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SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

Hello & 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 (Pages 8 & 9)

TORBAY'S ADULT SOCIAL CARE STRATEGY

Have your Say (Page 6)

YOU SAID WE DID & TORBAY CARERS STRATEGY UPDATE

See page 7



All photos on this page from Carers Week 2023

Deadline for the Autumn edition is:
Friday 1st September 2023

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

ROS ERSKINE GREY

SENIOR ACUTE LEARNING DISABILITY LIAISON NURSE AT TORBAY HOSPITAL

It is with immense sadness that I have decided to semi-retire in September - however I am not going completely as I will still be working on Mondays and Tuesdays. (The other 3 days will be advertised.)

I look back at my 14 years here with fondness, for the fabulous patients who it has been my privilege to support and, hopefully, improve the hospital journey for them and their often exhausted families! Like many, I am also a working family carer, supporting my adult son who is now in supported living but comes home to me most weekends.

I am sure you will all agree the NHS has changed beyond recognition over the past few years, and my role has also changed beyond my expectations. Jo Hesom joined me in 2021 and now there is greater support in the community too.

There are so many of you that have really had an impact on my professional role and we have worked together to raise the understanding of learning disability and autism throughout Torbay and South Devon NHS Foundation Trust.

I have developed the role of learning disability champions on many of the wards and teams, along with admin training. You routinely should be offered a double appointment for Hospital consultations, to avoid feeling rushed. More appointments are via telephone, avoiding the stress of parking, and the Trust remains committed to the Carers Policy (No.1186) which discusses ward support, sleeping facilities if appropriate, discounts in hospital canteen / cafe, free car parking, and the Carers Policy in the community (No.1848).

I have and will continue to drive forward equity of care for our patient group and their families, with better support in all areas of the hospital, not just in pockets where we have some excellent support from ward staff.

Carers Services is about to refresh hospital staff's Carers Awareness, but please do ask if you remember and remind the ward staff of their responsibilities in a nice way please, as like you, we nurses are overstretched and working hard, and some do go home to care for others too.



LEARNING DISABILITIES BOARD CARERS REP



Hello, I am Kevin Helmore, a Parent Carer of my two adult sons who both have a Learning Disability and still live at home. As a Carer of over 40 years, I have experienced many of the battles and challenges faced by Carers and this has led me to become involved for many years within the voluntary sector, in respect of both LD and Carer issues. Some of those organisations which included Torbay Carers Panel, School Governor, Dart Sailability Group and Torbay Teens Plus (a local charity that had been set up by a group of parents, for which I became chairperson).

In 2007 I received a Torbay Carers Blue Shield Award from the NHS Care Trust, in recognition of the contribution made to other Carers within Torbay. In 2016 I led the campaign to try and save Baytree House Respite Center from closure. Currently I am a volunteer with Torbay Healthwatch and sit on the Committee of local Torbay Mencap, and I am now pleased to be one of your Carers representatives on the LD Partnership Board (alongside Pam Forester).

I feel that both the LD Community and Carers need to be represented in order that their voices can be heard, and it is my intention to do so on your behalf.

MONEY MATTERS

BEREAVEMENT SUPPORT PAYMENT EXTENDED TO UNMARRIED COUPLES

A successful challenge in the Supreme Court has resulted in the government extending eligibility for Bereavement Support Payment (BSP). Since 9 February, eligible parents who were living together (or in a civil partnership) can now claim the benefit. Retrospective claims can also be made back to 30 August 2018, the date of the court decision, but these must be submitted by 8 February next year.



The changes also apply retrospectively to Widowed Parent's Allowance (replaced by BSP in April 2017), where a partner died before 6 April 2017, but was eligible on 30 August 2018. BSP is generally unaffected by savings or earnings, but for means-tested benefits, it can only be disregarded for a maximum of 52 weeks. For further information and details of eligibility, see <https://bit.ly/3lISxPk> or call **0800 151 2012**.

LOOKING AT ATTENDANCE ALLOWANCE

Attendance Allowance (AA) is the welfare benefit for people over state pension age - who because of the effects of illness or disability, need help from another person. The regulations stipulate that help must involve 'attention' (personal care) and/or 'supervision' (safety). Domestic tasks, such as shopping and cleaning, are generally disregarded (unless there is a very close link with personal care). AA is always awarded to the disabled person - not the Carer, but it can act as a gateway to Carer's Allowance (see <https://bit.ly/3LptBP6>).

