

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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Deadline for the April edition is
Friday 17th February 2017

Hello and Welcome..

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

Thanks go to Helen Elliott (Carer) who sent in her insightful letter about 'rest' (P2). Something so simple and yet we often lose sight of the need for rest and just keep going until our bodies come to a grinding halt. I hope that we can all factor some much deserved 'rest' into our busy 2017 schedules!

We have pleasure in providing you with an updated 'pull out' of your local GP based Carer Support Workers and specialist CSW's (P3). It's always helpful to have a 'friendly face' to look out for when you have any Carer related questions.

A big thank you also goes to everyone who attended the Carers Consultation on November 10th and the planning meeting in September. Some of your feedback is shared on (P5) and all feedback has been collated and fed back to the CCG; the results will be published soon. We have also made headway at Torbay Hospital, where the new Level 4 entrance will be opened in February, with an information point for family, Carers and friends (P5).

Don't forget to take a look at the various groups that will meet in the New Year – Torbay Older Family Carers (P7), Torbay Deaf & Hard of Hearing (P8), Brixham Blind Club (P9) and other activities and meetings available to Carers on (P12, 13, & 14).

Stop press... here's your opportunity to nominate a Carer, group, or former Carer who has gone above and beyond their individual caring role, for the benefit of other Carers: the Carers Blue Shield Awards will take place in March 2017 and nominations close on **Friday the 10th of February**, more details on page (P8 & 9).

Finally, we enclose our Education Brochure for January to June 2017, there are some new courses highlighted. Why not take the opportunity to dip you toe in and try something new!

Wishing you well for 2017

Natalie Townsend - On behalf of Carers Services.

Coming in April's edition:

- New Model of Care Consultation Outcome
- National Carers Strategy
- National Carers Survey Local
- Recent Evaluations

Contact us c/o Signposts for Carers

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



LETTER FROM A CARER

REST ASSURED

I have found that in the battles of life, that there is one indispensable weapon: **rest**.

In years gone by, I thought that rest was something you did when you were completely spent of resources. Now I understand that rest is what you do, to STOP yourself becoming completely spent of resources.

I learnt this the hard way. Going through chemo a few years ago taught me the necessity of pacing; resting before, during AND after. In fact, I still need to pace myself today.

I don't always get this right - like most of us, I still erroneously believe myself to be invincible at times. But when I DO use this weapon effectively, and on time, I find battles are often fought better, won, or not needing to be engaged in at all.

I hope this can be your experience too!

Helen Elliott (Carer)

BOOK REVIEW

by Samantha Little

"Welcome the cosy evenings of Winter?"

LITTLEJOHN'S LOST WORLD

Richard Littlejohn

(ISBN: 9780099569283 Arrow, 2014)

A nostalgic journey through 1950s and 60s Britain. Journalist Richard Littlejohn revisits his childhood, retracing the footsteps of a 'typical' post-war youth from primary school in Peterborough, via football matches and 'Top of the Form' to the Isle of Wight Festival, finding a changed country along the way.

Full of evocative reminiscences – can you remember the first pop record you purchased, or believe that a long distance telephone call had to be booked in advance? This memoir is a real page-turner, which guarantees a soporific wallow in the past, whether reliving this era or discovering it.

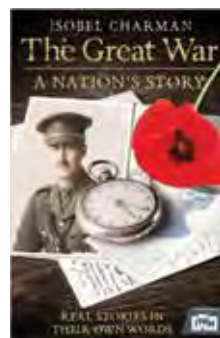


THE GREAT WAR – A NATION'S STORY. In the Words of Those Who Were There

Isobel Charman

(ISBN: 9780099591252 Arrow/ Imperial War Museum (2014))

The story of the Great War, as seen through the diaries and letters of ordinary people, describing life on the Home Front and among the trenches in France. A haunting and unique description of the years 1914-1918.



The conflict gradually becomes the background, letting the voices of the many diarists and correspondents shine through. Particularly interesting are the writers Kate Parry Frye, a suffragette and feminist, who marries and discovers that concern for her soldier husband lies uneasy with her beliefs; the Reverend Andrew Clark, vicar of a parish in the path of Zeppelin raids; and Hallie Eustace Miles, early jazz lover and proprietor of a vegetarian restaurant, who becomes a Government adviser.

YOUR CARER SUPPORT WORKERS

"keep this page handy"



Sally Corbishley

Chelston Hall:
(01803) 605359
(Mon & Thurs pm)
Pembroke:
(01803) 553558
(Tues & Fri)



Val Shute

Corner Place Surgery:
(01803) 557458 (Mon)
Mayfield Surgery:
(01803) 558257 (Fri)
Barton Surgery:
(01803) 323761 (Tues)



Lynne Healey

Croft Hall:
(01803) 298441 (Tues)
Southover:
(01803) 327100 (Wed)
Parkhill:
(01803) 212489 (Mon)



Roselyn Vian

Withycome Lodge:
(01803) 525525 (Mon)
Old Farm:
(01803) 556403 (Wed)
Pembroke Surgery:
(01803) 553558
(Tues & Thurs)



Lesley Bill

Brunel Medical
Practice:
(01803) 312233
(Thurs)



Caroline Saunders

CherryBrook
Medical Centre:
07732 034800
(Mon/Wed am)

NEW
CARER
SUPPORT
WORKER

Starting Soon!

