This will help us understand if Young Carers experience higher levels of stress and how best to support them. Results are not due back until the end of the year, so watch this space for the research findings.



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

THE YOUNG ADULT CARERS



It's been a busy term for Young Adult Carers; we have focused on reaching out to Young Carers who are about to turn 16 over the summer, to ensure a smooth transition between services. This has been achieved through our support workers running lunch clubs at Brixham College, Spires, and Torquay Academy, regular communication with school support workers, and social events. Our last event was 26th March at The Oriental Touch, where Young Carers were invited for a free meal to meet our workers and some of the young adults who already access our service. It was well attended by 11 Young Carers and 5 Young Adult Carers. Our work has already resulted in 8 new referrals. We look forward to working with these new faces after the summer.

Upcoming Events - Marldon Apple Pie Fair: Saturday 28th July from 9am.

Trinity Sailing The Golden Vanity

April this year saw 4 Young Adult Carers take the opportunity to sail aboard the Golden Vanity with locally based Trinity Sailing in Brixham. The Golden Vanity was built by Sanders at Galmpton in 1908 and is thought to be the sole surviving Mumble Bee, the smallest of the Brixham trawlers. She was restored in the 1980's by a local trust and is now used for RYA courses and youth adventure sailing. The 4 Young Adult Carers spoke very highly of the experience and the confidence they gained with the discovery of new skills and new friendships made. Some great memories were made and we hope this will help them to continue in their development and set goals for the future.



CARERS WEEK TRIP TO PARLIAMENT

Torbay MP Kevin Foster hosted a group of 13 Torbay Carers on a visit to The House of Commons at Westminster. Carers then enjoyed a fascinating excursion around London's Imperial War Museum, returning home late evening.

This was the second Torbay Carers' Houses of Parliament visit, following our previous hugely successful event last February.

Alarms were set for a 6am departure by minibus from Torbay. We made good time initially, but central London traffic gridlock meant Kevin Foster's Chief of Staff Nick Gray kindly meeting us a short distance from government buildings, to fast-track Carers through security, so we didn't miss our slot.



Carers were warmly welcomed by Kevin Foster MP in cavernous 11th Century Westminster Hall. Here, we were captivated by the history near where we were stood - of Nelson Mandela's speech, the trial of Scottish Leader William Wallace in 1305, and of this being the place great British monarchs Lay in State. Kevin's anecdotes about Parliament's inner sanctum enthralled all, such as the amusing tale of 2 ancient tennis balls being found in Westminster Hall's roof in the 1970s during its treatment for death watch beetle. Tests dated the tennis balls as being 16th Century, around Henry V111's time!

Kevin gave an excellent insight of House of Commons democracy when we were shown the lobby rooms, through which MPs votes are counted. Kevin explained the rule that MPs must be within the House of Commons boundary for their votes to be registered. Thus for critical voting, MPs stricken with severe ill health may have to be brought in by ambulance, or heavily pregnant MPs using "family rooms" to avoid lengthy wait times. Kevin spoke of the 1979 general election being triggered after a terminally ill MP's absence, this single vote being the difference in a no-confidence government motion. Kevin explained that nowadays these dilemmas were often resolved through negotiated "pairing together" of rival non-voting MPs so democratic accuracy can be maintained.

So across to the House of Lords, with its palatial grandeur in comparison to the more down to earth Commons. Carers were thrilled at seeing the golden thrones where the Queen and Princes presided for the Opening of Parliament. We chuckled at the tradition that the only seating with arms was reserved for the bishops, to prevent them from slipping to the floor, as they were more likely to fall asleep during Lords' debates!

After posing for a "Carers team photo" on the terrace overlooking the Thames, we were shown the Undercroft Chapel - a beautiful 14th century architectural masterpiece smaller in size than Cockington Church. Its major claim to fame being suffragette Emily Davison sneaking into the chapel broom cupboard on the night of the 1911 Census, so her address could be recorded as "House of Commons" thus claiming the same political rights as men. Emily was better known as the suffragette killed by running out in front of King George V's racehorse in 1913, so she sadly never saw Votes for Women come to fruition 5 years after her death.