There are no financial drawbacks to claiming AA, because it:

- isn't means-tested (savings ignored) or counted as income
- can increase pension credit in certain circumstances
- doesn't affect state retirement pension
- doesn't rely on national insurance contributions
- isn't subject to income tax

The level of AA awarded is determined by the frequency and duration of the attention and/or supervision. It's possible to claim AA even if care isn't actually provided, so long as the care needs are credible and quantifiable. Except in cases of terminal illness - where death is anticipated within 12 months - qualifying care needs must have been present for a minimum of 6 months.

Good preparation is the key to a successful AA claim, this includes pulling together factual evidence to send with the claim form, e.g. photocopies of 'patient copy' letters (generated during the treatment process), which confirm diagnosis and treatment. It's not necessary to ask a GP to write a supporting letter, but a one-week 'care needs diary', written by a Carer, and recording the type of tasks undertaken, frequency and duration, is compelling evidence.

AA is paid weekly at one of two levels:

- Lower rate: £68.10, for care and/or supervision needs throughout the day
- Higher rate: £101.75, for care and/or supervision throughout the day and the night or terminal illness

AA cannot be claimed if someone is already receiving Disability Living Allowance, Personal Independence Payment or a similar disability benefit. Carers UK has a helpful guide to AA (see <http://bit.ly/3FvfGG2>). The easiest way to apply for AA is by requesting a claim pack from the AA helpline on **0800 731 0122**.

Summer already. Where has this year gone? It seemed like only the other day that we were having such fun at our Coronation cake and coffee morning. Are you part of the "Breakfast Club"? Each quarter we invite some of you to join us for Breakfast at the "Anchorage", meeting up with new friends and old. Ring our number **01803 323510** to book onto this increasingly popular event, and to get the latest date.

Now then, if you are not too worn out with all the frivolities of Carers Week (thanks for the walking and talking you shared with us) What about trying your hand at Shore Fishing? We have 2 events on Tuesday 25th July (11.00 a.m.) and Tuesday 22nd August (10.00 a.m.). Ring Simon on **07398 188197** to book.

Roll up, Roll Up -Last Chance to book your free seat on the Magical Mystery Tour. Okay you got me, its to Sidmouth Folk Festival on Monday the 7th August. Ring now to book your place - **01803 323510**.

Tuesdays and Thursdays are still solely dedicated to helping you with paperwork, benefit advice, form filling and entitlement checks. Please don't struggle, Ring Kyla on **07530 790354**, for advice and appointments.

Bay Benefits

A service that offers advice and assistance with all benefits and entitlements for unpaid Carers and their families. Bay Benefits operates on a Tuesday and a Thursday and is an appointment only service, please call Kyla **07530 790354** between the hours of 9.00am and 3.30pm on Tuesdays or Thursdays to arrange an appointment.

Men Matter – Men's Carers Group

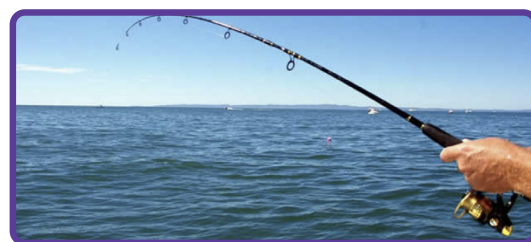
This group meets monthly at the Redcliffe Hotel in Paignton. If you are interested in finding out more about this group, please call Julie Gibbes on **07748 884521**.

NEW – Carers Wellbeing Walks

Join us on our Wellbeing walking group for Carers. Please call 01803 323510 for more details and to book a place. Dates and walks thereafter will be agreed together as a group. These walks will continue throughout the year as long as there is an interest.

Shore Fishing in Goodrington Tuesday 22nd August - 10am

We continue to host fishing sessions this year- weather dependant. But to express an interest please call Simon Day on **07398 188197**.



