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Deadline for the April edition is
19th February 2016

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers



Hello and Welcome..

to the Winter edition. I hope you all had a lovely Christmas and a happy start to the New Year.

Firstly there are a number of Carers I would like to thank: Brenda Hooper (former Carer) for sharing her experience of 'free parking' for Carers at Torbay Hospital and her enjoyment of the Jewellery course for Carers (P2); feedback from a Carer who accessed a number of Carers services and found them to be a vital lifeline and finally thanks to Rebecca Morgan-Vale, Young Adult Carer who tirelessly collected over 100 prizes for the Mince pies & More event at Brixham Carers Centre – raising over £258! Please continue to send in your letters, they are a great encouragement to other Carers.

Congratulations go to Carer Kate Baker who was chosen as winner for the October 'Photo Competition', your photo will be mounted in the Brixham Carers Centre in due course.

The Information & Advice Update is now available (P5). The steering group have been working on the creation of a new leaflet to help Carers identify themselves as being a Carer and a list of improvements are being drawn up for the new Integrated Care Organisation website, for Carers Services.

There are a number of opportunities available to Carers in this edition, so don't miss out; Centre Peace (P6) is a drop-in community support centre and offers an array of courses, workshops, group activities, café and shop. Crossroads offer support to Carers, courses, advocacy and information (P7) and there are numerous groups and activities listed (P12 & 13).

Over the months we will be introducing you to various volunteers and employees who are a part of the Carers Services team; in the October edition we had 'Who's Your Carer Support Worker', in this edition we have our 'Torbay Carer Evaluators' (P8) giving you a glimpse of what happens behind the scenes.

Finally I am happy to offer you a number of new courses in our January-June Education Brochure (P16). South Devon College have teamed up with us to offer Carers an array of exciting opportunities, together with our new Creative Writing course at Paignton Library. Why not dip your toe in and try something new!

Wishing you well for 2016.

Natalie Townsend - On behalf of Carers Services.

Coming in April's edition:

- Services For Carers Under 25 • Developing Support For Working-Age Carers
- Feedback From Torbay Hospital Carers Support & Dementia

Contact us c/o Signposts for Carers

Telephone: 01803 666620 Email: signposts@nhs.net

LETTERS FROM CARERS

Although I am no longer a Carer I felt that I must write a heartfelt thank you to Torbay Carers services for arranging free parking at Torbay Hospital for Carers on production of the Carers Emergency card. It is such a brilliant initiative.

Mum was in Torbay Hospital for several weeks in May and June and was back again for most of July. The free parking was such a help to me during the second period and enabled me to spend more time with her when I didn't have to hurry back to the car for a specific time. It also gave me more flexibility to pop home and back if I needed to, or to go for a coffee or snack when the ward closed for meals or when Mum was tired. It made things much less upsetting for both of us. I was aware by the time Mum came home for the second time that her condition was terminal and she has recently passed away.

I would also like to say thank you for the Carers Education – I was so glad to take part in the 5 week Jewellery Beading class with Jal at Paignton Library Carer's Centre in March 2015. I learnt how to make several styles of bracelets and necklaces and it gave me a new hobby - something to do in the evening while I was sitting with Mum at home, or on my own when she was in hospital.

I could guarantee that while I was threading beads and concentrating on following the patterns, I was transported from the daily routines and stresses of being a Carer and found it very therapeutic. It was definitely worth getting a sitter for a few hours, so I could attend the classes and it was good to chat to other Carers.

Since the course ended I have continued to buy beads and make a variety of bracelets and earrings for myself, friends and family. I have now embarked on making beaded Christmas stars on wire, as tree decorations; great for presents.

Once again thank you for making my life a little easier during a very upsetting time.

Best wishes

Brenda Hooper (former Carer)

THANKS FROM A CARER...

...who accessed the Emotional Support Scheme, the Carers Telephone Line and her G.P. based Carers Support Worker.

The Carer told us:

"Despite being very sceptical about counselling, having never done anything like this before, I have found it very helpful. My Counsellor was supportive and caring and has made many suggestions as to how I can manage the situation I am in.

My husband has dementia and is now in full time care, which has been difficult for me to come to terms with. I now feel that having an outsider talk to me about things has meant that I can manage my situation more easily.

I have also been helped by regular contact from the Torbay Carers Telephone Line. I have been speaking to a lady there for over 12 months, and she has helped me through the darkest times. It is so useful talking to someone who has been in my position and understands how things are.

Finally, the Carers Support Worker at my local Surgery (Compass House) has also been a helpful support.

I am very grateful to have had access to all the above and feel that these services are a vital help to someone in my position".

If you are interested in learning more about any of the above services, then please contact:

The Emotional Support Scheme Co-ordinator,
Mary Sweet on: **(01803) 666620**

The Carers Telephone Line Co-ordinator, Val Shute
on: **(01803) 666620**

For your G.P. based Carers' Support Worker,
please ring your surgery.

All the above services are free of charge.

DIS & SIGNPOSTS FOR CARERS HAVE MOVED!

Torbay Disability Information Service (DIS) and Signposts for Carers have moved, we are now based at:

St. Edmunds, Victoria Park Road, Torquay TQ1 3QH

We give free advice and information to people of all ages with disabilities living in Torbay, unpaid Carers and people with mental health needs. The Service is open for drop-in customers and appointments, as well as telephone and email enquiries from Monday to Thursday, 9.00am -

4.30pm and Friday 9.00am - 1.00pm.

