

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

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Deadline for the Spring edition is
8th February 2019

Hello and Welcome..

...to the first edition of 2019!

At the start of a New Year, what better time to reflect on your own 'season' in life, inspired by the wise words of Carer Helen Elliott (**P2**) and the advice of Healthy Lifestyles (**P14, 15**).



There are many opportunities in this issue to 'have your say' as a Carer and help shape local services. Healthwatch Torbay is asking for your views on Health and Care Videos, a library of 200 health-related films developed by the NHS, Torbay Council and other groups, or you might consider becoming a member of Torbay and South Devon NHS Foundation Trust (**P3**). The Parent Carer Forum is looking for new representatives to attend Steering Groups (**P6**), or you could enrol on a TECS course (**P8**). Our Education Brochure also features crafts, skills and courses that you may not have tried before – do have a look through it!

Don't miss Money Matters (**P4**) and the 'Help to Save' Scheme, where the Government will match your savings by 50%, if you receive Universal Credit or Tax Credits. Every penny counts when you are a Carer, so do see our reminders about the Torbay Carers Discount Scheme and free hospital parking, linked to the Carers Emergency Card (**P5**).

Young Carers and Young Adult Carers have been enjoying themselves sailing and kayaking - great fun and a great read (**P10, 11**). A huge 'Thank You' to sponsors and staff, who made these activities possible.

The Carers Noticeboard once again has a lively selection of talks, coffee mornings, crafts and board games (**P12, 13**), while Carers Aid Torbay offers family history, knitting and reading groups, legal help and a spring trip to Totnes and Dartington (**P16**).

I hope you find much to enjoy and many new directions!

Natalie Townsend - On behalf of Carers Services.

Carers in Torbay can benefit from...

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

Contact us c/o Signposts for Carers

Telephone: 01803 666620 Email: signposts@nhs.net
www.tsdftr.uk/carers

BOOK REVIEW

By Samantha Little

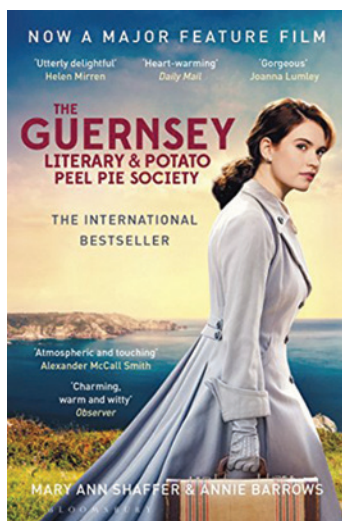
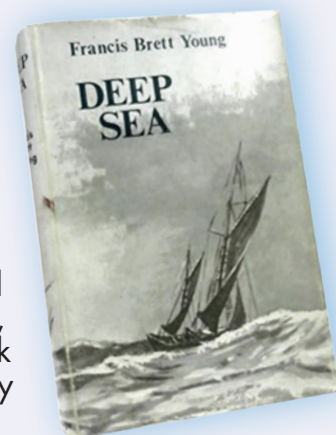
Two thought-provoking novels to lighten the days after Christmas, as our thoughts turn to Spring...

DEEP SEA

Francis Brett Young (ISBN: 075511012 (House of Stratus, 2002)

An evocative account of the trials and tribulations of Reuben Henshall and Ruth Parnall, who strive for a better way of life in Edwardian Brixham. The story is set against a background of the thriving fishing port, which the author knew well from his work as a GP in the town before the Great War, when the novel was originally published.

After marrying, they are delighted with their villa on Furzeham Hill, where Ruth can watch Reuben's new trawler sail safely into the harbour; however, as they spend beyond their means, the subsequent turn of events leaves them open to jealousy, blackmail and revenge. Finally losing their lovely home and finding refuge in a dank cottage above the Quay, the lessons they learn are heart-warming as the community holds them close.



THE GUERNSEY LITERARY & POTATO PEEL PIE SOCIETY

Mary Ann Shaffer and Annie Barrows (ISBN: 978-1-4088-95993 (Bloomsbury 2018)

High-spirited writer Juliet Ashton, living in late 1940s London, is surprised to receive a letter from Dawsey Adams, a farmer living on Guernsey, who has discovered her name and address written on the fly-leaf of a second hand book.