Date for your diary – Christmas 2023 with Carers Aid

We intend to host a coffee morning on Monday 11 th December - 11.00am until 12.30. The coffee morning will be held at the Anchorage Hotel, Aveland Road, Torquay, TQ1 3PT. Please call **01803 323510** to let us know you are able to come as we do need to confirm a rough number with the hotel.



Julie Gibbes



Steph Doolan



Simon Day



Pennie Evans



Kyla Hayfield

AGE UK LAUNCHES LIFEBOOK

LifeBook

An easy to use and safe method of recording the practical details of your life



With so many things to remember, it can often seem overwhelming trying to keep on top of it all. But with a LifeBook, you know where everything is when you need it.

A LifeBook lets you keep all the important information you might need in one place. Sections within a LifeBook give you space to put in information such as personal details, contacts, financial, documents, possessions and final wishes.

But it's not something that's just going to help you. Letting people you trust know about the LifeBook can make their life that bit easier too. In case you need someone to sort things for you on your behalf, having everything they could possibly need in the same place will help keep things simple.

Call Age UK on **0800 169 6565** to get a Lifebook. Other organisations may offer something similar.

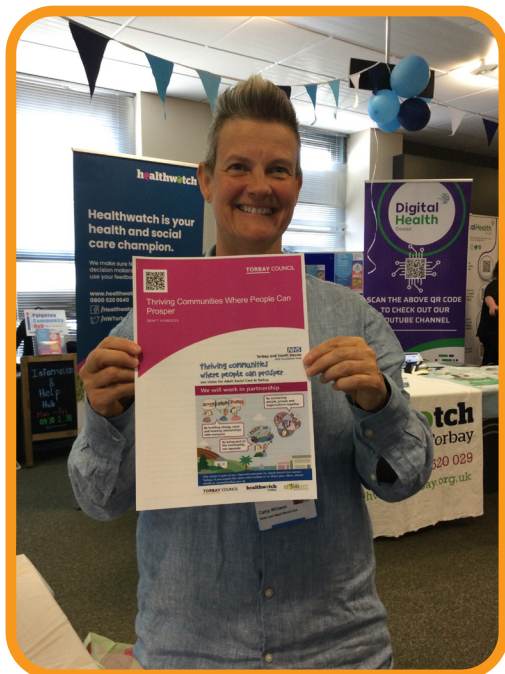
WINNER OF THE CARERS WEEK WORD SEARCH SPA DAY



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 Fire & ice session was the prize in celebration of Carers Week at Torbay Hospital for the word search puzzle competition.

The lucky winner was Sam Tierney, who works as an Occupational Therapist on the wards & was presented with the Voucher at the Carer's Advice Point in the main entrance at Torbay Hospital. Sam is very much looking forward to her well-deserved luxury spa experience.

HAVE YOUR SAY ON TORBAY'S ADULT SOCIAL CARE STRATEGY



Cathy Williams

Strategic Lead for Adult Social Care Quality and Assurance

The deadline for your feedback is 28th July 2023.

Torbay Council and Torbay and South Devon NHS Foundation Trust have been working with community, voluntary and care sectors to co-produce a new vision for adult social care in Torbay. We want thriving communities where people can prosper.

Councillor Hayley Tranter, who leads on Adult and Community Services, Public Health and Inequalities for Torbay Council, said: "Our draft Adult Social Care Strategy - 'Thriving Communities Where People Can Prosper' - sets out how we will work towards that vision, setting out our priorities to improve adult social care services for residents in Torbay. "In this next stage of engagement, we want to hear views from across Torbay on whether the priorities we've identified will help us meet our vision and whether the strategy effectively describes the next steps in Torbay's adult social care story."

The Adult Social Care Strategy is available here

<https://www.torbay.gov.uk/consultations>

The priorities identified in the Strategy include:

- Helping people to live well and independently
- Helping people to regain their independence
- Helping people with care and support needs to live independently, safely and with choice and control

The Council is particularly looking for feedback around:

- How well do you think the priorities above will help us to have 'thriving communities where people can prosper'?
- Does the Strategy make sense to you?
- Does it clearly explain what Adult Social Care will be doing?
- Is it understandable?
- Does it focus on the right things?
- Is there anything missing?

The Council really wants to consult with you in relation to the Adult Social Care Strategy, and to let the people of Torbay influence the strategy. It builds on the work undertaken through the Community Led Support programme and with the National Development Team for Inclusion (NDTi) which started in 2018.