Torbay Disability Information Service:

(01803) **546474** or 0300 456 8373.

Or email dis.torbay@nhs.net

Website:

www.torbayandsouthdevon.nhs.uk/dis

Signposts for Carers

(01803) **666620** or email signposts@nhs.net

Website:

www.torbayandsouthdevon.nhs.uk/carers

BOOK REVIEW

by Samantha Little

"It's Winter... Curl up in a cosy armchair for a riveting read!"

THE WINTER GARDEN

Jane Thynne (ISBN: 1849839891 Simon and Schuster, 2014)

Among the sinister shadows of 1930s Berlin, Clara Vine combines the dangerous activities of a British agent with a glamorous film career. Seemingly beyond suspicion, she mingles with the Nazi elite to investigate the killings of two innocent women, but who can she trust?

As the case unfolds, Clara encounters not only the Duke and Duchess of Windsor, but the notorious Mitford sisters, Unity playing a pivotal role as Clara finds herself pursued across the city in possession of a dark secret involving Hitler himself.

Stunningly rich period detail and thrilling tension ensure a gripping read.



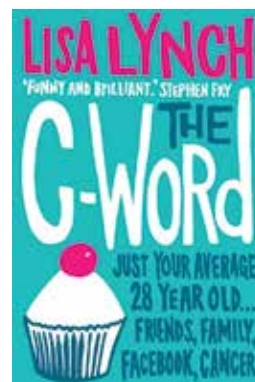
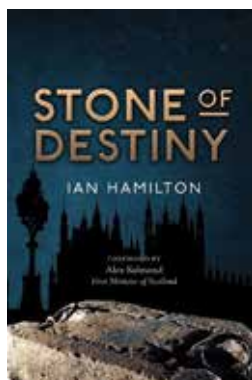
THE STONE OF DESTINY

Ian Hamilton

(ISBN: 1841587295 Birlinn, 2008)

One of Scotland's leading QCs, Ian Hamilton, reveals in his astonishing memoir how four students entered Westminster Abbey on Christmas Eve 1950 and emerged with the Stone of Scone, kept for centuries beneath the Coronation Chair, determined to return it to Scotland. The daring incident caused uproar among the Government and frenzy in the newspapers, while a nationwide police hunt lasted for months, as detectives attempted to find the historic slab, which Ian and his friends had hidden.

A truly amazing story, which goes to the heart of our Constitution, enhanced with unique style and perspective.



THE C-WORD

Lisa Lynch

(ISBN: 1784750473

Arrow Books, 2010)

'Just your average 28-year-old – Friends, Family, Facebook, Cancer'; however, such modesty disguises the bravery and remarkable determination of Lisa Lynch during her breast

cancer journey. Having evolved from a wonderfully written blog, the book is hilarious and poignant in turn, profane in parts – although justified; Lisa's courage and infectious zest for life are intensely moving and inspirational.

Her story was recently televised featuring an outstanding portrayal from Sheridan Smith. People living with cancer and their carers will find this uplifting account refreshing and hopeful.

THE MONEY PAGE

UNIVERSAL CREDIT ARRIVING IN TORBAY

Universal Credit (UC) is scheduled to start in Torbay on the 25th of January 2016. Announced in 2010 by the previous government, UC is intended to eventually replace all means-tested benefits for working age adults. In its ultimate form, UC will combine both in-work and out-of-work benefits for those on a low income in one unified model. UC will eventually replace:

- **Income-based Jobseeker's Allowance**
- **Income-related Employment and Support Allowance**
- **Income Support**
- **Child Tax Credit**
- **Working Tax Credit**
- **Housing Benefit and Local Housing Allowance**

It's important to stress that claims from Torbay residents will initially be restricted to single jobseekers only - with or without rented housing costs. However, if a UC claimant's circumstances change, they will remain on the new benefit, with payments altered to reflect their new circumstances. Typical changes could include taking on responsibility for a child, becoming part of a couple or becoming too ill to work.

UC represents a more realistic way of managing means-tested benefits, and one major advantage is the fact that there is no limit on how many hours a week anyone can work, so it will be goodbye to the historic 16-hour rule. UC payments will reduce or increase to reflect fluctuating income, but claims will remain live until income exceeds the maximum payable amount for six months. This feature brings welcome flexibility to those affected by changing hours and earnings, an issue for many in Torbay.

The UC system is underpinned by a real-time HMRC pay reporting system, so there is less paper involved. Another advance with UC is that instead of having

to report changes of circumstances to Jobcentre Plus, the housing benefit department and HMRC, claims are instead managed online through the UC website, thus reducing errors and bureaucracy.



One difference worth noting is that unlike tax credits, UC will have an upper capital limit of £16,000, which may adversely affect some current claimants of tax credits.

UC is paid monthly directly into a bank account and this represents a step-change from the old system, so it will be important to budget carefully during the changeover.

The Money Advice Service has helpful tips: <http://tinyurl.com/ld8hs4r> (0300 500 5000).

Carers claiming Carers Allowance will not be immediately affected, but in the longer term, UC will replace Income Support as the means-tested top-up to Carers Allowance, for those who qualify, but there are no planned changes to the Carers Allowance earnings limit.