St Lukes Medical Centre:
(01803) 852731 (Tues)
Greenswood Surgery:
(01803) 853153 (Fri)



Mary Squire

Compass House:
(01803) 855897
(Tues pm)



Michele Glanfield

Brunel Medical Practice:
(01803) 312233
(Mon/Thur)



Amanda Thomas

Chilcote Surgery:
(01803) 316333
(Tues & Wed)

Specialist Carer Support Workers



John Davidson

Mental Health
Chadwell
(07909) 873275
(Mon - Fri)



Sera Blewitt-Gilbert

Mental Health
Chadwell
(03005) 555000
(Mon - Fri)



Paul Stewart

Substance Misuse
Shrublands
(01803) 291129
(Mon - Fri)



Steve Black

Torbay Hospital
(01803) 654747
(Mon - Fri)



Ele Morgan

Older People's Mental
Health Chadwell
(01803) 546470
(Mon - Fri)



Dave Baker

Mental Health
Chadwell
(03005) 555000
(Mon & Tues)



In this edition, we are highlighting Industrial Injuries Disablement Benefit (IIDB), a relatively little publicised source of financial support administered by the Department for Work and Pensions (DWP). This scheme should not be confused with the process of seeking compensation from a negligent employer through the civil courts.

The IIDB scheme is based on the principle of whether a person has suffered an 'accident' or contracted a 'prescribed disease' whilst in employment. It's important to claim carefully to avoid problems. Example: Tina was employed in the care sector, but after 25 years she developed chronic and disabling back pain. However, 'wear and tear' is not a prescribed disease, so Tina's claim would be unlikely to succeed. Had Tina's disablement been caused by a single accident, for example, by tripping and falling on the stairs at a client's home, her claim might have succeeded.

The law lists about 70 prescribed diseases and many of these are associated with industrial occupations - but not all. For example, there is 'task specific focal dystonia of the hand or forearm' (writer's cramp), so study the list carefully.

Some points to bear in mind:

- An injury may be temporary or permanent
- Claimants must have been employed (not self-employed) at the time of the accident or the trigger for the disease
- Some accidents can qualify even if they occurred away from the workplace
- There is no time limit for making a claim. You might have had an accident, or been exposed to an injurious process many years ago, but have only now realised your disablement originated from that time in your career
- IIDB cannot be claimed for the first 15 weeks following an accident, but there is no

waiting time for a prescribed disease, once your diagnosis is confirmed.

- Basic IIDB is calculated and awarded tax free on a scale ranging from 20% (minimum threshold), payable at £33.60 per week, to 100% disablement at £168.00
- A successful claim relies on good evidence from the claimant, but there is also a medical assessment to ascertain the degree of disablement
- IIDB is paid on top of other disability benefits such as Personal Independence Payment, Attendance Allowance, and State Retirement Pension
- Any IIDB award will negatively affect means-tested benefits, such as Pension Credit, Universal Credit, Income Support, income-based Employment and Support Allowance, Housing Benefit, Council Tax support, etc. So, seek independent advice before claiming.

Detailed information, including how to claim, can be found here: <http://tinyurl.com/h4ms299>

COUNCIL TAX SUPPORT – CLARIFICATION

In the last money article, it was stated that the 25% discount (disregarded people) applied to each Carer if all the other rules were met. However, it was insufficiently emphasised that this concession applies only to Carers looking after different people. For example, two Carers, providing care for disabled parents or two disabled children. The article should be read in conjunction with the detailed Carers UK factsheet, 'Help with Council Tax':

<http://tinyurl.com/hybsbz5>

The charity, Contact-a-Family also publish a guide for those caring for children with disabilities:

<http://tinyurl.com/gnb4sfq>

CARE CLOSER TO HOME

CARERS' CONSULTATION ABOUT THE NEW MODEL OF CARE

A big thank you to all of you who turned up to the Carers Consultation meeting on November 10th or to the planning day on 20th September, or for completing the Carers Survey Monkey about 'Care Closer to Home'. All the feedback was collated by Healthwatch and fed back to the CCG, and the results of the whole consultation will be published soon. Carers Services also did a paper collating your feedback, so I thought I would let you know some of your key themes.

'Care Closer to Home' means supporting people in their own home or receiving services as close to home as possible, rather than in hospital. You felt that there were both positives and negatives about the plans, and felt that the positives would only happen if services were properly funded, because there would be increased pressure on Carers unless they were properly supported. Those who had used Intermediate Care (short-term intensive rehabilitative support) had found it useful.