- You can have your say here <https://www.torbay.gov.uk/adultsocialcarestrategy>
<https://forms.office.com/e/PYT2bqtlQ7>

The deadline for your feedback is 28th July 2023. If you need help to complete the Consultation forms please contact us on Signposts for Carers: **01803 666 620** Email: signposts@nhs.net

WE LISTEN!

Most people don't complete surveys as they think it doesn't make a difference. We are different! Our Evaluators (who are Carers or former Carers) devise our surveys and ask the questions. We publish the report on our website, and usually follow the recommendations. Examples are below.

YOU SAID

The Carers' Equipment 3-month Loan Scheme is really useful

Carers of adults with a learning disability (LD) need specialist support including planning ahead

More Carers need training in moving and handling especially before a hospital discharge

WE DID

Got funding to continue it

Built this into the new contract for LD Carer support

Are speaking to specialists about how best to organise this

TORBAY CARERS STRATEGY ACHIEVEMENTS IN 2022-23

Torbay Carers Service has made mixed progress against our strategy in 2022-23, summarised below.*

Priority 1 : Early Identification of Carers

▲ 2.5% - Carers identified at GP practices.

We wanted 5%, so hope these numbers will increase when the remaining Carer Support Worker vacancies are filled. All statutory health and care organisations in Torbay have signed a Commitment to Carers. The Fire Brigade, Citizens Advice and Samaritans also signed agreements.

Priority 2 : Information, Advice and Support

In these difficult times, it is great that almost all existing Carer Support has continued to be funded, and we have new support to Carers of Veterans or who are Veterans.

▲ Up 500 – Carers joining Torbay Carers

As highlighted in April Signposts, we need to improve the diversity of Torbay Carers, particularly targeting the Polish community in 23-24.

Priority 3 : Carers Assessments, including Whole Family Approach

Adult Services increased their target from 36% to 40% but achieved 37%. (Older people's mental health team achieved an amazing 63%.)

▲ 16% Parent Carer Needs Assessments

Children's Services were aiming higher, so will continue to increase these.

In November the Young Carers Under 25 Strategy and Action Plan was launched to continue the good partnership working.

Priority 4 : Involvement of Carers

We have recruited more Carer Ambassadors and now have a Carer on the Board of Governors at Torbay and S Devon NHS Foundation Trust. Carer Evaluators have also evaluated many services during 2022-23.

Priority 5 : Enhancement of Support to Person you Care for

There have been small increases in breaks for Carers, and the new 3-month loan of equipment to help with your caring role. Replacement Care continues to be a big concern though.

*For full details go to www.tsdfit.uk/carers 'Strategy, Policy and Quality' tab

Cockington Picnic



Pitch & Putt and Pottery



*"This gave me some time out for me.
I was able to talk to other carers."*

Guardhouse Cream Tea and Time Out Cream Tea



Dartmouth Steam Train



"Escaped. 'Me' time, time to chill."

"Special days like this helps so much during stressful times."

Kents Cavern



"I don't often get to do things like this so it was a nice bit me of time."

"It's good for giving yourself some well deserved space, to learn something new and experience. It's also great to meet other carers, and to have that break from your caring role."

Indian Block Printing



"Gave me time to breathe and relax, thanks."

"Nice to meet new people. Such fun!"

Drumming & Talk About Torquay



"The drumming was very emotional for me - loved the sounds. A brilliant tutor who was able to explain things in a very easy way."

"Fascinating talk, I loved it."

Thank you to everyone for a great Carers Week, and thank you to the organisations who kindly supported us with these events

OUT AND ABOUT IN TORBAY: THEATRES & CINEMAS BY JANET HELMORE

We are lucky in Torbay to have a number of theatres and cinemas, but what support do they offer to Carers and the Cared for person?

BRIXHAM THEATRE

Accessibility: Non-Assisted Wheelchair access, step free access to standard toilets on the ground floor, other floors are accessible by a lift to accessible toilets and the auditorium.

Concessions for the disabled person and their Carer, Wheelchair space and Carer space available, please ask when booking.