There is much more information about UC online at: www.gov.uk/universal-credit

PERSONAL INDEPENDENCE PAYMENT (PIP) AND DISABILITY LIVING ALLOWANCE (DLA)

Carers looking after adults in receipt of DLA will be aware that the allowance is coming to an end for those aged 16 – 64 (unless aged 65 or over on 8 April 2013).

Local DLA claimants with long-term or indefinite awards are now being invited to claim PIP, but the process will take some time to complete, so don't worry if the person you care for has not been contacted yet.

INFORMATION & ADVICE UPDATE

The Information and Advice Steering Group meets regularly to oversee the development of information and advice services to Carers. Current developments include the creation of a new leaflet to help Carers to identify themselves as being a Carer and improved website pages (both are currently in production).

The decision making group consists of Carers and NHS /Torbay Council workers and the group is a good example of Carer involvement in developing the service. It is hoped that both the new leaflet and web pages will prove popular and improve the accessibility and quality of information available to Carers in Torbay. Since the Integrated Care Organisation was created in October 2015, Torbay Carers web pages have now been transferred to:

www.torbayandsouthdevon.nhs.uk/carers

The Information and Advice Steering Group produced many suggestions for improvements to the website and these will be incorporated into the pages over the coming months. These include more effective links with health condition-specific pages and more interactive tools and videos.

The Steering Group will continue to meet regularly to ensure improvements in Carers information and advice in line with the requirements of the Care Act. The group will oversee how Carers have easy access to good quality information and advice, to support them in their caring roles.

EARLY INFORMATION FROM HOSPITAL EVALUATION

Torbay Carer Evaluators are currently undertaking an evaluation in Torbay Hospital and the community hospitals across Torbay (P8). The evaluation involves collecting Carers' views on their involvement in the treatment the person they care for has received, on medication, dementia identification and quality of discharge.

The intention of the evaluation is both to give the hospital staff an understanding of the views of Carers when the person they care for is in

hospital and also to identify and resolve any concerns Carers have while they are on the ward.

From the 34 evaluations completed to date several issues have been identified and resolved. The survey has given us the following preliminary findings:

- **The vast majority of early responses said that as Carers, they always feel welcome on the ward**
- **Almost all the respondents said they are as involved as they want to be in the patient's care**
- **There has been a predominantly positive response to whether Carers feel their views are respected and a couple of poorer responses which we are investigating further**

A full set of findings will be made available in the Spring or Summer edition of Signposts.

MEASURE UP

TORBAY CARERS STRATEGY

You may remember, in late 2014, being involved in a Carers' consultation about 'Measure Up' - Torbay Carers Strategy. Now that the new Care Trust website is live, you can find the strategy on: www.torbayandsouthdevon.nhs.uk/carers on the 'Strategy, Policy and Quality' tab. We will also publish our progress against the strategy there. If you would like a booklet of the strategy, please pop into one of the Carers Centres, or contact Signposts for Carers on: **(01803) 666620**, or email: signposts@nhs.net

CARERS DEMENTIA PATHWAY

Just to let you know that the Torbay and South Devon Dementia Carers Pathway has just been updated. If you need a new version, please contact Signposts for Carers on: **(01803) 666620**, or your dementia worker.



CentrePeace is a drop-in community support centre in the heart of Paignton, just behind Palace Avenue Theatre, providing space for local people to come together and help one

another, informally. The CentrePeace idea came from a small group of friends who, having done their best individually, recognised the need for a place to gather, sharing resources to help others in the community.

The centre comprises: an in-house charity shop and community cafe with rooms above for training, workshops, counselling, group activities and an ICT suite.

Its primary aim is to promote community cohesion and wellbeing through connecting people with activities, services, resources and social networks. Open six days a week, the centre offers healthy meals with a daily freshly cooked vegetarian option and sells quality items in the shop, at real charity shop prices!

CentrePeace is mainly volunteer-led and aims to remain as independent as possible. We work with spontaneity to meet emerging need within the community, whilst supporting individuals or groups to start their own activities and community events etc. This is genuinely a grassroots project.



CentrePeace takes their services out to people where they live, often reducing isolation in order to reach those who are living hidden lives. This is how the CentrePeace Outreach project came into being. The aim is to foster neighbourhood connection and offer a hand of friendship to anyone in need. Volunteer CentrePeace Companions will visit people in their homes, or on the streets, offering kinship and comfort, inviting others to free well-being sessions, and CentrePeace social gatherings along with networking with other groups in Paignton to link local people to activities of personal interest.

The new Outreach project is being funded for two years by the People's Health Trust and CentrePeace is now running a series of PACCT courses (Personal Awareness and Compassionate Companionship Training) to train more

volunteer companions. Feedback from the pilot included: "healing and life altering", "enlightening", "fantastic", "meaningful", "life enhancing", "my way of thinking has changed", "liberating", "I cannot recommend it enough to others. ... I think it's a great thing for people to discover that they matter". This course offers a chance to be part of a new, local initiative forging the way in community-led local change.

If you'd like to take part, or find out more, then please call Angela at CentrePeace on: **(01803) 550720**. Or, why not drop in to CentrePeace for a snack or a chat.

