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Deadline for the Autumn edition is:
Friday 12th August 2022

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello and Welcome!

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



CARERS WEEK IN PHOTOS

An overview of some activities during Carers Week.

MONEY SAVING HINTS & TIPS

Have a look at the latest websites and Apps that may help you to save money.

FREE TOOLS TO SUPPORT & IMPROVE YOUR HEALTH

Kickstart your health with Free online assistance from Better Health – NHS and your local Healthy Lifestyles Team.

THE MINDFUL MAMMALS PROJECT

Provided by the Young Carers Service.



CARERS WEEK 2022

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

WELCOME TO OUR SUMMER EDITION OF SIGNPOSTS

I hope you've been enjoying this beautiful weather and hopefully some of you were able to partake in the events during the Queens Jubilee Celebrations – Torbay has been a hive of activity!

In this edition we've included a snapshot of Carers Week in photos (P8 & 9). It was an absolute pleasure to meet so many of you in person and take photos of you having some much deserved fun and time out! Thank you for all of your wonderful feedback, it's good to know that these events make a difference to so many of you.

During Carers Week we also had a presence at Torbay Hospital, where over 45 Carers enjoyed free coffee and cake at 53.3 Café, on Level 4 – a massive thank you, goes to the Aramark, for your hospitality. Carers also enjoyed free coffee and cake in the Bayview Restaurant, care of Carers Services.

Torbay Carers Service were delighted when TLH Leisure Resort, kindly offered to support Carers Week by donating a session in their new Aztec Spa Fire and Ice, for 2 people. The session was the prize for our Torbay Hospital word search puzzle competition and the lucky winner was Danielle Holland. Danielle works for the Arranging Support Team and is looking forward to her well-deserved luxury spa experience.

Finally, I'd like to thank everyone who made Carers Week possible, all of the organisations that provided your services free of charge, for volunteers and everyone behind the scene working tirelessly to pull everything together.

It's our way of saying Carers matter and we value all you do...

Warmest Wishes, on behalf of Carers Services

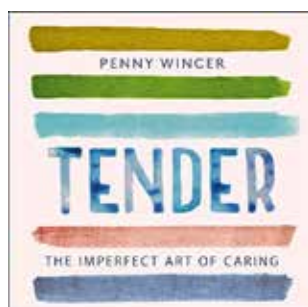


Danielle Holland

Rohan Davidson

BOOK REVIEW

Carers' Quiet Corner



TENDER: THE IMPERFECT ART OF CARING

Penny Wincer

A beautifully written and honest account of the realities of caring. Penny draws on her personal experience of caring, previously for her mother and now for her son. She weaves this with others' stories to offer an insightful and often moving read.

If you want a taste of what's to come, you can listen to her powerful interview on BBC Sounds where she reflects on what it is to be a Carer – this can be found at:

www.bbc.co.uk/sounds/play/m000pghj

GETTING TO KNOW YOUR LOCAL COMMUNITY BUILDER

Community Builders encourage people of all ages to get involved in their neighbourhood. With extensive local knowledge, your Community Builder can connect you with like-minded people, groups or organisations in your community. The Community Builders are employed by Torbay Community Development Trust.

We have seen lives transformed when people of all ages work alongside their Community Builder to bring positive changes to the place where they live. We have seen so many new friendships and activities happening in the community: from coffee mornings to social dog walking, IT support groups to crafting workshops, to memory cafes among other things, and most importantly, neighbours helping each other out on a day-to-day basis. For more information, contact: info@torbaycdt.org.uk Or ring: **(01803) 212638**.

Some of your local Community Builders are:

JENNIE LANGRIDGE, COVERING ST MARYCHURCH, BABBACOMBE AND MAIDENCOMBE

Tel: **07469 660888** | jennielangridge@torbaycdt.org.uk

USHA GARRATTLEY, COVERING ELLACOMBE & PLAINMOOR

Tel: **07702 557723** | ushagarrattley@torbaycdt.org.uk

VICTORIA CAMPBELL – BRIXHAM COMMUNITY BUILDER

Tel: **07832 781031** | victoriacampbell@torbaycdt.org.uk

ASH RANGASAMY – PAIGNTON TOWN & CLIFTON WITH MAIDENWAY COMMUNITY BUILDER

Tel: **07703 715222** | ashrangasamy@torbaycdt.org.uk



You can also find the full list of community builders at:
<https://ageingwelltorbay.com/delivery-partners/community-builders/>

CARERS WEEK DAY OUT AT THE DONKEY SANCTUARY

Well what a lovely day we had during Carers week this year. After a short but vibrant bus journey the group of Carers spent their first hours in Sidmouth at the Donkey Sanctuary. The sanctuary looks after Donkeys from all areas of the globe, saving them from ill treatment, so for their remaining years they are supported by the staff and volunteers. There were many varieties, some we had never heard of, or even knew existed.