You felt that having support in the home was much better than having to travel to the hospital for appointments, but worried about some services (such as minor injury units) being further from home. People worried about coordinating lots of home visits, and some felt that having staff coming in might be very intrusive. You said that domiciliary care and short breaks need to be increased, in order to avoid both you and the person you care for ending up in crisis. Many felt that Direct Payments (where people are given their budget to manage themselves) should be promoted and properly supported.

You said that Carers should be identified as early as possible and that Carers Assessments are very important to help work out what support will work best for you. You want support on the end of the phone whenever you need it, including evenings and weekends, and feel that Health and Social Care (including their IT) should be better coordinated. You also said that there are not enough services for younger adults (between 25 - 50).

All the issues which you raised have been fed into the consultation, and we will ensure that they are a key part of the meetings which plan the future services. You had so many suggestions about improvements, that we can't include them all here, but will let you know what we are working on, in future Signposts. A few of you also agreed to be actively involved in being 'The Carers Voice' for the new model of care, so if anyone reading this is interested in joining us, please e-mail Katy on: katy.heard@nhs.net or ring signposts on:

(01803) 666620 - THANK YOU!

TORBAY HOSPITAL New Front Entrance

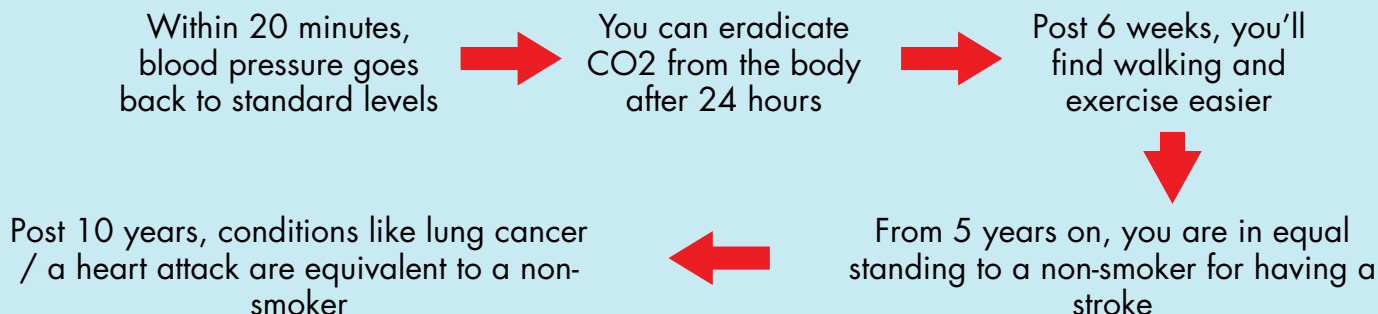
Just to keep you updated that the new Level 4 entrance is due to open at the end of February, as well as the main reception/hospital information point. Due to Carers' feedback in 2014, there will now also be an information point for family, Carers and friends. It will initially be staffed Mon – Fri 9am -5pm, and some of the time by our very own Jayne Morris, Signposts Information Officer. The on-going staffing times will be determined by the times it is most used. There will also be public-access computers, some at wheelchair height.

The hospital also listened to Carers' feedback about keeping the site as level as possible as it created some challenges; but there are no steps inside and it's as level as possible outside. There is a free cash machine, seating for those awaiting transport, including spaces for wheelchairs, and two bookable rooms for private conversations. They haven't put in a water machine, but the new larger café will give water on request. The 'Wayfinders' who direct people, have been a great asset based on Level 2 Outpatients and will also have a presence at Level 4. I am sure there will be a bit of a 'bedding-in period' but it's so great that Carers are now seen as an integral part of the Hospital. Thanks to all of you who gave your feedback – it works!

Katy Heard | Carers and Volunteers Lead

SAY GOODBYE TO SMOKING FOR GOOD IN 2017

DO YOU FEEL THAT YOU'VE SMOKED FOR TOO LONG FOR IT TO MAKE A DIFFERENCE IF YOU QUIT NOW?



GIVING UP SMOKING CAN BE LIKE PADDLE BOARDING, LOOK AT THE WAVES

When learning a new sport, it takes commitment to master the technique and it's the same when you stop smoking. You have to be organised and stick with it.

Trying in a safe environment first will help you hone your skills and build your confidence. With the lifestyles teams techniques you're 4 times more likely to quite (you're in that safe environment).



Something new like paddle boarding can be a welcome distraction to smoking, as can other hobbies; it relieves boredom, and you're less likely to find time for the old habit.

You may fall off a board 5/6 times but practice makes perfect. You learn as you go.

You'll find times when trying is turbulent but in calmer waters, you'll regain momentum, you can re-access us during the hard times.