We also offer -

- Free training courses and workshops
- Free, confidential, professional counselling services
- Companionship service
- Referral service
- Mental health support
- Emotional support groups
- Art Therapy group
- Craft groups
- Form filling, benefits, housing and nutrition support
- Community cafe
- Charity shop
- Free access to computers, internet and basic printing
- Crisis support (including provision of emergency food or clothing packages)
- On-going support for those experiencing homelessness (in the form of shower and laundry facilities)
- Alternative therapies, currently including reflexology

ART THERAPY DROP IN

Thursday | 10:30am - 3:30pm
No Charge

ART CLASS

Saturday 10:30am - 2:00pm
£2 Fee

Contact **Pauline** for more details
on: **(01803) 550720**

FRIDAY CRAFT GROUP

1:00pm - 3:00pm

Try your hand at jewellery making, quilting and felting among other things.

A small fee is payable.

Contact **Lesley** for more details
on: **07775 538875**

CROSSROADS CARE UPDATE

A very Happy New Year to you, from all of us here at Crossroads Care.

We were extremely busy in 2015 and are now looking forward to a busy 2016. We currently support over 570 families across the Bay with our enabling services' support, advocacy, and information; as well as drop-ins and regular groups at The Olive Carers Centre. Please ring us on: **(01803) 323510** for one of our events lists.

If you are a grandparent who cares for your grandchild because of a parent's illness or disability, we now run a regular lunch time group you can join. If you are interested in family history, we hold a popular Ancestry Club that you can attend. We can also help you improve your IT skills, so get up to date with one of our courses, or a 1-2-1 session. You can also receive free legal advice at our regular workshops.

We have been fortunate to obtain funding from the Carers Trust, Comic Relief and The Big Lottery in 2015. It's our aim to continue to help you this year with their support.

So how can we help? If you are over 55 and need help to work out your benefits or entitlements; if you are isolated and find it hard

to make connections in your local community; if you are lonely; frustrated with services, or need a pair of helping hands, then please get in touch. Hopefully we can offer support; you deserve to have the care you give reciprocated. Call us – we care.

So what New Year resolutions have you made? I really hope it is to look after yourself more, to put your needs in the forefront and maybe work on doing something special each week. If you are stuck with how to do this, give us a ring. Maybe we can help direct you to a new hobby, or rekindle an old one. We are a small friendly team: myself, Julie, John and Steph, providing enabling and advocacy support. John also provides entitlement advice for the over 55's. Chrissie is Co-ordinating Circles of Support for isolated Carers over 55. Jess is our Volunteer Co-ordinator/fundraiser, and works on project bids. Steph oversees project work and Lisa provides us with admin support. We have 57 volunteers as well as our team. Please give us a ring to see how we can help you.

Hope to see you soon

Best Wishes

Pennie Evans, Manager Crossroads Care

EASTER COFFEE MORNING

Our annual Easter Coffee morning will take place on:

Wednesday 23rd March: 10.30am - 1pm
with the Easter raffle taking place at **12pm**.

Please come and join the staff and volunteers at Crossroads Care for a cup of coffee and a delicious slice of cake. These events are always well attended and it is lovely to see so many Carers at these coffee mornings.



TORBAY CARER EVALUATORS

Torbay Carers Services employs a team of Carer Evaluators who conduct surveys and evaluations on behalf of Torbay and South Devon NHS Foundation Trust. They each have a great deal of caring experience, which gives them the ability to empathise with the people they interview. Over recent years the Carer Evaluators have worked on a range of evaluations. They are currently assessing the experience of Carers in Torbay Hospital and the community hospitals. You may recognise some of their faces as they have played an active role in the "If You Weren't There Who Would Care" campaign, rolled out across both Sainsbury's sites in Torquay and Paignton, and most recently Torbay Hospital.

A brief introduction to the Carer Evaluators and their photos appear below:



Pat Goss

“ After being a Carer for many years I joined the team of Carer Evaluators. Having the opportunity to make a difference to Carers lives has been a privilege.”



Elaine Dyke

“ I was a Carer for my husband for 35 years. When he died I appealed to my C.S.W. for help to find myself again. I was then introduced to Katy Heard and told about Carers Evaluators. I have been lucky to be part of the team ever since.”



Lynn Fox

“ I have looked after children with challenging behaviour and also my husband, who had bowel cancer. After his death, I became a volunteer at Rowcroft and I've been there nearly eight years. I'm a Rotarian helping in the community and a Carer Evaluator. I love all my roles.”



Dene Johns

“ I have been a Carer Evaluator since 2009 and I enjoy helping to make a difference to Carers lives. I also care for a daughter with severe Learning Disabilities and I am a member of a crafting and stitching club. This year we are raising money for Memory Cafes.”



Rose Coulton

“ I looked after my mother who had dementia for 6 years, the most difficult thing but so right for us both. I have been employed by The Youth Enquiry Service since 1998, a charity offering support to young people aged 11 - 25, with time off while caring for mum. I joined the Carers Evaluation team in 2010 in an effort to help make Carers' lives easier.”



Kevin Dixon

“ I cared for my mother, mother-in-law and husband and as a result, become a Carer Evaluator in 2009. I have helped to raise the profile of Family Carers, and have evaluated services for Young Adult Carers, the Health Trainers, Carers Breaks and many others. I am involved in Carer Awareness Training and I work in Torbay Hospital to help to identify and support Carers. I love my job, and feel honoured to be an Evaluator.”



Diana Sibley

“ I am currently Chair of Healthwatch Torbay, Chair of South West Citizens Assembly for the NHS Senate, Trustee of Torbay Community Development Trust and Committee member of Torbay Inter Faith & Belief Forum. I have been a Carer Evaluator since 2010.”