PALACE THEATRE, PAIGNTON

Accessibility: The main entrance has level access via a ramp from the street level. There is level access to the Theatre Bar and the Disabled Toilet and the Auditorium has a viewing area for Wheelchair users.

Concessions are subject to individual agreements with visiting performers, artists and Theatre Companies.



PRINCESS THEATRE, TORQUAY

Accessibility: A ramp is situated to the far right of the entrance giving level access to the rear of the stalls, and all sections of the theatre can be accessed by highlighted steps with handrails, or by customer lift. There is level access to 4 wheelchair spaces in the Stalls. Wheelchairs must remain with patrons as there is no cloakroom in this venue. Level access to the disabled toilets.

Concessions are available for the person with disabilities and one companion with the price depending on the show booking.

THE ROYAL LYCEUM, TORQUAY

Accessibility: At present this is not an accessible building for anyone with a severe mobility issue due to entrance steps and no accessible toilets. But these issues are being addressed this year, with a disabled toilet, wheelchair lift and removable ramps being installed in August.

BABBACOMBE THEATRE

Accessibility: The venue has access for both motorized and manual wheelchairs. Stage right access has no steps, just a small doorframe lip and wheelchairs are usually advised to use this entrance. The Front of House staff are available to assist. There are 4 allocated wheelchair places at the front of the auditorium, 2 on the right and 2 on the left-hand side. There is also another wheelchair space each side of the auditorium.

VUE CINEMA, PAIGNTON

Accessibility: The venue has level access. A lowered counter is available for ticket sales. There are accessible toilets in the venue. Assistance Dogs are welcome. Audio description (AD) is available on a selection of films; you need to book it. There are hearing loops at all of their counters. Some of the screens are equipped with infrared technology to provide hearing assistance. Simply let a member of their staff know when you purchase your ticket and they will organize a headset or neck loop for you.

Autism Friendly Screenings are held on the last Sunday of the month. These autism friendly film screenings are sensory friendly with the sound reduced, lighting dimmed and no adverts or trailers. It is okay for guests to move around and make noise in an autism friendly cinema.

Concessions you will have to purchase a CEA card, which will allow the Carer in free. You can book your tickets online, by phone, in person. <https://www.ceacard.co.uk>

NEW CENTRAL CINEMA, TORQUAY

Accessibility: Entrance and foyer is on the ground floor with wheelchair access to all screens, as well as the bar and restaurant.

FREE

**HEALTHY BEHAVIOURS
SERVICE FOR
TORBAY RESIDENTS**

The community based service offers:

- Support with Quitting smoking**
- Weight Management Support:** interventions that meet your needs and preferences in losing weight, achieving healthier nutrition habits, and making positive lifestyle changes.
- Health Coaching:** person-centred and based on the health and wellbeing goals that matter to you.

Get in touch if you would like information, advice or want to book a 'My Story' assessment to develop your own healthy lifestyle support plan. Or have a look on the website: www.yourhealthtorbay.co.uk for more information, self-management guidance, or to fill in an online self-referral form.

 **Your Health Torbay**

01803 422 422
yourhealth.torbay@nhs.net

Your Health Torbay is commissioned by Torbay Council, works closely with the NHS, and is delivered by ABL Health Ltd.

CARERS' NOTICEBOARD

Torbay Family Carers

mencap

Do you care for an adult with a learning disability?

We help to support unpaid carers of adults with a learning disability in Torbay.
We offer:

- Information
- Support
- Health and wellbeing checks
- Carer groups
- Informal get-togethers
- Social opportunities



The person you care for does not have to be known to social care for you to access our support.

Contact us for more information or to be added to our mailing list:



Helen Burns 07973 830789 (Mon – Weds)
helen.burns@mencap.org.uk



Emma Young 07852 546530 (Tu – Thurs)
emmajane.young@mencap.org.uk

CARERS LOVED & LOST (NEW GROUP)

Thursday 20th July 2023, 10–12
(then every fortnight)
Paignton Library – Carers Centre

When you become a carer your life changes, but eventually you adapt to the change. But what happens when the person you have cared for so lovingly, moves permanently into a care home, or dies, and your life once again changes.