LET'S DISPEL THE MYTH THAT YOU CAN STOP THROUGH WILLPOWER

Nicotine triggers receptors in the brain, the equivalent are drugs like cocaine or heroin, receptors alight due to the drug. If you remove the drug, the brain misses the effect. No person is the same, the desire for nicotine can disappear in a day or up to four weeks. People quickly become addicted and keep buying more. Most smokers want to quit, but few succeed without help due to the social acceptance of smoking, compared to other drugs. Once you understand it's more than just willpower, you can find ways to beat the cravings. Making a diary to identify triggers can be a practical solution and the time of day can determine the nicotine replacement therapy used. Smoking causes a fifth of all deaths and tobacco is responsible for more deaths than alcohol, obesity, road traffic accidents, suicide and illegal drugs put together.

A very good reason to stop smoking can be to reduce the effect that chemicals within cigarettes have on the coronary arteries. As you smoke, a sticky substance called plaque builds up in blood vessels. Over time plaque hardens and the body, brain and heart are depleted of oxygen, increasing your chances of having a heart attack X 10.

The Lifestyles Team, provides a bespoke service tailored to meet your needs and to help you make the necessary behavioural changes. We offer free nicotine replacement services. This can include face to face, drop-ins, telephone support and texting. Call the Healthy Lifestyles Team on: **0300 456 1006** for help with stopping - you are 4 X's more likely to quit!

Age UK Torbay and Brixham Does Care are working together to support the Ageing Well Torbay Programme.

Wellbeing Torbay is part of Ageing Well Torbay funded by the Lottery and is a service that supports people over the age of 50 who are lonely, isolated and possibly living with a health condition. We link with many organisations and the NHS including Healthy Lifestyles and the Sensory Team and many more.

Since we started in July 2016, we have received over 120 referrals and 74% of people have said we are already making a positive difference to their lives.

How does it work? The focus is on the people, their stories, their needs and aspirations. We recognise that everyone is different, so our response varies from person to person, but Wellbeing Torbay will:

- Visit people in their own home (if required)
- Have a guided conversation that supports individuals own goals.
- Support people to live their lives the way they want to, to the best of their ability.

Self-referrals are welcome. Please phone to find out more.

Volunteer Opportunity: Wellbeing Torbay Volunteer

The role is to work closely with our Wellbeing Coordinators to ensure that the support provided is meaningful and appropriate for each individual. To support people to be active in managing their own wellbeing. The role is very varied and we are looking for people with many different skills to help us. For example: escorting people to and from social activities, befriending and acting as a buddy.

At the heart of all our work is a commitment and understanding to support people to make the most of their lives, to the best of their ability.

There will be an induction programme, and support from the team.

For volunteer events coming up in January 2017, please phone or email below for further information.

Email: Amanda@ageuktorbay.org.uk

Phone: (01803) 546434 / 07715 667809

Main Line: (01803) 841847

TORBAY OLDER FAMILY CARERS



**Meet at Jasmyn House, Midvale Road, Paignton
On the 2nd Wednesday of every month 10.30am – 12.00pm**

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.

Includes regular speakers and information relating to learning disability.

For further information contact Caroline Saunders
On: (01803) 210720, caroline.saunders@mencap.org.uk or call into

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

CARING WITH VISUAL LOSS AND/OR HEARING LOSS

DO YOU OR SOMEONE YOU CARE FOR HAVE A VISUAL LOSS, HEARING LOSS OR BOTH?

Statistics show that persons living with a hearing loss, visual loss or both have a higher than average chance of facing Isolation, depression and anxiety.

The Sensory Team, work for Torbay and South Devon NHS Foundation Trust, and we provide a free walk in service with impartial advice, information, signposting, support on daily living, communication strategies, form filling, rehabilitation, equipment demonstration with possible loan of assistive equipment that may help people with a sensory loss live more independently, general support and daily living solutions.

We are working in partnership with other organisations, so together we can provide a variety of services in a "one stop" setting which is accessible. We aim to hold a variety of sessions on benefits advice, employment, leisure activities, awareness training, skills for seeing and informal emotional support.

To find out more about what is available visit the Sensory Team at the resource hub on a Tuesday, Wednesday or Thursday 10am to 4pm. No appointment necessary. Jasmyn House, 1 Midvale Road, Paignton, TQ4 5BD, or Telephone: **(01803) 219800**. Alternatively call in to one of our monthly coffee mornings, where you will receive a warm welcome.

The Hub provides up to date information, advice and services to people with either a hearing loss, visual loss or both, their Carers, families, friends and professionals in Health and Social Care. Our aim is to provide accessible services to those within the community who are vulnerable and face multiple barriers. Providing early intervention, prevents crisis and enables individuals to have the right information at the right time, by the right service, promoting independence, choice and control.

TORBAY DEAF & HARD OF HEARING CAFE



Coffee Mornings

Wednesday 1st February

Chair exercises and relaxation & Peter Mulhall from Sarabec Limited

Wednesday 1st March

Chair exercises and relaxation and more!