NEW APPOINTMENTS

SIGHT LOSS ADVISER FOR TORBAY HOSPITAL

Action for Blind People, part of the Royal National Institute of Blind People (R.N.I.B) has teamed up with Torbay Hospital to provide a sight loss adviser offering practical and emotional support to people who are losing their sight.

The service, provided by Action, will ensure that anyone who is diagnosed with sight loss can access the support they need to maintain their independence. The role, known as the Eye Clinic Liaison Officer (E.C.L.O) is also available to Carers, relatives or anyone who is affected by sight loss. Phil Smith has been appointed to the post and he is based at the eye clinic, providing timely information and advice. The role has been secured as part of the R.N.I.B's aim for each eye clinic in the U.K to have access to a qualified sight loss adviser.

Action also runs 'Living With Sight Loss' courses in Torbay. These courses provide further information

about available services; often with speakers calling in to meet the groups. These confidence building courses are also open to Carers of visually impaired people. If you are interested in attending the above course, you can contact the Action team in Exeter who can provide further details on: **(01392) 458060**.

Phil Smith, E.C.L.O can be contacted on: **07912 999061**



Phil Smith (Centre)

MADDIE WRIGHT

Identifying Carers at an early stage can be critical, especially when planning someone's hospital stay. This is where volunteer Carer Advisor Maddie Wright can help. Acting on referrals from Torbay Hospital's pre-assessment clinic, where patients and their Carers come in to discuss future surgeries, Maddie offers advice about the Carers Register and the wide range of support available for Carers locally. She can offer help with completing the Carers Register form if needed.

Maddie says "My Carers really welcome having someone to ask after them, as usually the focus is on the patient. Sometimes it's the Carer who is the person coming in for surgery. Having a friendly conversation about what's available in advance can avoid future problems occurring."

Maddie's support will soon be extended to Torbay Hospital's Eye Clinic (supporting Phil Smith's Carers as above). This is another area where previously unknown Carers can be identified and offered help. We'll be watching this space...



Maddie Wright

JULIE MOSELEY

Hi, I'm Julie. I recently joined the Young Adult Carers Team and I look forward to being part of the great service that the team provide.

I have previously worked for Torbay Council, as part of the team that set up Riviera Housing Trust. I have experience in benefits and housing matters and have worked with many different agencies. I would like to use this experience to help Young Adult Carers, where guidance and advice may be needed in sometimes confusing and stressful situations. I look forward to meeting you in due course.

Julie Moseley - Young Adult Carer Support Worker



Julie Moseley

YOUNG CARERS SUPPORT ACROSS THE BAY

Sometimes it's really hard for Young Carers to access the support they need across the Bay, so Torbay Young Carers Service has started to visit each of the towns on a regular basis.

Support is now available in:

Brixham: 5:30pm – 7:00pm

First Tuesday of the Month

6th October, 3rd November, 1st December, 5th January

Venue: United Reformed Church, New Road, Brixham. TQ5 8NE

Paignton: 5:30pm – 7:00pm

Third Thursday of the Month

19th November, 17th December, 21st January

Venue: Parkfield Old House, Esplanade Road, Paignton. TQ3 2NR

Torquay: 10:30am – 12:00pm

Every other Saturday

14th November, 28th November, 12th December, 9th January, 23rd January

Venue: Chilled Out, Belgrave Road, Torquay. TQ2 5HP



At our 'drop-ins' there is the opportunity to meet others in similar situations. There are music workshops, games and arts and crafts activities etc. Young Carers are free to come to any of the 'drop-ins'.

The 'drop-ins' have been supported by contributions from BMAD, Torbay Majors Fund, Paignton Carnival and Brixham Trawler Race Association.

If anyone wishes to attend, but finds transport difficult, we may be able to help. For more information about the support offered by the Torbay Young Carers Service, please call the team on: **(01803) 208657**, or email: youngcarers@torbay.gov.uk

Andrew Wright
Young Carers Support Worker

WALKING TALL WITH THE TALLSHIPS TRUST

Over the past four years Young Adult Carers have been given the opportunity to take part in a sailing activity with the Tallships Trust. This year however, we took part in the Tallships Trusts, Walking Tall Project, with a week on board a BT Challenger Yacht with a crew of four to help us with the workings of a racing yacht. I often have the opportunity to take part in various activities that enable young adults to gain confidence and self-esteem, but I can honestly say that this activity has to rate as one of the best.

Although the young people all share a common role, they all have very different lives and backgrounds and this was a great opportunity for them to make new friends and have a great life experience. With the support of the crew, they were able to come together, support each other and grow in confidence - the memories will last a lifetime!

thanks to Chas and the Tallships Trust and Richard Peyton-Jones of the Sidbury Trust for making this activity happen and to Crossroads Care and MENCAP for their support with transport to and from Portsmouth.

Dave Baker
Young Adult Carer Support Worker

Tallships Diary Day 1

Met with the crew and settled into bunks. We learnt how to tie a clove hitch and stopper knot, oxo tie, and bowlines, before leaving Portsmouth harbour. As we left the sun shone and we had a lovely cruise down to Lymington where we stayed overnight and had a walk around the town.





Day 2

Everyone was up early, feeling rested and upbeat for the day ahead. Plans were made to head to Alderney. We worked in teams to raise the Yankee sail and mainsail, setting off at a good speed with a strong wind, all looking forward to the journey.