At the end of the morning it was a short bus ride into Sidmouth town with an opportunity to spend time shopping, having lunch, or to take a stroll along the promenade and have an ice cream. Everyone seemed to enjoy the day, with many stating it was nice to meet new people and enjoy (me time).

With a donation of £5 per person, we also raised £75, which was given to the Sanctuary to help provide food and ongoing shelter for the donkeys.

I'd like to thank the Carers for making it such a pleasurable and fun day out.

Dave Baker

Mental Health Carers Support Worker & Young Adult Carer Development Worker



HAVE YOU CHECKED YOUR NATIONAL INSURANCE RECORD LATELY?

From 6 July, the earnings threshold for National Insurance (NI) contributions increases from £9,880 to £12,570. If you are working full time this change will allow you to keep more of your earnings, but if you work part-time, it may mean you no longer have to pay any NI at all.

Your NI contributions ultimately affect the calculation of your new State Retirement Pension (SRP). Introduced in 2016 (see <https://bit.ly/3JEvMMX>), the maximum SRP is based on paid contributions or credits made over 35 complete tax years. A tax year starts on 6 April and ends on 5 April the following year. You can check your contributions record online (see <https://bit.ly/3roBjAK>). Transitional arrangements (see <https://bit.ly/3LGpQVq>) mean that during the introductory phase of the new scheme, most people will receive less than the headline SRP figure. Be aware that SRP is reduced by 1/35th for every missing or incomplete tax year - for example, if at the time you claim your pension your contributions are short by 5 years, you would lose £26.45 per week at current rates.

Bear in mind that you are already receiving NI credits if you claim Carer's Allowance (see <https://bit.ly/3LptBP6>) or Carer's Credit (see <http://bit.ly/2nE1x1g>). Other benefits or circumstances can also entitle you to credits (see <https://bit.ly/37SS14Q>). It is also possible to make voluntary contributions to cover gaps in your record (see <https://bit.ly/3eIJbpU>), but before taking any action - and to avoid any unnecessary outlay, you should seek independent advice about your situation. For example, if you are close to SRP age and your NI record is substantially short, you might need to explore Pension Credit (see <http://bit.ly/2MPZZfY>). This would top-up a modest level of income and make the purchase of voluntary contributions unnecessary.

NEW GUIDANCE FROM THE MONEY AND PENSIONS SERVICE

The Money and Pensions Service (an arms-length body of the Department for Work and Pensions), has recently launched its online 'money helper' advice to assist people struggling with cost of living pressures. It is worth a look if you:

- are struggling to keep on top of your bills and payments (see <https://bit.ly/3jAtYdi>)
- have a reduction in income or squeezed budgets (see <https://bit.ly/3vbK9Df>)
- are self-employed (see <https://bit.ly/3veSINv>)
- are worried about being made redundant or losing their jobs (see <https://bit.ly/3vNi4n1>)

NEW TERMINAL ILLNESS RULES INTRODUCED FOR CERTAIN BENEFITS

Changes came into effect in April covering terminal illness and claims for Universal Credit, and Employment and Support Allowance (see <https://bit.ly/3ro7C2U>). The changes mean that claims can now be fast-tracked when a medical prognosis indicates likely death occurring within 12 months. Similar changes are planned for Personal Independence Payment, Disability Living Allowance, and Attendance Allowance, when parliamentary time is available for the legislative changes. Meanwhile, the existing 6-month rule remains.

ADVICE NOW

Advice Now is an independent not-for-profit website, where you can find free guides to steer you through benefit disputes. The site also offers downloadable letter templates created for people experiencing welfare benefit problems (see <https://bit.ly/3Cf8p7>).

MONEY SAVING TIPS & HINTS

During our current financial climate, I think we can safely say, any bit of assistance around money saving tips and hints will be helpful. As a result, a number of us have put our heads together and have listed below some websites and tips that have proved useful. Likewise, if there is anything not listed here, that you would like to share, then please get in touch on: **(01803) 666620** or email: ntownsend@nhs.net (subject: money saving tips and hints) and we will aim to publish your findings in our next edition.

WEBSITES

Martin Lewis has a newsletter every week: (www.moneysavingexpert.com) covering money saving, from benefits to mortgages and homes, bank and savings accounts, plus many more topics.