10am - 12am

Jasmyn House

1 Midvale Road, Paignton, TQ4 5BD

For more information, contact Sensory Team
on: **(01803) 219800**

YOUR CHANCE TO NOMINATE!

Nominations are now open for this year's Blue Shield for Carers Awards. The award ceremony which will take place in March (date tbc) aims to recognise the hard work and dedication of all unpaid Carers and celebrate those particular individuals who go above and beyond their caring role for the benefit of others.

Around 3,700 Carers are registered to Torbay and South Devon NHS Foundation Trusts' Carers register, yet it is estimated that there are around 16,000 unpaid Carers throughout Torbay. This is your opportunity to nominate an unpaid Carer, a group or an ex Carer who has done something

BRIXHAM BLIND CLUB

SUPPORTING TORBAY & SOUTH DEVON SIGHT IMPAIRED

The Brixham Blind Club was formed in March 2013, and with a strong growing membership of 120 we are looking constantly to work with many more Sight Impaired people in the community. All helpers are volunteers and we are looking for more and more people to help the Club in any way.

Funding is raised through local events, grants and generous donations, plus contributions towards Club events from our membership.

The Club meets twice a month, and directly involves the Sight Impaired Community in Brixham and South Devon with outings and social events which provides companionship and friendship amongst many lonely and isolated people, needing to come to terms with their own individual situations caused by the visual impairment journey. There is no membership fee, and we welcome partners, family members, Carers and friends. We all work together to provide support. We create a new quality of life through friendships, interests expanding and by bringing people back into the community.

Our ambition is to build on this by working closely with other Sight impaired groups and organisations in Torbay, in order to offer opportunities for our members, outside of their home.

At meetings, speakers provide talks on different topics, there are refreshments and it's a great opportunity to socialise. On the third Monday of the month we arrange outings and visit venues such as Torre Abbey, National Trusts and garden centres. We visit the theatre and cinema and to cater for the more enthusiastic, we have activities such as ten pin bowling, archery, lawn bowls and shooting. We go horse riding and sailing, as well as frequent tea rooms and eateries.

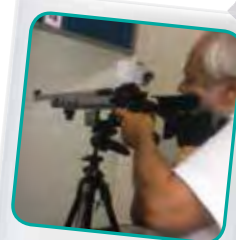
It is important that all have a place with us! Our wide age group always welcomes new members. We provide transport within Torbay to collect people and above all provide friendship, peer support and signposting to key organisations that can inform and provide immediate improvements to peoples' lives and wellbeing.

**The Club meets on the first Monday of the month at
The United Reformed Church, New Road, Brixham
from 2.00pm – 4.00pm.**

To find out more don't hesitate to contact Chris on: **(01803) 853959**
or email info@brixhamblindandclub.co.uk



On The Bus



Shooting

over and above their individual caring role for the benefit of other Carers. The award does not recognise the actual caring role as such, but recognises those that have 'made a difference' to other Carers. Nominations for this years Blue Shield for Carers will close on **Friday 10th of February.**

To make a nomination you can either complete the form enclosed with this copy of Signposts for Carers, or you can visit www.torbayandsouthdevon.nhs.uk/carers and download the form. Please send completed applications to: **Torbay Carers Services FREEPOST.**

TORBAY YOUNG CARERS UPDATE



The Young Carers Team work in both primary and secondary schools in Torbay providing support for Young Carers whose school life can be affected due to the responsibilities of being a Carer. We can help with the following:

Attendance concerns • Being late for school • Getting homework in on time
Friendship issues and poor relationships with school staff • Health and emotional wellbeing concerns

The Torbay Young Carers Service carries out an assessment of needs for the Young Carer and we work alongside the school to provide the best support. The support can be raising awareness eg. through assemblies and building relationships with a key worker in each school, by building positive relationships with Young Carers families through attending in school family support meetings, or through one to one support. Our lunch clubs also give Young Carers the opportunity to make friends with other young people in similar circumstances which can be very supportive; Young Carers then start to build their own support networks. We also encourage schools to get involved with the National School Standards Programme, run by the Children's Society, with the following 5 key standards:

UNDERSTAND	There are assigned members of staff with responsibility for understanding and addressing Young Carers needs.
INFORM	Awareness is raised by sharing knowledge about disability, illness and Young Carers throughout the school.
IDENTIFY	Young Carers are being identified within your school.
LISTEN	They are listened to, consulted with and given time and space to talk.
SUPPORT	Young Carers are supported within the school and signposted to whole family resources and services outside the school.

We also deliver training opportunities for Young Carers to become Young Carers Champions. Champions raise Young Carers awareness in schools and take a young leader role as a mentor for other Young Carers in their school. For example we have had Young Carers present assemblies. Young Carers school support workers can promote other areas of the service including our groups, drop-ins and activities we run during the school holidays.