Three hours later, some of us were feeling a little seasick and looking the worse for wear! As a result plans were changed and we headed for Poole, where we docked for the night and explored the harbour facilities.

Day 3

Waking early we ate our bacon butties and set off for Weymouth, crossing over a live firing range! One Carer reported our position and intention via radio with the Royal Navy near Lulworth Cove. Before entering Weymouth harbour we learnt 'man overboard' manoeuvres and took part in a few dummy runs, which didn't go too smoothly. Some of the crew tried climbing to the top of the mast, although nobody actually made it, but were hauled up to take in the view. The evening was spent chatting, making paper boats and using them to learn the rules of the sea. We then raced the boats in the harbour; most of Weymouth must have heard us!

Day 4

We were up and ready to go after a good breakfast. We had a busy time with the skipper and crew who gave out the orders and we had a go at hoisting the main sail and yankee with little input from the crew. We also hoisted the goose wing and it was great to see the sails fill with the wind. Everyone had an opportunity to steer the yacht. Today we sailed with the wind allowing us to ride the waves and head to our new destination at Studland beach. Time was spent on deck enjoying the scenery and helping to blow up the dingy. Once ashore, the boys played football and nearly everyone went swimming. We also walked along the coast to gain a better view toward Big Harry and the Needles. We had a party on the beach before heading back to the yacht for a late supper of chilli and rice, followed by games and watching a firework display in the distance. We then learnt manoeuvres ready for the next day's night challenge.

Day 5 - Last Day

Most seemed a little tired and had a lie in today, but it didn't stop them jumping off the boat and climbing the rope attached to the goose wing! Once the fun subsided, we headed toward the mouth of

the Solent whilst tidying up the sails from yesterday. We then had time to chat and sunbath on deck listening to music and taking in the view. We arrived and moored in time for lunch at Hurst Castle, which was built as one of Henry VIII's Defence Forts, positioned at the end of a long shingle spit at the west end of the Solent to guard the approaches to Southampton.

After lunch we visited the fort and chilled on the shingle beach, then headed back to the Challenger for our tea and navigation training, before the start of our final journey back to Portsmouth.

Everyone was excited to take part in the night navigation along the Solent through to Portsmouth, using the navigation skills learnt earlier that evening. The first watch were up on deck and ready to go with their coordinates charted; we set off on their planned route to the destination point. The second team then took over the final navigation to arrive and moor outside Portsmouth Harbour. With a clear sky and little wind everyone enjoyed the time on deck, allowing for some reflection on the past week's events.

All in all a fantastic week, great ship and amazing crew and I believe everyone learnt something new and made new friends whilst doing so. I am sure they will remember this experience for the rest of their lives!

This was a great way to end a fabulous week.

A big "THANK YOU" goes out to all those who made this happen.



Dave Baker

Young Adult Carer Support Worker
(01803) 208455
email: yac.tct@nhs.net

CARERS NOTICEBOARD

"TIME OUT"

For Chilcote and Brunel Carers

We meet on the third Thursday of every month

1:45pm - 4:15pm

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

Thursday 21st January 2016

Colin Vosper - 'Labrador Bay and Shaldon'

Thursday 18th February 2016

Rick Allbrook - 'My Guide'. Training guide dogs to assist people who are blind or visually impaired.

Thursday 17th March 2016

Jal will be giving us the opportunity to do some more beading. There will be a suggested donation for this event.

Thursday 21st April 2016

Carol Stephens -

'My Life Afloat-Adventures aboard a Canal Boat'.

For More Information, Contact

Amanda at Chilcote Surgery : (01803) 316333

Michele at Brunel Medical Practice : (01803) 312233

TORBAY MID-AGE CARERS GROUP

14th January

Post Christmas catch-up, meeting at
The Inn on the Quay, Goodrington

11th February

Bowling at AMF

10th March

Visit to China Blue to look around the shop, have a tea/ coffee and then paint a ceramic figure of your choice.
Very relaxing!

14th April

Babbacombe Cliff Railway (£2.00 return) and then tea/ coffee in the railway cafe

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

TORBAY OLDER FAMILY CARERS

Meet at Jasmyn House, Midvale Road, Paignton

10:30am - 12:00pm

2nd Wednesday of every month

An opportunity for people aged 60+, caring for a family member with a learning disability, to meet for a chat over a cup of tea and a cream cake.

Regular speakers and information relating to learning disability.

For further information contact Caroline Saunders
(01803) 210720

caroline.saunders@mencap.org.uk
or call into:

The Carers Centre, Paignton Library,
Friday mornings between 9.30am – 12.30pm



mencap
The voice of learning disability

RIVIERA CARERS GROUP

One of the oldest established Mental Health Carer Support Groups in Devon
We've found a new home

Now at 1st Floor Offices, The Cottage Café,
5 Lymington Road, Torquay. TQ1 4AZ
(opposite Torquay Library)

Every fortnight on Thursdays
between 2-4pm

A warm welcome is guaranteed, friendly support and a listening ear with a sympathetic approach, by people who have 'lived with experience' in mental health matters.

To find out more please contact John Davidson,
Mental Health Carer Support, on:
(01803) 214597 or mobile: **07909 873275**, or
email: **johndavidson1@nhs.net**

Looking forward to meeting old and new friends!