Returning through Westminster Hall, Carers wondered at the beauty of the recently unveiled New Dawn stained glass window, depicting the 100 year anniversary that gained women the vote the suffragettes fought so hard for. All too soon, with our Parliament tour at an end, Carers then strolled the half mile to London's Imperial War Museum. Here we spent a couple of hours musing various wartime artefacts before winding our weary way home. The minibus journey back was full of chatter. Torbay Carers had experienced a full-on day in the capital and had made new friends on this unforgettable trip." **Steve Black**

"Just want to say a big thank you to everyone who organised the trip to the Houses of Parliament, it was wonderful and Kevin Foster was a terrific host." **Carer**

CARERS NOTICEBOARD

Carers4Carers

Do you have any spare time on your hands?
Would you like to volunteer for the Carers
Telephone line?

The Carers Telephone Line is looking for
volunteers to man the CarersTelephone Line
on a Tuesday evening between
5:00pm and 9:00pm

Volunteers only are required to do a two hour shift,
either between
5:00pm-7:00pm, or 7:00pm-9:00 pm.

All volunteers must be Carers, or ex-Carers. All
volunteers will be interviewed and will undertake
mandatory training.

Full support during the evening is provided and a
lift home if needed.

Please contact Val Shute on: **07596 103291**
for further information.

Torbay Mid-Age Carers Group

We meet once a month on every second
Thursday of the month in various locations
around the Bay between **2:00pm - 3:30pm**
All Carers 35/60 welcome (with some flexibility)

12th July

Visit to Totnes Rare Breeds Farm, cost £6.50
adults, or Carers – free

9th August

Ferry trip from Torquay to Brixham, Fish and Chips
and return. Meeting at Torquay Harbourside

13th September

Lunch and Skittles at the Manor Pub, Paignton

11th October

Trip to Otters Garden Centre, Moles Lane, Paignton

For further information about the group, or
if you are in need of a lift to an event, 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, unless otherwise stated.

19th July 2018

History of Dartmouth and South Devon Railway, another fascinating
talk, by John Risdon

16th August 2018

Life on the Rocks and chronicles, my family's long history of service
as Trinity House light housekeepers, by Kathryn Kelly

20th September 2018

Dr Nick Cooling, Consultant Psychiatrist will talk about his
experience of the interface between serious personal injury cases
and psychiatry

18th October 2018

Working for the much loved Children's television programme as
producer, director and cameraman, Alex Leger tells us all about
Blue Peter - Behind the Badge

For More Information, Contact Michelle:
Brunel Medical Practice (01803) 312233 (Mon & Thurs)
Chilcote Surgery (01803) 316333 (Tue & Weds)

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

9th July

Cream Tea – regulars only please

13th August

Samantha Little – Dr George Blacker Elliott, Brixham's
Victorian Medical Officer of Health

10th September
Bowling at AMF

8th October

Father John Herve – My experiences as a Padre in Iraq

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

Carers @ The Library

Coffee Mornings

2nd Thursday of every month at:
**Paignton Carers Centre, Drummond Suite,
Paignton Library**

12th July, 9th August,
13th September, 11th 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:
**Paignton Carers Centre, Drummond Suite,
Paignton Library**

20th July, 17th August,
21st September, 19th October
2:30pm - 4:00pm
£1.50 per head

Meetings are attended by Ros Vian, CSW

Discount at WHSmith Torbay Hospital

WHSmith at Torbay Hospital (only) are
offering Carers a **10% discount card**,
on presentation of their Carers Card,
some items may be excluded.

WHSmith

The Torbay Gateway Club

For People With a Learning Disability
Over the age of 16

Held Tuesday nights

At Jasmyn House, Midvale Road, Paignton

From 6:30- 9:00pm

Offering a few hours of companionship every week.

www.torbaymencap.co.uk

local
mencap
Torbay

Get Involved

**Torbay Mencap would like
to hear from people who can offer
professional skills to help the charity work
effectively with business partners and donors.**

Please also get in touch with any suggestions for
new projects that would help increase inclusivity
for people with learning disabilities.

Get in touch by email:
enquiries@torbaymencap.co.uk

Or call Stephen direct:
07968 853273

To make a donation contact
Roy Blackmore: **01803 311026**
Or: royblackmore@msn.com

local
mencap
Torbay

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

26th July

Caroline Saunders – update on Mencap

30th August

Father John Herve – My experiences as a Padre
in Iraq

27th September

Samantha Little – George Blacker Elliott,
Brixham's Victorian Medical Officer of Health

25th October

Meet at the Palace Hotel, Paignton, for tea/
coffee

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

CARER PASSPORT



Torbay is adopting the national Carer Passport scheme to promote what support there is for Carers on production of your Carer's card.