Here is some feedback from Young Carers in schools:

"There are many Young Carers around Torbay let alone the world! Many people have different definitions about what a Young Carer is; I personally think that a Young Carer is someone who helps care for a relative under the age of 18. The actual definition is: A Young Carer is someone who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug problem"

"Being a Young Carer you get to join in with activities to give you some time out from your everyday caring for your relative"

"The Young Carers youth group is good because you get to hang out with people your own age who are like you"

Andrew Wright

Young Carers Support Worker | (01803) 206251

If you would like to know more about support for Young Carers in Torbay please contact us by phone, email or letter:

Tel:
(01803) 208 657

Email:
YoungCarersService@torbay.gov.uk

Address:
**Torbay Young Carers Service
Parkfield (Off Colin Road)
Paignton
TQ3 2NR**

THE YOUNG ADULT CARER OPERATIONAL GROUP

Part of the Young Adult Carer service is focused on promoting and educating the public about the diverse role of a Carer. On September 26th, Cheryl Mackinnon, our Young Adult Carer Support Worker took the service to the youths of Brixham and paid a visit to 'The Place' drop in - run by local charity, Youth Genesis (for ages 11-18, run Monday & Friday during term times). During the drop in 25 young people took part in an interactive evening. They filled out questionnaires about who and what they think a Carer might be and then discussed their answers as a group. A lot of them were surprised at the number of young people that identify as Carers, but more so at how many of them are bullied. They said that it gave them a different perspective towards people in their classes; the quieter ones and those who come in late, or those who need to catch up on work. They also watched a short film produced by YAC's in Newcastle about their role and how their life is different. It was an emotional and educational session. They particularly enjoyed the free sweets and pens! Thank you to Youth Genesis and a big thanks to Cheryl Mackinnon.

Written by Annabelle Gillard | Young Adult Carer Operational Group

PROVIDENT 150 CHALLENGE



This year the Royal Dart Yacht Club celebrated their 150th anniversary and as part of the celebrations they teamed up with Brixham Charity, Trinity Sailing Foundation for 'The Royal Dart Yacht Club Provident 150 Challenge' – which offered 3

Young Adult Carers 16-19yrs the opportunity to sail from Dartmouth to Gosport. The challenge involved dozens of UK sailing vessels taking part in training, racing and celebrations aimed at giving young people an opportunity to meet and work together with other crews from across the country.

Our three Young Adult Carers had the opportunity to sail aboard the 24m built Brixham Trawler Provident owned by Trinity sailing. The exciting challenge offered adventure, teamwork and confidence building that comes from learning to sail a traditional boat.

Some young peoples' feedback:

"The idea of sailing the high seas was something I had never thought about, but now I have done it, I want to do it again. Brilliant!!"

"Great time, Great friends"

"Watching dolphins was just like a dream and the fireworks at Dartmouth Regatta were just amazing Thanks goes to Trinity Sailing - Harry, Martin and all the team for their help and support and, Dartmouth Yacht Club for making it happen."

TALLSHIPS CHALLENGER YACHT

For the second year running a group of Young Adult Carers spent 4 days aboard the BT Challenger Yacht - boarding at Portsmouth, docking at the Isle of White, Weymouth and Poole, before coming back to Portsmouth. Once again, this was a fantastic opportunity for them to learn about all aspects of sailing a racing yacht. The experience of meeting new people, building trust and working as a team provided a real confidence boost to all, securing new friendships, growing in confidence and self-esteem and left them with a great story to tell.

Thanks go to Kate Smith (Cool Therapies) and David Hanes (Walnut Lodge) for their help and support during the trip. Both Kate and David said that: It was an experience never to be forgotten and they really enjoyed it! Thanks also to MENCAP for Transport and to Ken Alford (Driver).

Dave Baker

TYAC Development Worker

email: torbayyac@nhs.net

tel: (01803) 208455



CARERS NOTICEBOARD

Torquay Carers Group

Meet at the **Olive Carers Centre**,
Victoria Park Road, Torquay
Second Monday of every month
2:30pm - 4:00pm | £2.00 per head

9th January
Christmas Lunch
at the **Livermead Cliff Hotel 12:30pm**

13th February
Elizabeth Rea - From U3A

13th March
Peter Hayward - Talking About Young Offenders

10th April
Dee Allbrook
'Eat Yourself Healthy in 2017'

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

HAPPY EASTER

EASTER COFFEE MORNING

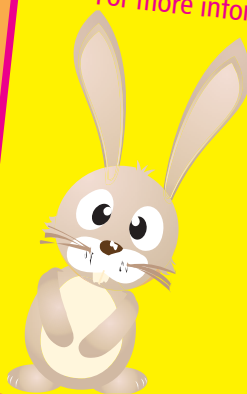
Our annual easter Coffee Morning
will take place on:

Wednesday 12th April
11:00am - 1:00pm

Easter Raffle taking place at 12pm
at the Olive Carers Centre

Please come and join the staff and volunteers at
Carers Aid Torbay for a cup of tea/coffee and a
delicious slice of cake.