A subtle, gentle narrative explores their friendship; however, once other Islanders join the correspondence, Juliet becomes intrigued as they describe life under the recent German Occupation and she feels compelled to visit them to learn more. Once there, Juliet hears about the bravery of the elusive Elizabeth who founded the Pie Society to defy the occupiers, and helps the Islanders care for her child. Slowly, she begins to realise her destiny no longer lies in London.

This gorgeous novel plays through the imagination like a cinema reel showing a black and white film from the post-war era.

CARERS CORNER

BE IN SEASON

I put a summer dress away today for next year and also some shorts. Outside it was crisp with frost and my heating was on! Last night it was below freezing. I know - I came home late from an event!!

It made me think how important it is to be wearing the right thing for the season you are in! I also pondered on what had caused me to take so long to put my summer stuff away.

Time has taught me that there are so many seasons in life, not just in nature - the season to keep things, the season to throw away (which I'm doing a lot of at the moment), the season to mourn, the season to dance (we are Strictly fans!!), the season to be silent, the season to speak...

It's so important that we acknowledge the season we are in and adjust accordingly. It makes it much easier when we do this rather than fight it. And for the tougher seasons we can take comfort in knowing that they won't last forever. **Helen Elliot (Carer)**

Local charity Healthwatch Torbay is working with Torbay & South Devon NHS Foundation Trust to find out how their self-help video library benefits Carers and whether any improvements can be made to the website.

Health and Care Videos is a partnership with Torbay & South Devon NHS Foundation Trust. They have worked with Torbay Council, hospitals, GP surgeries, pharmacies, paid care staff, and unpaid Carers to produce libraries of educational health and care videos and helpful resources.

Healthwatch Torbay is the consumer champion for Health & Social Care in Torbay. It gathers public feedback about services, such as GP Practices, Dentists, care homes and Health Trusts, and raises any concerns with the people in charge of those services, pushing for change or improvements where necessary. Their Chair, Dr Kevin Dixon, says:

"There are Torbay residents - particularly Carers - who have told us they have had difficulty accessing the health information they need. The online video libraries were set up in Torbay to hopefully make this easier.

We are looking to find out what residents really think of this initiative, whether it made a difference to them and also whether they would like to see any changes made.

We are here to give people a voice and ensure that it is listened to by those who make the key decisions about services locally. Getting involved and telling us what they really feel will help shape future services.

So, please visit the video library and then take part in our short online survey. It really could make a difference."

You can browse through one of the video libraries via www.healthwatchvideos.healthandcarevideos.com.

It contains over 200 health and care videos, produced with, and written by clinicians, as well as links to national charities, advice networks and local support groups.

All responses to the short Healthwatch survey – available to fill out by clicking:

www.surveymonkey.co.uk/r/HCVideos - will be anonymous and the information provided will be used to inform the final report at the end of the consultation (deadline for completion 31st January). The report and all feedback gathered will be shared with commissioners and the Health and Care Videos team, in order to find out which resources are most useful to you and where potential improvements or additions could be made.

TRUST MEMBERSHIP DETAILS

Torbay and South Devon NHS Foundation Trust is a membership organisation, which encourages local people to become members and have a say in the development of the services they provide.

The Trust currently has around 17,000 active members, including approximately 6,000 staff members. However, we are always looking for more and would like to encourage Carers to join and have their say. Membership is free and open to anyone above the age of 14, who lives within the Torbay and South Devon area. Members get access to a range of discounts from both Health Service Discounts and MyTrustBenefits, giving them the same discounts as NHS staff!

For more information, visit:

www.torbayandsouthdevon.nhs.uk/about-us/nhs-foundation-trust/becoming-a-member

or contact the Foundation Trust Office on: (01803) 655705 or email: foundationtrust.tsdf@nhs.net.

**HAVE
YOUR
SAY**





SAVING FOR A RAINY DAY WITH THE GOVERNMENT

Launched last year, 'Help to Save' is a new government initiative aimed at helping working people on low incomes to save. Managed by HMRC and National Savings, the scheme:

- Is open to people receiving Working Tax Credits, Child Tax Credits or Universal Credit. For UC, you must have been paid at the national living wage rate for at least 16 hours a week during your last UC assessment period
- Pays a tax-free bonus of 50p for every £1 saved over 4 years
- Allows any amount to be saved between £1 and £50 a month

But note:

- Carers Allowance does not count towards the earnings threshold
- Savings count as 'capital' for means-tested benefits, including Housing Benefit and Universal Credit, so these will be affected if your entire capital tops £6,000
- There is no advantage in saving unless interest bearing debts are paid off first