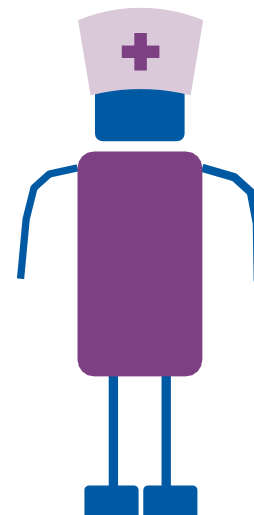
AT LOCAL HOSPITALS

- Be actively involved in discussions and planning for discharge
- Get free parking when supporting the person you care for¹
- Visit out of normal visiting hours*
- Provide support to the patient*
- Receive drinks/ food on the hospital round*
- Stay overnight*
- Receive discount on hot meals at Torbay's Bayview Restaurant
- Receive a 10% discount card at Torbay Hospital's WHSmith

¹At Torbay Hospital park in barriered car park and have your ticket voided at reception.

At Newton Abbot or Teignmouth, put Carers' card on dashboard

*Needs to be agreed with ward / department staff



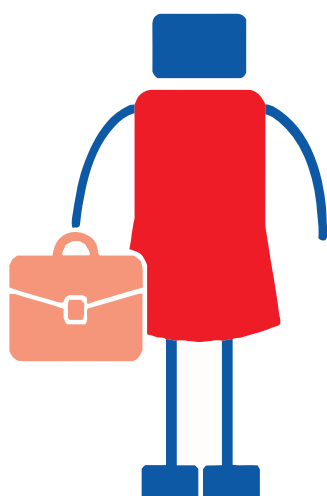
SUPPORT TO GAIN EMPLOYMENT - AT JOB CENTRE PLUS

- A job coach to help you access the support you need
- Courses in CV writing, confidence, interviews, IT skills and more
- Replacement care / transport support to help you attend these
- Benefits advice
- Employment mentor if thinking of self-employment, or are 18-24

AT OUR TRUST (Health / Care / Estates / Catering / Reception + more)

- 1-1 to work out what would suit you
- Careers coaching for Carers
- Training linked to working for the NHS application / interviews
- Volunteering – wide range of roles
- On-line training – health and care related – some accredited
- Bank Work – say yes when work suits you
- Work Experience 2-12 weeks, any age
- Apprenticeships – wide range of roles

Contact signposts@nhs.net or: (01803) 666620 to find out more



CARING FOR SOMEONE OVER 50?

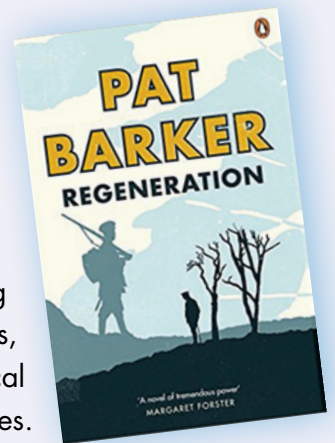
Had a Carer's Assessment in the last year? Interested in piloting a new service with Age UK Torbay? We know it is not enough, but we are just about to pilot a 'break' service where eligible Carers can have up to six hours free support from Age UK Torbay. It can either be a service to the person you care for (so long as it does not involve personal care) - where they sit with the person you care for or take them out – or a service to you which gives you a break – there's quite a long list of what they may be able to do. At the moment, it won't cover advanced dementia or learning disabilities. If you think you may be eligible and want to find out more, contact Signposts on: (01803)

Page 14 666620, or e-mail: signposts@nhs.net with 'Age UK' as the subject.

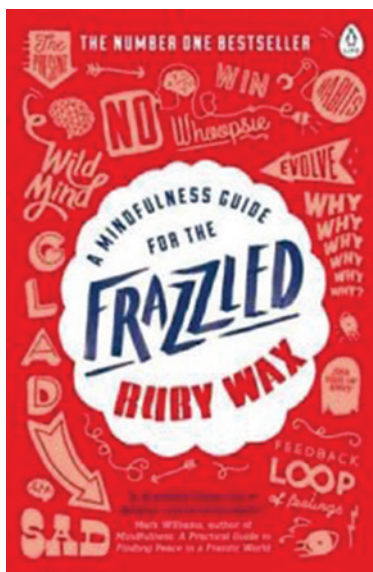
REGENERATION

Pat Barker (ISBN: 0141030933 Penguin 2011)