MSE recently covered cashback websites, which pay you when you go through them to spend with retailers or providers. They provide a list of the top cashback sites, along with some serious rules to make sure you protect yourself. For more information go to:

www.moneysavingexpert.com/shopping/cashback-websites/

MSE have also covered the pros and cons of Apps, such as Freecycle and Freegle where items are given away for free, to find out more go to:

www.moneysavingexpert.com/shopping/freecycle/

For cheaper or free food from supermarkets and fast-food chains to high-end restaurants, MoneySavingExpert.com provide 15 tips including how to get PAID to dine out at:

www.moneysavingexpert.com/shopping/how-to-get-free-or-cheap-food/

WATER DISCOUNTS

The scheme is Called Watersure, to find out more, go to the South West Water website at:

www.southwestwater.co.uk/bills/need-help-paying-bill/watersure/

To be eligible for WaterSure you need to: have a meter (or an assessed charge if a meter cannot be fitted) and you, or someone in your house, must receive one of the following benefits or tax credits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-based Employment and Support Allowance
- Housing Benefit
- Child Tax Credit (other than just the family element)
- Pension Credit
- Working Tax Credit
- Universal Credit

Finally, you must either:

- You have 3 or more children under 19 years old living in the house for whom you're receiving child benefit
- You, or someone living in your house, has a medical condition that means you have to use extra water.

FREE TOOLS & SUPPORT TO IMPROVE YOUR HEALTH

BETTER HEALTH - NHS (www.nhs.uk/better-health/)

KICKSTART YOUR HEALTH

Healthy changes start with little changes. Whether you want to lose weight, get active or quitting smoking, Better Health is here with lots of free tools and support. You can also find simple ways to lift your mood with Every Mind Matters which looks more in depth at wellbeing tips, mental health issues, life challenges, supporting others and urgent support. There has never been a better time to kickstart your health. Let's do this!

The website covers the following areas: losing weight, getting active, quitting smoking and drinking less, here's a taster of what you can access:

LOSE WEIGHT

If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

DOWNLOAD THE FREE NHS WEIGHT LOSS PLAN

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.

The plan is broken down into 12 weeks so you can:

- set weight loss goals
- use the BMI calculator to customise your plan
- plan your meals
- make healthier food choices
- get more active and burn more calories
- record your activity and progress

Don't worry, the app makes it easy for you – just take it one week at a time.

GET ACTIVE

No matter how much you do, physical activity is good for your body and mind. Adults should aim to be active every day. Some is good – more is better still. A daily brisk walk can boost your energy, lift your mood and make everyday activities easier.

Try these tools, tips and special offers to move more every day.

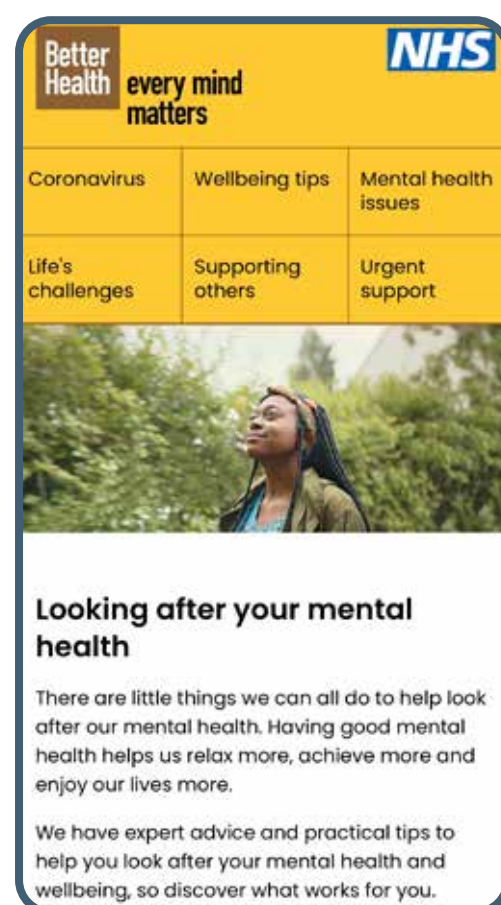
ACTIVE 10

The Active 10 app records every minute of walking you do (anonymously). Just pop your phone in your pocket and away you go!

The app:

- tracks your steps
- helps you set goals
- shows you your achievements
- gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!