There is a video about the scheme here: <http://bit.ly/2zbGdoS> or you can read more about it here: <http://bit.ly/2PAn3U9>. Sign up for an account here <http://bit.ly/2Q4jx0Y>

CARERS ALLOWANCE OVERPAYMENTS IN THE SPOTLIGHT

There was a flurry of publicity in the national press last October about Carers who were being pursued by the Department of Work and Pensions (DWP) for alleged overpayments of Carers Allowance (CA). Recovery proceedings - and in some cases Court action, had been triggered by claimants failing to report changes affecting their CA entitlement. Ironically, the DWP has made huge advances in developing shared earnings and pensions information systems, so by cross-referencing National Insurance numbers against earnings data, could detect who was being overpaid.

It's important to remember that until the regulations become more user-friendly, it remains the responsibility of claimants to inform the DWP of any changes affecting entitlement to any benefit, as directed in award letters. It's also worth noting that you can report changes affecting CA online at: <http://bit.ly/2OVlUUb>.

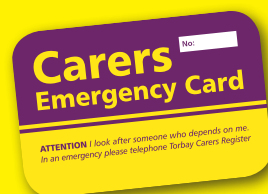
EARNINGS TOO HIGH FOR CARERS ALLOWANCE, BUT GETTING UNIVERSAL CREDIT?

If you are a working Carer whose earnings prevent you getting Carers Allowance (CA), but are currently claiming Universal Credit, you should be aware that UC does not require a CA claim to entitle you to an additional monthly Carer amount of £156.45. The unpaid care must be provided for at least 35 hours a week. If you are making a joint claim for UC, each partner can get an additional amount, so long as you are both caring for 35 hours a week for different people. It won't be paid for a partner if an extra amount is already in payment because of their inability to work caused by sickness/disability.

PENSION CREDIT ADDITION FOR DEPENDENT CHILDREN

People approaching Pension Credit age with dependent children or young people, have historically claimed Child Tax Credit (CTC). Following the introduction of Universal Credit and phasing out of CTC, new PC claimants will get child additions paid with their PC starting on 1st February. Existing PC claimants will continue to receive CTC until a change of circumstances ends their awards.

TORBAY CARERS DISCOUNT SCHEME



If you join Torbay Carers Register, your Carers Emergency Card can also be used to get a discount in many shops, or for free parking in local hospitals when supporting the person you care for.

The Torbay Carers Discount Scheme list contains details of businesses that offer discounts on their services on production of the Torbay Carers Emergency Card. Torbay and South Devon NHS Foundation Trust do not endorse any such businesses or accept responsibility for any particular faults or problems with goods or services purchased by individuals, or liability in respect of provision and delivery of the same. We believe these businesses are acting in good faith and the discounts are likely to be a genuine benefit.

The Torbay Carers Discount Scheme list is available on:

<https://www.torbayandsouthdevon.nhs.uk/uploads/torbay-carers-discount-scheme.pdf>

This information is correct at time of being published, however details may change. Feel free to check with the supplier or Signposts for Carers on (01803) 666620 or email Signposts for Carers beforehand.



FREE HOSPITAL PARKING FOR REGISTERED CARERS



Torbay Hospital was one of the first in the country to agree free parking for Carers who are registered with either Devon or Torbay Carers Services when they are supporting the person that they care for. When you are visiting the person you care for as an inpatient, or attending an outpatient appointment with them, you will need to park in the **public car parks with barriers** in order to get the free parking. Take the ticket at the barrier, and then go to either level 4 main reception, or level 2 outpatients reception. Show them your Carers Card, explain which department you are visiting, and they will void your ticket.

For the community hospitals at Totnes and Newton Abbot, if you leave your Carers Card on the dashboard, you will not be charged for parking.

PARENT CARERS UPDATE



We are happy to announce that we will be working cooperatively with Torbay SEND Hub Community Interest Company (CIC), Jobcentre Plus, Torbay Development Agency and Devon County Council's 'Ready When You Are' campaign, to bring you a Disability Confident jobs fair. The event takes place on Friday 8th March 2019 at the Riviera Conference Centre, Torquay. To make it as inclusive as possible we need your help to inform us about what's hot and what's not with Disability Confident Employers in Torbay and Devon.