A stylish narrative threads through this highly-acclaimed novel (the first of a trilogy), which examines the shattered minds of the patients of Craiglockhart Hospital, where shell-shocked casualties of the Great War receive innovative psychiatric treatment. Poets Siegfried Sassoon and Wilfred Owen mingle with Barker's own characters, among them the incisive and infuriating Billy Prior. The men are under the care of Dr William Rivers, who has his own moral dilemmas and lives with the constant strain imposed by the ethical considerations of restoring soldiers' equilibrium sufficiently, so they can return to the trenches.



Always compelling, sometimes cynical and ironic, but containing unexpectedly beautiful images and tender moments, this is a unique exploration of how mental health was regarded a century ago and feels extremely relevant as the Great War centenary reaches its final year of commemoration.



A MINDFULNESS GUIDE FOR THE FRAZZLED

Ruby Wax

(ISBN: 0241972069 Penguin, 2016)

Another examination of mental health, but this time helpful and humorous as you would expect from comedienne and actress, Ruby Wax, who also holds a Masters Degree from Oxford, having studied the effects of Cognitive Behavioural Therapy on the mind. An easy and enjoyable read on a fascinating subject, Ruby subtly shares moments from her own experience of depression. Particularly relevant to Carers, the focus of the book is mindfulness and how recognising and living in the moment can relieve symptoms of stress that may otherwise lead to physical health conditions. The book contains exercises to master mindfulness techniques and a longer course that shows how to apply them to everyday situations.

PAUSE BUTTON

I've just returned home from a few days away and was very tired from the travelling. There were a number of things that I could have gone to, or done over the weekend, now that I was back. However, I had the foresight to think that if faced with a choice, I needed to say 'yes' to rest and 'no' to something that would make me even more tired.

It was a split second thought that enabled me to get the rest I needed. It intrigued me, that the smallest of steps could make the biggest impact. It's like looking at traffic lights. The amber is that all important pause button, between the red and the green. The 'stop' and the 'go'!

COACH TRIP TO SIDMOUTH - Wednesday 8th August 2018

This is a chance for Carers to relax and unwind and spend time wandering around Sidmouth. The area is surrounded by the lovely Jurassic Coastline. This trip is not a guided tour and so you are free to do as you wish. Carers Aid Torbay will give each Carer a small cash gift towards lunch, or perhaps an ice cream.

Places for this trip are limited, so please call as soon as possible to reserve a place.

MEN'S TEN PIN BOWLING EVENING - Tuesday 18th September 2018 – 6:45pm for 7:00pm start

We would like to invite some of the male Carers to an evening of Bowling and socialising at AMF Bowl in Torquay.

Places for this event are limited, so please call us to reserve a place.

DEVON FOLKLORE – MYTHS & LEGENDS - Thursday 27th September 2018 at the Olive Carers Centre. Please book your place

Due to requests throughout 2017 we will be hosting a quarterly talk on the Myths, Legends and history connected with Torbay and South Devon.

If you have an interest in Devon Folklore, the paranormal, or Devon Pixies, or have an interest about the Bygone years of South Devon and Torbay this is the group for you.

ANNUAL PUB QUIZ - Tuesday 30th October 2018 –

The York Pub, St Marychurch Road, Torquay. 7:00pm arrive for 7:30pm start

Carers Aid Torbay would like to invite you to our Annual Pub Quiz, with a light buffet provided. This event is £3.00 per person, six people per quiz team. All proceeds will go directly to support unpaid Carers living in Torbay. If you would like to come along or perhaps bring a team please call us so we can cater for the buffet.

TO RESERVE YOUR PLACE

To reserve your place on any of the groups and sessions above or for more details please call Carers Aid Torbay on: **(01803) 323510**.

Please consider that due to the size of the meeting room at the Olive Carers Centre, any groups held are limited in number, so please book ASAP to avoid disappointment.

Carers Aid Torbay also hold other sessions, days out and much more. For more details, please call the number above, like us on Facebook, or go to our website: **www.carersaidtorbay.co.uk**

Coming in October's 2018's edition:

- Parent Carers • Employment For Carers • Who's Your Carer Support Worker

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

- FREE parking at local hospitals • Discounts in local shops • A Carers Emergency card

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