FREE HEALTH & WELLBEING SUPPORT FOR CARERS

The Healthy Lifestyles team offer a wide range of healthy lifestyle information, advice and support. We can help you to quit smoking, get more active, eat more healthily, lose weight and improve wellbeing. We are taking referrals and your first appointment will be a telephone call with either a health coach or stop smoking adviser, to identify what is important to you to change in your lifestyle. We can then provide the right support and guidance to help you. For further advice and support please call us on: **0300 456 1006**.

Healthy Lifestyles

www.tsdf.uk/lifestyles

"Small Steps...
Right Direction"

NHS
Torbay and South Devon
NHS Foundation Trust



Exercise from home

You can also access our home exercise video library at: healthy-lifestyle/move-more. Our exercise library includes: Aerobics & Dancing, Pilates & Yoga, Strength at Home, Stretching, 10-Minute Workout, Tai Chi for Health, among many others. Why not take a look!

You can also join us on our [Healthy Lifestyles Facebook page](#).

FREEMOOVEMENT

We are a friendly and welcoming group, who motivate and support each other to get fit and improve our physical health and mental wellbeing. We achieve this by making the most of our local parks and open spaces with some very simple fitness kit, passionate volunteers and smiles on our faces.

Groups are fully inclusive. Everyone is welcome to come along and take part no matter what level of fitness you have. There is no expectation for you to be a super star, just turn up and get moving.

Upton Park, Torquay: Monday and Thursday at 6:30pm

Register at: www.torbay.gov.uk/leisure-sports-and-community/sports/freemoovement/

PARK YOGA

Park Yoga aims to connect people to the natural outdoors, through a relaxing, energising and breathtaking yoga session, improving wellbeing and creating a positive ripple effect throughout communities.

Park Yoga is a charity that provides free outdoor yoga sessions around the UK, including Torbay. The sessions run throughout the summer from May to September for people of all ages, backgrounds and abilities.

All sessions are held on Sunday mornings at Torre Abbey Meadows, Torquay.

Register at:

www.torbay.gov.uk/leisure-sports-and-community/sports/park-yoga/



PARK YOGA

**FREE outdoor yoga
Sunday mornings**

NO NEED TO BOOK - JUST TURN UP

WHERE?
TORRE ABBEY MEADOW (in front of the Spanish Barn), The King's Drive, Torquay TQ2 5JE

WHEN?
Every Sunday from 1st May - 11th September 2022
09:30 - 10:30

TORBAY COUNCIL www.parkyoga.co
Park Yoga is a registered charity 1145253

Supported by **FINCH FAMILY FOUNDATION**

Sessions are held throughout the summer, subject to weather conditions. Please check the website / Facebook page for more information.

CARERS WEEK

JUNE 2022 IN PHOTOS

Carers Week™

Clark's Village



"Thank you so much for a wonderfully relaxed day, it was lovely to get out of Torquay and meet other people"

50's & 60's | Music & Cream Tea at the Anchorage



"Very enjoyable afternoon, excellent company"
"Everything was wonderful, thank you xxx"

Pottery Workshop



"I really enjoyed it. It was lovely to have time to do something for myself. It's very sensory and somewhat relaxing. I'm pleased with what I produced."

Fish Market, Brixham



"So much fun, hooking ducks to having a haircut!"

Creative Crafts with Eat That Frog



"Lovely people and made to feel welcome"

"Learnt a lot and look forward to doing more"

"I would recommend this course, very relaxing few hours"

"Great fun. Great to go home with a finished product"

"Really enjoyed wet felting with the other Carers, it made a relaxing few hours"

Yoga & Pilates with Dee from Healthy Lifestyles



"Very good, I think the session was relaxing. I'm not young anymore but my joints felt much easier after – thank you."

"A great session, as a beginner it felt very achievable and safe, thank you"

Macrame Creative Crafts



"I found it enjoyable, friendly and helpful"

"I learnt something new and finished with a lovely wall hanging, thank you"

"Very interesting and relaxing"

The Windmill Centre | Pampering & Art



"So nice to be pampered for a change, the lunch was lovely and I met lovely people – really enjoyed it. Thank you!"

"Enjoyed everything! The meal was exceptional and so was my experience with the manicure. The art was wonderful – being able to loose myself in something I enjoy is heaven...."

Carers Aid Fishing Trip



"Absolutely loved the fishing despite the rain, please can we do it again soon"

Cooking Tasty Treats



"I absolutely loved it. It wasn't long enough. Would of loved to make something else also. I was so nervous, but was made so welcome. I was so proud of myself, the Blueberry Muffins turned out great. Many thanks"

TAKOTA CARERS GROUP FOR CARERS AGED 25-35

Takota have had a busy few months; we recently gathered for a meal out which was an evening filled with lots of discussions and laughter. Our meet ups are a fantastic opportunity to get together with other people who understand your situation and it really helps to just forget about your daily worries for an hour or two.