You lose your identity as a carer, but also you may have lost your social connections. Bereavement is very difficult for everyone, but on top of your grief you may wonder:

- What do I do with my life now?
- How do I fill my time?
- How do I meet new friends?
- How do I cope with this pain?
- What do I do when I am lonely?

This new support group will allow you to ask those questions and to learn strategies to support your wellbeing, create new friends and talk to people with similar experiences. Don't worry there will also be fun projects!

Please contact Sharon on +44 7806 836922 or just come along to the group.



MAYFIELD MEDICAL CENTRES

Carers Coffee Morning

Last Tuesday of the month

1 - 3pm

Brixham Christian Community Centre



Would you like to meet and chat with other unpaid carers? If so, please join us at Brixham Christian Community Centre on the last Tuesday of the month!

Sarah & Carole

Carer Support Workers

CARERS GROUPS FOR PEOPLE WHO CARE FOR SOMEONE AGED 18 - 65 WITH MENTAL HEALTH ISSUES

1st and 3rd Wednesday of each Month
10.30 - 13.00

Carers Centre, upstairs in Paignton Library.

Please Contact Phil Enness, Carer Support Worker,
on 07799 658407

2nd and 4th Tuesday of each Month 17.00 - 19.30

Chadwell Centre

Please Contact Dave Baker, Carer Support Worker,
on 07553 632554

Preston & Paignton Carer's Coffee Catch Up Group



First Wednesday of the month from 1.00pm – 3.00pm
Free parking and disabled access

Frances Norrish Room
St Paul's Church
19 Locarno Ave
Paignton, TQ3 2DH

Carole, Claire, Lindsey and our volunteers would like to welcome you for a cup of coffee or tea (£1 - towards the hire of the room and running costs).
This is a warm and inviting space to share stories, laughs, advice and experiences on being a carer or life in general.

Guest Speakers:

WEDNESDAY 5TH JULY

Dennis Balden – The natural History and Cultivation of Carnivorous Plants. There will also be plants for sale.

WEDNESDAY 2ND AUGUST

Chris Headon from NRS he will talking with us about equipment that can be used to help protect our cared for, like personal alarms, falls mats and more.

WEDNESDAY 6TH SEPTEMBER

Paignton Community Builders – Come along and hear from Joanne, Leah and Amanda from the team to find out what is available to do, support and more.

STUFFERS WANTED!!!

We are looking for volunteers to help with putting our Signposts magazine into envelopes, each January, April, July and October.

If you want to know more then please ring Signposts for Carers on
01803 666620
or email
signposts@nhs.net.

YOUR TIME CARERS GROUP

Held twice monthly on Tuesday evenings at Endeavor House,
Union Street, Torquay
6.30-8.30pm

Referrals can be made to Tracy
Fox - **07813 081935**

TIME OUT FOR BRUNEL AND CHILCOTE CARERS

We meet on the **third Thursday of the month 1.45pm to 4.15 pm,**
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, sell books and honey, with the proceeds going to our group.

Our speakers for future meetings:

THURSDAY 20TH JULY 2023

Jackie Bufton - Interactive glass talk

THURSDAY 17TH AUGUST 2023

Ian Churchward – Historical songs

THURSDAY 21ST SEPTEMBER 2023

Naomi Milward- Energy Adviser, Citizens Advice Torbay, how they can help you

THURSDAY 19TH OCTOBER 2023

Jackie Bufton - Interactive glass talk

If you can't make Time Out and wish to book for the events please contact Michele on:
07555 354795