For more information ring: **(01803) 323510**



Torbay Mid-Age Carers Group

We meet on the second Thursday of the month in
various locations around the Bay
Between 2:00pm - 3:30pm
All Carers 40/60 welcome (with some flexibility)

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

Val Shute on: **07596 103291**

Carers @ The Park

Coffee Mornings

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

12th January, 9th February, 9th March, 13th April
10:30am - 12:00pm
£1.50 per head

Meetings are attended by **Sally Corbishley, CSW**

Afternoon Tea & Biscuits

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

20th January, 17th February, 17th March, 21st April
2:30pm - 4:00pm
£1.50 per head

Meetings are attended by **Ros Vian, CSW**

"TIME OUT"

For Chilcote and Brunel Carers

We meet on the **third Thursday** of every month

1:45pm - 4:15pm

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

19th January 2017

Trevor Badcott will be showing us examples of illustrations that the Victorians used for storytelling - using Magic Lanterns.

Thursday 16 February 2017

Jackie Bufton will be giving us a demonstration of Glass Etching. Carers will also have an opportunity to have a go themselves. If you would like to try your hand at etching a window hanger or coaster, please let us know as places are limited. Jackie will be asking for a donation of £3 towards the cost of materials

Thursday 16 March 2017

We will be having a flower demonstration by the Shaldon Flower Ladies.

The finished flower arrangements will be donated to the Time Out raffle.

Thursday 20 April 2017

John Risdon will be joining us again for one of his fabulous talks 'Torbay's Glorious Coastline – 22 miles of scenic beauty and history'.

For More Information, Contact

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

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

Paignton Carers Group

Meet at the **Paignton Carers Centre, Paignton Library** on the last Thursday of every month

2.30pm-4.00pm | £2.00 per head

26th January

Post Christmas Catch Up and Chat

23rd February

Details to TBC

30th March

Dee Allbrook

'Eat Yourself Healthy in 2017'

27th April

Peter Hayward - Talking About 'Young Offenders'

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

GRANDPARENTS GROUP

Are you caring for your Grandchild or Grandchildren? Do you want to meet up for a chat with others for information, advice and support? Please feel free to come along.

(Please bring some food to share for lunch)

Thursdays 12:00pm - 14:00pm
2nd February & 6th April

Olive Carers Centre, St. Edmunds, Victoria Park Road, Torquay

For more information ring: (01803) 323510

Healthy Living Group for over 50+

We provide various activities and information for the over 50's in a friendly, caring and happy atmosphere - encouraging people to live a whole lot better.

No annual subscription

Come along and enjoy any activity for a small fee, from 50p to £2.
Young at Heart Group is a self-help group run entirely by volunteers.

Activities at a glance

Circle Dancing
Healthy Living
Painting
Theatre Outings
Easy Rambles
Swimming
Young at Heart Singers

President & Chairman

Audrey Strachan **(01803) 556347**
Please ring for more information.



Another name change, can you believe it? We are however, delighted to announce it is the same gang, providing the same service to Carers, still operating out of the Olive Carers Centre and Brixham Carers Centre.

Well, what's been happening? In October, Carers Trust Phoenix head office in Weston, wrote to all their employees to say that sadly they were no longer able to sustain a business.

Here in Torbay we made the decision that, as all our funding comes to us from local sources we would take the opportunity to set up independently.

We are now very much your local Carers Aid. We are here to help with advocacy, information and support. Please ring the office on: (01803) 323510 for a list of the services we provide and the groups that we run, which includes: Grandparents Group, Ancestry Group, 1 to 1 support with computers and free legal advice regarding wills and power of attorney.

If you know of an older isolated Carer who could, in your opinion, do with some extra support please contact Chrissie and ask to speak about Circles of Support.
Happy New Year Everyone

Best wishes,

Pennie Evans

Manager | Carers Aid Torbay

Carers Events 2017

Winter into Spring

Legal Advice - Free of Charge (Appointment Only)

These 30 minute appointments are offered by solicitors Wollen Michelmores and Edward Lee who offer Advice on Wills and Power of Attorney.
To book please call Carers Aid Torbay.

Mondays from 2pm

9th January

6th March

Ancestry

Have you ever wondered where your family came from? Learn how to navigate the family history sites on the internet. If you would like to get involved, gather as much information as you can to bring to the session.

Wednesdays 10:00am - 1:00pm

18th January | 22nd February | 22nd March

WHAT'S BEEN HAPPENING?

On the 29th of November we raised the profile of Carers in Brixham when a number of volunteers and staff came together to promote Carers Services to the public. Not only did everyone involved have a great time, but we also raised funds of (£180+) for Young Adult Carers, by selling bric-a-brac and home-made cakes.