A few of us from Takota recently took part in an escape room experience in Paignton, it taxed our brains and made us think outside the box; was an enjoyable time for us to enjoy something a little bit different.

Much more recently at the beginning of June one of our operational team held a tombola stall to raise money for the service. It was a great success and we look forward to raising more funds, so that we can continue to give Takota Carers a chance to get that vital break away from their caring role.

We continue to meet monthly and would invite you to take a look at our Facebook page, if you would like to join us for our next meet up: Takota Torbay

Skye Andrews, On behalf of the Takota Operational Team

VISIT TO NATIONAL MARINE AQUARIUM

During the Easter break a group of Young Adult Carers enjoyed some time out in Plymouth, visiting the National Marine Aquarium, followed by a mooch around the shops on the Barbican. The day was rounded up with delicious ice-cream!

"The aquarium was really interesting and very calming, just sitting there watching the fish swim was extremely relaxing. We then later walked around Plymouth town which fuelled my shopping addiction, it was nice to see the shops especially the ones with the handmade artwork and statues. It was an all-round lovely day out, going to places that we might not always have explored. Also getting an ice cream is a great bonus!"

"Was nice to spend a day somewhere different. It was great to have the opportunity to go to the aquarium, when I wouldn't normally be able to afford to go. And lovely that I can go back again for free".



CARERS WEEK SAIL

Some of our Young Adult Carers took up the offer of a sail and boat trip on the river Dart during Carers Week and we couldn't have picked a better day! We were picked up from various locations around Torbay, then it was a short ride to Galmpton Creek, where we were met by the volunteers from Dart Sailability - including three of our very own YAC's who have now become volunteers for the charity. We were all given the opportunity to sail, or steer, one of the three craft, an amazing opportunity to experience life on the water. We headed to a small beach where the Yac's collected driftwood to make a fire and we all enjoyed time wandering along the beach chatting, whilst waiting for our hot dogs to cook which were locally sourced and delicious.

We feel this was a chance for some to spend time away from the hussle and bustle of their daily routine and have time chilling with their peers, whilst making new friends and just having a good time.

Dave Baker | Young Adult Carer Development Worker

Phone: (01803) 208455/852421 | Mobile: 07825 027664 | Email: d.baker1@nhs.net

Please Note: days of work Wednesday-Friday.





FISH MARKET STANDS IN CARERS WEEK

What a great day we had at Brixham on 7th June during Carers Week, there was so much to do from hooking ducks to hair-cuts (great joke I must say!). We started the day setting up, which on my part meant numerous trips down some steps filling up a bucket with harbour water for the hook a duck, I do wish now that we'd advertised it as 'authentic Brixham hook a duck'. Once we had set up, it was great to speak to local people and tourists about the support available for Young Adult Carers in Torbay, as well as raising money to support with these efforts. I myself was lucky enough to run the hook a duck giving away some amazing prizes; I got my haircut which was definately overdue! And also had some of the most amazing cake, it was that good I thought I was a judge on bake off. Overall it was an amazing day!

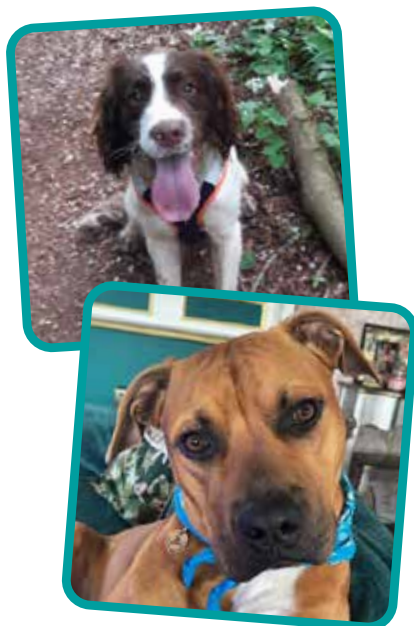
SS, Young Adult Carer

TORBAY YOUNG CARERS



THE MINDFUL MAMMALS PROJECT

As life has returned to normality, the Young Carers Service have found that the requirement for mental health support is at the forefront of the needs we are encountering, when working with young people and families. Knowing how important this is, we are working in a tailored and targeted way to offer person-centred, creative and powerful interventions, and we continue to place lots of focus on the needs of the Young Carers accessing our service.