YOUNG ADULT CARERS



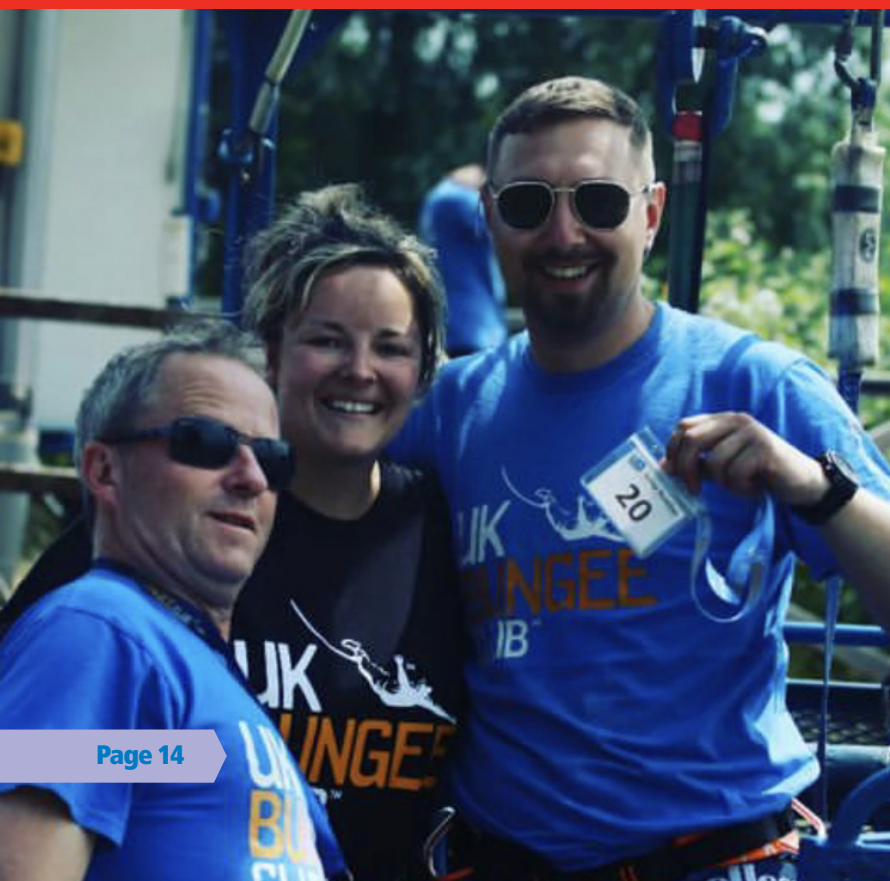
On June 9th we saw a group of Young Adult Carers take to the waters of the river Dart for a sail and BBQ experience. As we stood by the quay, enjoying the view in the sun and watching for our boats to arrive, we were already organising which of the boats we would like to journey on and sorting ourselves out.

Once aboard the boats we were given the opportunity to sail out of the creek and down the river Dart towards Greenway, home of the famous author Agatha Christie, seeing the boat house from the water. After we sailed past Dittisham and headed toward the beach to prepare the Barbeque. With the fire set and ready we then tucked into hotdogs, crisps and drinks. We all had time to explore the area and make new friends and a goodtime was had by all. Even those of our YACs who had not been keen to be on the water at first, said they had totally enjoyed the experience and would certainly do it again!

Dave Baker
Young Adult Carer Development Worker
07825 027554



!STOP!PRESS!STOP!PRESS!



WHAT AN INCREDIBLE DAY!!

Takota Member, Stephanie Sparkes completed her 300ft Bungee Jump on Sunday 11th June 2023 and raised £502.00 for Young Adult Carers! Huge well done and thank you to Stephanie.



TAKOTA



We would like to say a massive thank you to all the shops across Torbay who donated prizes towards our coffee morning back in February, and also to all the shops in Brixham who donated prizes towards our tombola.

Takota is a peer support group for unpaid carers aged between 25-35. We aim to meet once a month for a social to give ourselves a short break from our caring role, as well as to meet other carers who understand our situation.

If this sounds like a group for you and you are aged between 25-35, please send us an email, we would love to hear from you.

July - meet up in Paignton for picnic in the park, children and family are also welcome – email us for details:

tsdft.takota@nhs.net

WE'VE MOVED (AGAIN!)



Hi Everyone,

So in case you haven't heard, big news from the Young Carers Service is that we have been on the move again and from 1st June we are now back in our previous 'home' of Torbay Council's Children's Services.

We expect that our move will be a smooth one and we will be continuing to provide opportunities for support for young carers and their families. This will include: individual support, in-school support, young carers groups and holiday activities. We will also be working alongside our community partners to make sure that there is a range of opportunities for our young carers.

We would like to extend a huge thank you to Torbay Youth Trust for their support of the Young Carers Service over the past 3 years.

Good news is that despite the move, all of the workers telephone numbers will stay the same, although please do note that our email addresses have changed.