Thanks goes to our volunteers; Shirley, Sue and Lyn, who were amazing, we couldn't have held this event without their support and thanks goes to Dee from Healthy Lifestyles who went the extra mile with her impromptu singing.

We had great feedback from the public and we hope to run another coffee morning in the Spring to continue promoting Torbay Carers Services.



STUFFERS CLUB PRE-CHRISTMAS PARTY

The Stuffers club volunteers met in November for their pre-Christmas afternoon tea - as a thank you for all their hard work throughout the year.

We are always grateful for the help that we receive from our volunteers, many of which have been with us for over 5 years. The club runs every 3 months and the next one will be on Wednesday 12th April from 2.00pm until approximately 3.30pm, at Paignton Library – The Drummond Suite, 1st Floor.



There will be tea, coffee and cakes, so it's not all hard work and it's a great opportunity to meet other Carers, why not join us!

FREE MINCE PIES AND MORE!



On Saturday the 26th of November we had our free Mince Pies and More event which coincides with Brixham's Christmas Lanterns, Lights and 'Luminations. Thanks goes to the Carers, staff and volunteers who made this such a successful event – it was thronging with people right from the word go – well, actually five minutes before the word go! Unfortunately we were let down about hand massage/nail painting, but Rebecca and Skye did a wonderful job with the raffle, tombola, and publicity, whilst Jayne and Katy sorted the refreshments, and Alan helped with flyers and running to the shops when we ran out of clotted cream! As it was so busy, we didn't have time to talk to Carers as much as we would have liked, so please do come down to the Centre at any time.



If you have suggestions for what you would like for future events, please do let us know on **(01803) 852421**

New Year Quiz

- Q1** What do the Scots call New Year's Eve?
- Q2** Before the Chinese New Year, what activity should you AVOID to ward off bad luck during the New Year ...
should you avoid
a) cleaning the house b) using scissors c) wearing red clothing
- Q3** Which area was LAST to celebrate the arrival of the Millennium : January 1st 2000?
- Q4** How many days are there in January?
- Q5** What fruit do Spanish New Year's Eve revellers eat as the clock strikes midnight?
- Q6** What do the words in the song "Auld Lang Syne" mean?
- Q7** The month of January is named after the Roman God Janus who supposedly had.. what??
- Q8** What is January's birthstone?
- Q9** Why do the Chinese light fire crackers on their New Year's Eve?
- Q10** What food is eaten at the Jewish New Year to symbolise a sweet New Year :
a) fruit cake b) apples and honey c) chocolate?
- Q11** Which President of America issued the famous Emancipation Proclamation on New Year's Day 1863?
- Q12** What is the custom of "first footing"?
- Q13** Name the place where the New Year is celebrated by the lowering of a gigantic crystal ball as midnight approaches?
- Q14** What red articles of clothing do the Italians wear on New Year's Eve to bring them luck in the New Year?
a) hats b) shirts c) underwear d) shoes
- Q15** Which country celebrates the New Year by burning effigies of a person called "Jack Straw"?
- Q16** If you were a superstitious person, which of the following foods would you EXCLUDE from your New Year's Day dinner menu **a) pork b) cabbage c) salmon d) lobster** and why?
- Q17** Did you know that making New Year's Resolutions dates back 4000 years to the ancient Babylonians?
So ... what do you think was a popular Babylonian New Year's Resolution?
In case none of you can remember back that far, here is a choice of 3 resolutions :
a) to stop smoking b) to return borrowed farming tools
c) to stop beating your wives, children, servants and slaves

Answers

- Q.1. Hogmanay
Q.2. b) using scissors ... or you could cut off your chance of having a lucky New Year.
Q.3. Hawaii!
Q.4. There are 31 days in January.
Q.5. Twelve grapes – one grape for each month of the New Year is eaten at each chime of midnight.
Q.6. "Times gone by" is the traditional translation.
Q.7. Janus had 2 faces ... one facing BACK to the Old Year, one facing FORWARD into the New Year.
Q.8. January's birthstone is the garnet.
Q.9. The Chinese light fire crackers to scare away evil spirits.
Q.10. The Jews eat apples and honey.
Q.11. Abraham Lincoln.
Q.12. A tall, dark haired man carrying gifts of food and coal should be the first person to enter a house after the chimes of midnight ... this ensures good luck for all in the house for the New Year.
Q.13. Times Square, New York.
Q.14. Italians traditionally wear red underwear.
Q.15. In Hungary, effigies of Jack Straw, an imaginary man meant to symbolise evil, are burnt.
Q.16. Lobster is banned from New Year's Day menus. Lobsters move backwards and eating them could lead to set backs, regrets and dwelling on the past – not looking to the future!
Q.17. A popular Babylonian New Year's Resolution was – to return borrowed farming tools.