- Q. Do you or the person you care for have a job?
- Q. Would you recommend the company as a good employer for disabled people or Carers?
- Q. Would your employer benefit from extra training in disabilities or Carers commitments?
- Q. Would you be willing to share your experience to help inform other employers on good practice and ways they could improve (this would be kept anonymous but help to shape advice and support that could be offered)

Please follow the link to 'Jobs Fair 2019 share your story' on our website: www.torbaypcf.org.uk

If you would like to become a member of the Torbay PCF or have any questions about this article, or about what we do, then please contact us via email on: info@torbaypcf.org.uk or find more information on our website at: www.torbaypcf.org.uk

In other news we are always on the lookout for skilled individuals to join our Steering Group (SG), who have at least 2 hours a week to commit to Torbay PCF. As a member of the SG, you will be expected to attend one SG meeting a month, and as a PCF representative, your role will involve service feedback in meetings. These meetings could be with the Local Authority, the NHS or as a Torbay PCF representative at the National Network Parent Carer Forum. Furthermore, we are keen to encourage those who may have skills in I.T. with knowledge and experience of using Word or Excel. If anyone has a good working experience with social media marketing, then that would be much welcomed.

Lastly we would just like to say how proud we are of Tissues and Issues and those who work tirelessly to make it happen. In the last year alone, the group has received funding from the National Lottery, Awards for All. Jackie King won an award for the best community group in the Breeze FM awards, and then the group also received a donation from the Paignton Festival giving ceremony. If anyone would like to attend the Tissues and Issues parent carer coffee morning then just type Tissues and Issues into google and you will be taken to the group page on Facebook. Once you have requested to join the group, you will find all information relating to the upcoming events on their page.

BRIXHAM CARERS CENTRE TO MOVE TO 'HEALTH AND WELLBEING CAMPUS'

Most of you who live in Brixham will know that there is building work going on in the grounds of Brixham Hospital. The plan is that the people of Brixham will be able to receive the majority of health, wellbeing and day care services on this 'Health and Wellbeing Campus'. This comprises Brixham Hospital and the new Friends Centre, which has been funded by Brixham Hospital's League of Friends.

Brixham Does Care will run the new Friends Centre and Brixham Carers Centre will be based there along with other services, such as Brixham's Wellbeing Coordinator. There will be rooms to hire and they hope to attract groups or activities which support people to socialise and stay mentally and physically active. Brixham Does Care's present services in the Town Hall will remain there, but the Carers Centre in King Street will relocate to the new Friends Centre, probably by the end of March.

DEPRESSION & ANXIETY SERVICE (DAS)

Caring is a balancing act and it can be difficult to focus on someone else's needs without neglecting our own. Many Carers face considerable demands on their time and energy, and have high expectations of themselves.

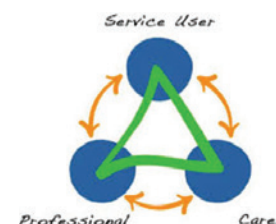
Sometimes the balance tips too far and the stresses of caring become overwhelming. Dealing with this level of stress can make it hard to cope with the demands of caring and can put a strain on relationships. The symptoms of stress can be both mental and physical, and can vary from person to person. Mental symptoms can include irritability, worry, anxiety, low mood, depression, anger, difficulty relaxing or sleeping, tearfulness and poor concentration. Physical symptoms can include tiredness and lack of energy, poor appetite, muscle tension, cramps or spasms, chest pains, dizziness, restlessness, nervous twitches and breathlessness.

If you have started noticing stress symptoms, you don't have to just struggle on, hoping it will go away. Torbay Depression & Anxiety Service (DAS) can help you find ways of dealing with stress, anxiety or depression. Torbay DAS is a free, confidential, NHS talking therapy service that offers effective treatments, such as Cognitive Behavioural Therapy (CBT), in locations across Torbay. We offer individual work, both face to face and by telephone, run courses such as Mindfulness-based Stress Reduction, Self-Management of Anxiety and Depression, and support people to use an online therapy programme called SilverCloud. It's vital that Carers look after themselves, not just so that they can keep going, but because their needs are just as important as those they care for. For more information you can contact DAS by telephone on: **(01803) 696 600**, search online for Torbay DAS: www.dpt.nhs.uk/das or email us on: dpn-tr.TorbayDAS@nhs.net

TRIANGLE OF CARE – ORANGE LANYARD & STICKER



Have you heard of the Triangle of Care? This was originally started with a Carer from Devon - Alan Worthington - for inpatients of mental health services. The Triangle shows an equal partnership between the professional, the patient and the Carer and has been adopted by the Carers Trust and extended to Carers of people with dementia and Young Carers.