PAIGNTON CARERS FORUM

Paignton Library, The Drummond Suite,
1st Floor

10:30am - 12:30pm

Tuesday 16th February 2016

If you have any queries, please contact
Gary Palmer on: **(01803) 547003**

Torquay Carers Group

Meet at the **Olive Carers Centre,**
Victoria Park Road Torquay
Second Monday of every month

2:30pm - 4:00pm | £2.00 per head

8th February

Trevor Badcott

Magic Lantern Show - 'A tour of Devon circa 1990'

14th March

Sarah Bickley - *The work of Healthwatch*

11th April

Bowling at AMF - *Details to follow*

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

Paignton Carers Group

Meet at the **Paignton Carers Centre, Paignton**
Library on the last Thursday of every month
2.30pm-4.00pm | £2.00 per head

28th January

Post Christmas drink and catch up

25th February

Trevor Badcott:

Magic Lantern Show - 'A tour of Devon circa 1990'

30th March

Sarah Bickley: *The work of Healthwatch*

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

PUB QUIZ DATES

At the *Chelston Manor*, Old Mill Road, Torquay

Monday 1st February & Monday 4th April

Charity Fundraisers for Crossroads Care
Raffle and prizes on the night
All events start at 7pm

Come along with friends and family.

Help Crossroads Care continue to offer free practical
and emotional support to anyone who is an unpaid
Carer - those who look after someone who is disabled,
ill or elderly within Torbay.

For more information, please contact:
(01803) 323510

Carers @ The Park

Coffee Mornings

2nd Thursday of every month at the
Park Hotel, The Esplanade, Paignton

11th February, 10th March, 14th April
10.30am - 12.00pm
£1.50 per head

Afternoon Teas

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

19th February, 18th March, 15th April
2.30pm - 4.00pm
(no raffle but a charge will be made for drinks)

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

Does your friend, family member, partner or someone close to you use drugs or alcohol?

*We can offer you some support with someone to talk to
who understands your situation*



Phone support (01803) 291129

Drop in sessions for a coffee/
tea and informal chat

Group meetings of friends and
families in the same situation

Structured courses and info

Confidential 1-2-1 sessions

Come along to our **weekly 'drop-in' for an informal chat** and
some information at Shrublands House, 8 Morgan Avenue
Torquay, TQ2 5RS. **Every Wednesday 3-5pm** (appointments
outside of these hours by prior arrangement)

For more information or to talk please contact
Friends and Family Support on **(01803) 291129**

(answerphone out of hours, someone will call you back, please leave your name and contact number as well as a
good time to call)

'I'd like to make more friends...I'd like to find a new purpose in life...I'd like to feel more in control of my life.'

Just a few of the many comments we've heard from people across the Bay faced with difficult challenges; Torbay Navigators are aiming to respond to them.

The Torbay Navigators Project sees the **British Red Cross** working together with Age UK Torbay to help people over 50 in Torquay and Paignton navigate their way through challenging life changes towards an improved sense of well-being. This might be a personal crisis or transition such as bereavement, recovery from illness, or change of circumstances - such as becoming a Carer, or a change in your caring role.

People are helped to identify and achieve their personal goals towards increased social connections, independence and better financial health, with a Red Cross trained volunteer providing support for up to 3 months.

The aim is to help people regain their confidence in order to play a full part in life. For example,

joining in community activities, or perhaps taking on volunteer roles.

Laura Crichton, the Torbay Navigators Project Service Manager, says:

'Many people live alone without the support of family or friends and can very quickly become isolated. This project is about listening to what each individual tells us and exploring what support we can provide to enable them to make positive changes in their lives. By providing personal support our trained volunteers can help individuals find a way to an improved sense of wellbeing and quality of life and prevent longer-term social or health problems developing.'

If you think that the Red Cross Navigators could help you, or somebody you know – a family member, friend or neighbour, **OR** If you'd like to find out more as a potential volunteer call us on:

(01803) 321247

or email: torbay@redcross.org.uk



LOTTERY FUNDED



GET UP AND GO

Published as part of Older People's Day, the Get Up and GO booklet tackles common myths about falling and how to stay healthy and independent in later life.

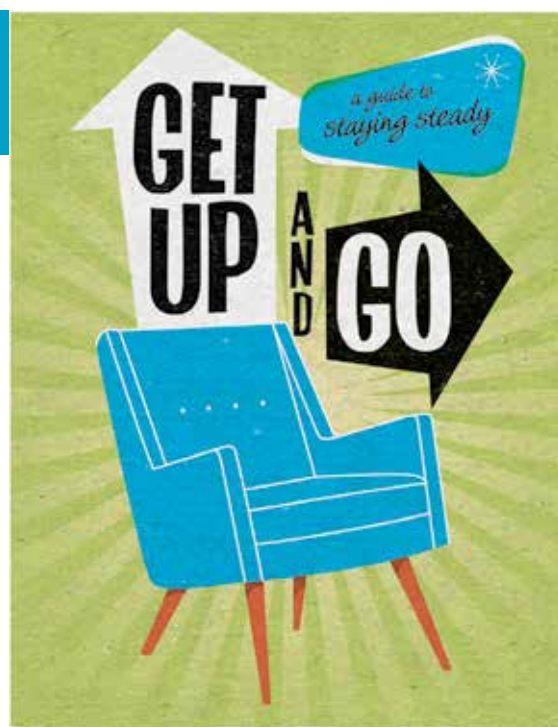
A checklist helps you to decide whether you're at risk and there's plenty of advice on how you can reduce your chances of having a fall by improving your balance, muscle strength and more.