The main email address for all things young carer related is now: youngcarers@torbay.gov.uk

This is where you will be able to:

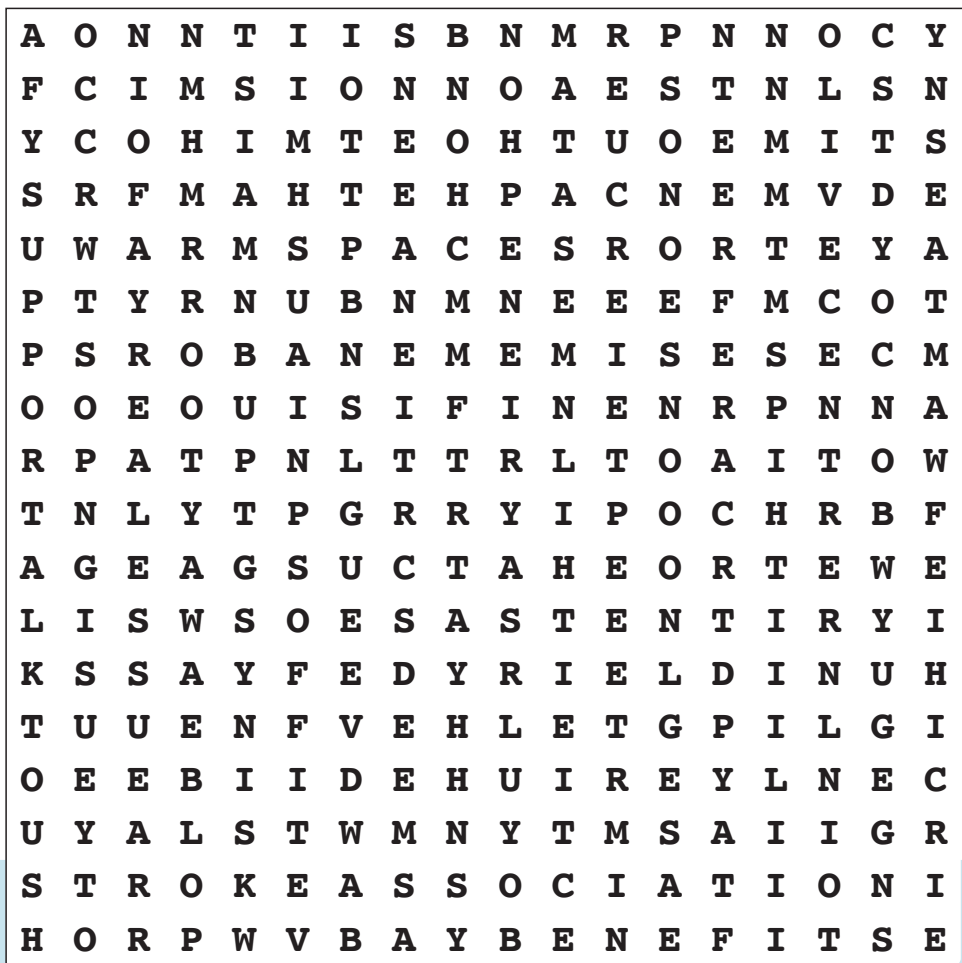
- Find out more about the Young Carers Service
- Contact us about changes in your family
- Sign up for groups and activities
- Request / Return Referral Forms
- Let us know if you are struggling and may need extra support

We aim to keep in touch with our families regularly and let you know about opportunities for young carers that are available in Torbay.

Best Wishes,

Teresa Mikalauskas
Young Carers Service Manager
Torbay Children's Services

WORD SEARCH - SUPPORTING CARERS



BAYBENEFITS
BEFRIENDING
CAREFREE
COMMUNITYHELPLINE
DEMENTIA ADVISOR
FAMILY SUPPORT
LIBRARY
LIFESTYLES
MENCAP
MENTORING
OLIVE CENTRE

PEER
SIGNPOST
STRATEGY
STROKE ASSOCIATION
SUPPORT
TALKTOUS
TIMEOUT
WARMSPACES
YOUNG CARERS
YOURTIME

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

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

Coming in the next edition:

- Who's Your Carer Support Worker?
- Thinking about Torbay Carers Strategy 24 – 27
- Carers' Rights Day 2023