Emma and Holly (who have a keen interest in mental health and wellbeing) proposed a 6-week pilot project to the Youth Trust, to encompass wellbeing and animals. The project taps into the known therapeutic benefits that animals offer to improving happiness. The Mindful Mammals Project has started with 6 primary aged boys who are in high level caring roles; their time is spent with Holly and Emma's pet dogs Reef & Arthur, as well as visits to A Kind of Magic Animal Centre. The sessions began with the Young Carers meeting each other and building up trust with the dogs.

The project has been fully supported by the Young Carers' schools and the importance of this venture has been agreed by all those around them. Holly and Emma work in a therapeutic way to allow Young Carers to be expressive and they target areas of work through conversation, discussion and exploration.

We are very proud to have been chosen as one of the projects funded by the UK Youth Thriving Minds fund, which will bring much-needed mental health support to young people and the teams working with them. In the coming months, we will have some exciting collaborations, so watch this space!

Best Wishes,
Holly D'Alessandro (She/Her)
Young Carers Project Leader

Contact us at:
(01803) 895299 Email: admin@torbayyouthtrust.org.uk
07824 103412 Website: www.torbayyouthtrust.org.uk



Emma Thorner

Holly D'Alessandro

Torbay Youth Trust, c/o Torbay Community Development Trust, 4-8 Temperance Street, Torquay, TQ2 5PU

CARERS' NOTICEBOARD

AGEING WELL FESTIVAL 2022

Saturday 17th September, 10am-5pm
Riviera International Conference Centre,
Chestnut Avenue, Torquay, Devon, TQ2 5LZ

In-person,
not
online!

**It's back, it's bigger and better
than ever, and all are welcome!**



CEM
COMMUNITY
development
Bringing people together

P: 01803 212638
E: info@torbaycdt.org.uk
W: www.ageingwelltorbay.com/awf22



Co-ordin8
Enabling People

Join us for TEA Thursday Evening Activity



Every Thursday from 4-8pm we are running an evening club,
those who join us will have a cooked TEA followed by fun
activities. At Paignton Parish Church Hall

Cost £15

Co-ordin8 Tel: Mob:07548943294, co-ordin84action@hotmail.com,
co-ordin84action.org/

"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, TQ1 3PT.
(Unless otherwise stated)

Please join Lesley and Michele for a cup of tea or coffee and a
chat. We will have a raffle at each meeting and sell books and
honey, with the proceeds going to our group.

Thursday 21st July 2022

Janet Downer – Yet more Dark Deeds

Thursday 18th August 2022

Phil Badcott – A Torquay holiday in 1851

Thursday 15th September 2022
TBC

**For More
Information,
Contact Michele**

Chilcote Surgery
(01803) 316333 (Tues/Weds)
Brunel Medical Practice
(01803) 312233 (Mon/Thurs)

The Devon Autism Card



- Available to any Autistic person living in the Devon area
- For anyone who identifies as autistic; a diagnosis is not required
- Free of charge; there are no postage or packaging costs

To request a card, send **your name and a full postal address**
(including postcode) to:

- ☎ 07496 496651 (Voicemail only)
- ✉ autismcard@dimensionsforautism.life
- 🌐 <https://devonautismcard.info/apply>

Any information you provide will be deleted once the card has been sent out to you

For more information, visit:

www.dimensionsforautism.life

Provided by DIMENSIONS
FOR AUTISM

Supported by Devon
County Council

Or scan this QR code:



Dimensions for Autism CIC Reg. No: 11903689

YOUR FOOD GROWING OPPORTUNITY!

STONEY PARK ALLOTMENT

In Brixham has given 2 allotments on their site to local people who use a food bank or who are currently experiencing difficulty with food requirements.

THE OFFER IS FOR:

- A small space on one of the plots
- The offer of seeds
- The use of allotment tools
- The support of an experienced grower from the allotment if you would like an introduction to food growing and maintenance

Allotments normally have a long waiting list, so this is a fantastic opportunity! It also provides you with the opportunity for new friendships, plus being out in nature / green space is proven to lift our mood and is great for our physical health. A great thing to do solo, or with your children and partner, and you get the pleasure of growing from seed to plate!

If you would like to find out more about this brilliant project, contact the Allotment Chair (Mickaelle) on the email and contact number below. She's available on Mondays & Fridays:

info@stoneyparkallotments.co.uk

Phone: 07484 183 308

FREE ADMISSION TO VUE CINEMAS WITH A CEA CARD

If you enjoy visits to the cinema then why not take advantage of a CEA card (the Cinema Exhibitors Association Card - Cinema Card). Registration is annual, costs £6 plus a photo and entitles you to free admission.