The booklet has been produced by the Chartered Society of Physiotherapists with Saga and Public Health England.

Free copies are available by phoning **0800 056 1057**.

Torbay and South Devon NHS Foundation Trust have a falls prevention lead, Jane Reddaway, who can be contacted on:

(01803) 219745, if you have any particular questions about falls. You can also access free 12-week NHS strength and balance classes, available across the Trust.



DRY JANUARY



New Year's resolution on the back burner? Need inspiration? Could you give up alcohol for a month in 2016?

ALCOHOL CONCERN FACTS

'Liver disease is the only major cause of mortality and morbidity which is on the increase in England'. 'Alcohol is a casual factor in more than 60 medical conditions'. 'The number of older people between the ages of 60 and 74 admitted to hospitals in England with mental and behavioural disorders associated with alcohol use has risen by 94%'. 'Alcohol misuse costs England around £12bn per year partially productivity costs' (General Lifestyle Survey 2011).

If there are health behaviours that you find unhelpful, why not book into see a Health Trainer, who can teach you techniques to make the changes required. We look at a person's triggers and support you to recognise your own

solutions.

Please ring: - **0300 456 1006** and ask to speak to **Dee Allbrook** for further information.

So back to Dry January, you don't have to make a resolution on January 1st you can start at any point. By sharing this endeavour you're more likely to get support from friends, ditch the doubters, and maybe get sponsorship. Dry January is an idea from Alcohol Concern, so you will be supporting a registered Charity no: (291705). You can do this in a number of ways; by either posting a cheque to Alcohol Concern, 25 Corsham Street, London. N1 6DR or by signing up here:

www.alcoholconcern.org.uk/what-we-do/campaigns/dry-january

Finally if you are drinking above 35 units per week for a woman/ 50 units for a man, then you need to get further assistance. Please contact: **Torbay Alcohol Service** on: **(01803) 604334**.

NEW CO-ORDIN8 SCRAP STORE

Co-ordin8
Enabling People



Do You Like To: Design It, Cut It, Stitch It, Glue It, Fix It, Recycle It, Make It?

If the answer is 'yes' to any of the above, then maybe you should go to the 'Ali-Way' scrap store.

What is a scrap store? Clean, recycled and new materials from local residents and businesses for use in art and craft projects.

Some of the fastest growing pastimes are indoor crafts, for example card making and needlecrafts. As a result popular retail outlets have developed, selling an array of crafting materials at ever increasing prices. Solution...go to 'Ali-Way'! This is Brixham's new scrap store, the only one in the Bay.

The store has been set up by Jenny Aherne, who says: "The new store has ample parking and offers a selection of craft materials from various

sources that would otherwise have ended up in landfill. As a result Ali-Way is able to offer these at minimal prices. We also run scrap workshops for children and young people around the Bay, in order to promote recycling and creativity. Run by volunteers from the local community, including people with learning difficulties, Ali-Way operates as a non-profit making and community interest company."



Please visit us if you are in the area and in need of some crafty materials.

Ali-Way , Unit 6, Business Units, Rea Barn Road, Brixham. TQ5 9DF

Opening Hours: Thursdays 10am - 2pm

Contact Tel: **07917 002805 / 07757 471207**

Ali-Way is supported by Torbay Council, Mencap (Torbay Branch) and MVV Environment.

NEW COURSES AT SOUTH DEVON COLLEGE

ADULT & COMMUNITY LEARNING

South Devon College Adult and Community Learning (ACL) are offering a variety of exciting opportunities from recreational courses through to qualifications. A range of recreational programmes have been created for Carers including craft, art and well-being courses. There is the opportunity to attend a two hour 'taster' session followed by a five week course in a range of activities. If you attend one of these five week courses then we are able to offer you a 20% discount off course fees for any recreational course publicised in the autumn term 2016 ACL brochure. To enquire about further courses with South Devon College Adult and Community Learning, please contact ACL Paignton on **(01803) 540770**.

***To apply for the new courses:** *Yogalates, Silk Painting or Creative Crafts*, please complete the application form in the enclosed Carers

Education Brochure, or you can apply online at:

www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers



FREE qualification courses are also available in IT, English, maths, employability, volunteering, well-being, advice & guidance and mentoring. These courses range in length with some opportunity to study via distance learning for maths, english and well-being. To view the courses available online please see the online shop at: **shop.southdevon.ac.uk**



For more information on qualification courses see **www.southdevon.ac.uk/adults** or please contact the Helpzone on: **08000 380123**



Carers Workshops at the Olive Carers Centre

For further information, please call: **(01803) 323510**

Legal Workshops

These sessions are offered by professionals from Wollen Micheltmore, who kindly donate their time to advise Carers on three areas of law. Edward Lee offers advice on Wills and Power of Attorney. Mark Stokes whose area is housing, tenancies, debt and general litigation and Jaqueline Green, who specialises in Family law. These sessions are bookable by calling Crossroads Care and are free of charge to Carers.

Monday 25th January 2016: 2:00 - 4:00pm - Family Law

Monday 21st March 2016: 2.00pm-4.00pm - Housing, debt and general litigation

CROSS ROADS CARE

The Olive Carers Centre
St Edmunds
Victoria Park Road
TORQUAY
TQ1 3QH
(01803) 323510
torbayadmin@crossroadscare.org.uk

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