This is an extract from the Carers UK Website: If you are in receipt of Disability Living Allowance, Attendance Allowance, Personal Independence Payment, Blind Persons Registration, or Armed Forces Independence Payment, you should be eligible.



DIMENSIONS FOR AUTISM

Torbay 2022

Support group for autistic adults, who do not have a learning disability.

We usually meet on the last Monday afternoon of each month at Jasmyn House, Midvale Road, Paignton.

We meet from

2.30 PM - 4.30 PM

25th July

29th August

26th September

WANT TO FIND OUT MORE?

email Trish Darke (DFA Director/Co-facilitator)
trishdarke.dimensionsforautism@gmail.com

www.dimensionsforautism.life

NET Friends

Helping those with caring responsibilities

Free* Support with:

- Choosing & Setting up New Devices
 - Digital Safety & Security
 - Technical Problems
 - Digital Skills at Your Pace
- which can include:
- Online Shopping
 - Booking Appointments
 - Being Confident in using your device and getting online

* Funding available for a select number of people for devices and usage support

www.netfriends.org.uk - 01803 416229

'MY MANAGER CARES THAT I'M A CARER' AWARD

Torbay and South Devon NHS Trust launched this award on Carers Rights Day 2021, for managers who have been particularly supportive to staff who juggle working with caring.

Jo Brimblecombe, Sustainability & Site Services Lead, was nominated for the award by two of her staff who are also Carers, and was presented with her Silver 'My Manager Cares' Award by Liz Davenport, Chief Executive, during Carers Week.

The staff Carers who nominated Jo referred to how helpful and understanding she is when they come to her with issues around their caring roles, offering the flexibility that is needed to ensure they can continue to work, alongside caring for family members. It can be really tough balancing work with caring, and people appreciate having a manager who will listen and support them, especially when things are not going well with their caring role.



Jo Brimblecombe **Liz Davenport**

Katy Heard, the Trust's Carers Lead, said 'It is great that ten managers have been nominated for this Award since we launched it last year. We hope that by promoting the simple things that these managers do, that make such a difference to their staff Carers, will make all staff more Carer aware and encourage all managers to support their staff Carers.'

TORBAY & SOUTH DEVON NHS FOUNDATION TRUST'S SUPPORT TO STAFF CARERS

The Trust is committed to being a Carer-friendly employer and offers the following support:

- Staff Carers are able to receive a Health & Wellbeing Check at their workplace and during working hours if they wish.
- There are two online drop-in sessions per month for Carers to come and have a chat, get advice, or just offload. The drop-in is hosted on Microsoft Teams:
 - o Every 4th Tuesday of the month from 12.30pm – 2.00pm
 - o Every 2nd Thursday of the month from 7.30pm – 9.00pm
- Carers can register themselves on the Trust's ICON pages in order to identify themselves as a working Carer, to receive regular information and support.
- There are Health & Wellbeing Buddies throughout the Trust who will also be trained to identify and support Carers in the workplace.

If you work for the Trust and want to know more, or work for another employer who you would like to become more Carer aware, please contact debi.porter@nhs.net.

FREE ONLINE COURSES AT SOUTH DEVON COLLEGE

Online courses offer a flexible learning styles and are fantastic for anyone with a busy schedule. Offering the opportunity to choose your learning environment whether that's at home, out and about, or in your work environment. It is also a great opportunity to up-skill yourself. There are a vast selection of FREE online courses, to include:

Business Studies Level 1

Special Educational Needs Level 2

Fitness including nutrition and health Level 1 & 2

Teacher Training Level 1 & 2

Youth Work Level 2

Dementia Awareness Level 2

Why not wet your appetite and take a look at: <https://www.southdevon.ac.uk/online-and-distance-learning> or ring for more information on: **08000 380123**.

GOODRINGTON MEMORY CAFÉ

Monday 30th May saw the opening of a brand-new Memory Café for the people of Goodrington and surrounding areas. In collaboration with the already successful Paignton Memory Café and the generous support of St George's Church, the Café will run weekly at the Church Hall from 2pm – 4pm.

The aim of this new and exciting venture is to afford people with cognitive issues together with their loved ones, Carers and or friends an afternoon of enjoyment through music, friendship and an opportunity to mix with, and make friends with those experiencing similar issues associated with cognitive failings.

Apart from music of memories, there will be plenty of other activities such as quizzes, games, and live entertainers to enhance the participation of all in attendance. Our aim is to provide the very best in respite for our clients and their Carers, giving the opportunity to socialise by providing interest and enjoyment. A small fee of £2 per attendee will be charged.

All of this we hope will help relieve the stresses that we each face every day, and we do so in a relaxed and friendly environment. Our mission is to serve the people of Goodrington and the whole of Torbay. We do so in the knowledge that, with the support of the community, this will prove an additional value to that which is currently given by Purple Angel, Paignton, and now Goodrington Memory Café's. We look forward to welcoming you.

For more information and details regarding volunteering, please call Bill Herlihy on: **07958 558066**.
Email: herlihy9@yahoo.com

WELCOME TO KARING VOLUNTARY GROUP

Karing is a registered charity operating in the Preston district of Paignton, Devon. We are a voluntary group providing transport, social activities, support and information to people who are older, frail or sick and who live in Paignton and the surrounding areas, or are visiting locally.

We are connected with **Pembroke House Surgery**, but all of our services are open to anyone who makes contact with us. If you'd like to know more, please don't hesitate to contact us.

You can find us at:

The Karing Office, 260 Torquay Road, Preston, Paignton. Phone:
(01803) 524799 Email: office@karing.org.uk

The office is a few doors along from the Surgery/Tesco - opposite the entrance to Preston car park.

OUR OFFICE HOURS

Monday to Wednesday and Friday 08.45am - 2.00pm

Thursday 08.45am - 1.00pm



DO YOU CARE FOR AN ADULT WITH A LEARNING DISABILITY OR ACQUIRED BRAIN INJURY WHO CANNOT MANAGE A BANK ACCOUNT?

Torbay Council has given us some free pre-paid toilet cards to distribute. Please contact us on: tsdft.adminteamtcs@nhs.net or **(01803) 208 455** giving us your Carers Card number, phone number and the name of the person who the toilet card is for. There is a short process to go through before they will receive the card.

HELLO FROM ALL AT CARERS AID TORBAY

Hurray summer at last. I write this thinking of you, in the hope that you are sitting on benches in the park, or in deckchairs on the beach, or on summer chairs in your gardens, sipping a favourite beverage and letting the sun soothe your body.

Like you we have had a busy year to date and have even more plans for the rest of the year.

Carers week was great fun, I hope you enjoyed it as much as we did. Well done to our mackerel catchers and to those of us that managed to catch a bargain at Clark's village. We are looking forward to sharing more leisure time with you and hope to see you at our Cockington picnic event on August 16th, please see details below. Come along with your picnic rug and your own picnic. Meet chat and share with new and old friends.

Maybe you are a music fan, and if so, we will be catching up with you at the Sidmouth music festival on the 1st of August – if you haven't already booked, then please give us a ring. We look forward to seeing you on the coach.

Apart from our trips out, we also run groups, including the: book club, natter club, men's group and ancestry. You can also make a free appointment to chat to a solicitor regarding your caring role. Ring us for more details on: **(01803) 323510**.

Don't forget, we also offer, one to one support on a Monday and Wednesday, 10am-4pm and Fridays 10am-1pm. Bay Benefits will be in the office on Tuesdays and Thursdays 10am-4pm.

Carers Aid Torbay are available by phone throughout the week and aim to get back to you within two working days if not sooner, should you ring with an enquiry.

If you wish to use our enabling service, then please ring us on: **(01803) 323510** to see Pennie, Julie or Simon and **07530 790354** to make appointments to see Kyla at Bay benefits. The Olive Carers Centre is open but we are only seeing people by appointment, while still adhering to our Covid policy.

Best Wishes, Pennie Evans, Manager Carers Aid Torbay CIC

EVENTS

COCKINGTON PICNIC – TUESDAY 16TH AUGUST, 12NOON - 2.00PM

We would like to invite you to join us for a picnic in the grounds of Cockington Court. If the weather isn't on our side, we will still be there probably enjoying a coffee in the café. Please call Steph to let her know you would like to attend and for more details.

MEN MATTER – MEN'S CARERS GROUP

Carers Aid Torbay are pleased to announce we are now able to restart the monthly Men Matter Carers group. This group meet monthly on a Thursday at 11am, at the Redcliffe Hotel in Paignton.
21 July, 18th August, 29th September

Please contact Julie Gibbes on: **07748 884521** for further information on this group and to reserve your place. All other events please call Steph on: **(01803) 323510**

Coming in the next edition:

Young Carers Under 25 Strategy and Action Plan • Autism Partnership Board Update • 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 Carer's Emergency card

This document can be made available in other formats.

For details please contact: (01803) 666620, or email: signposts@nhs.net | www.tsdfit.uk/carers