Torbay and South Devon NHS Foundation Trust has formally adopted the principles of the Triangle of Care, and is committed to embedding it across the whole organisation one step at a time, starting in our hospitals. The six principles are:

- 1) Carers and the essential role they play are identified at first contact, or as soon as possible thereafter.
- 2) Staff are 'Carer aware' and trained in Carer engagement strategies.
- 3) Policy and practice protocols re: confidentiality and sharing information are in place.
- 4) Staff responsible for Carers are in place.
- 5) A Carer introduction to the service and staff is available, with a range of relevant information across the care pathway.
- 6) A range of Carer support is available.

For Carers' Rights Day in November 2018, we launched the Carers' lanyard across our Hospital. This is a bright orange lanyard which the ward staff will give to the main Carer once they have been identified. This makes it easier for staff to know who the main Carer is, and involve them in conversations about the patient and in planning discharge. It will hopefully also give Carers the confidence to speak to staff, as well as clearly linking them into the Carers' Hospital Passport which we mentioned in a previous edition of Signposts; this is where visiting restrictions are relaxed etc. If they are already a registered Carer, they can put their Carers' Card in the card holder. If they are a newly identified Carer, or at Newton Abbot, or Totnes Hospital, they will need to leave their Carer's Card on the car dashboard to get free parking and the hospital will issue a temporary blue Carers' pass as shown.

There is also a 'heart handshake'* symbol which should go on the electronic whiteboard system and an orange 'heart handshake'* sticker which should go on the patient's record to show that there is a Carer involved.

WHAT IS TECS?

TECS stands for Technology Enabled Care Services. NRS Healthcare are working with Torbay and South Devon NHS Foundation Trust to provide assistive technology to support individuals to remain independent by living in their own homes whilst giving service users and others peace of mind. TECS look at a range of technology which can be linked either to a call centre or named representatives who are alerted if a service user gets into difficulty. TECS gives confidence to service users whilst away from the home environment.

We are currently offering Carers a 2 hour course, which will cover a number of areas:

- What is TECS and how can it help me/my family?
- What support will I receive in choosing the right equipment?
- What will it cost or will I be able to get financial support?
- Who installs the equipment and how is it maintained?
- Where can I find more information?

Examples of how TECS can help:

- For older people who are worried they might not get help if they have a problem at home
- Anyone frail and worried about falling
- Recovering from a hospital stay
- For those who are disabled
- Requiring wellbeing and support calls
- Reminders to eat, drink and take medication

If you would like to attend the course, we are offering the following dates and times:

DATES & TIMES

Tuesday 5th February 2019 (10:30am - 12:30pm), Wednesday 6th March 2019 (10:30am - 12:30pm), Thursday 4th April 2019 (10:30am - 12:30pm), Tuesday 7th May 2019 (1:30pm - 3:30pm)
Wednesday 5th June 2019 (10:30am - 12:30pm)

Please ring **(01803) 208455** to book your place. All sessions will be held at Paignton Carers Centre, Paignton Library, First Floor, The Drummond Suite.

COOL TO CHILLED OUT

It's been over three years since the inspirational Cool House (Mental Health Charity) sadly had to close its doors, due to lack of funding. When the House closed, it was a challenge to find a venue where we could meet to carry on with that same philosophy of sharing, caring and supporting one another. However we found our new place, next door to the 'One World Cafe' in Torre Abbey Gardens and since our move from Cool House we have continued to meet there every Wednesday morning with our Carers Group.

Caring for someone with a mental health condition is a unique type of caring. The frustration, worry and confusion can be a heavy load. But by coming together and sharing those feelings, a certain type of strength is found - the empathy of someone else who senses and feels what you are going through.

On a Wednesday I call it the "four C's" - Coffee, Cake, Conversation, Carers...and although we are no longer "Cool" we certainly are "Chilled Out"!

So please come along **every Wednesday 11am-1pm,**
CHILLED OUT MENTAL HEALTH CARERS GROUP
Torre Abbey Gardens, Torquay

For more details contact:

John Davidson, Mental Health Carer Support Worker On: **07909 873275**

CARERS RIGHTS DAY 2018

30th November



Well this was a busy week rather than a busy day – and often included cake! It started off with the Parent Carer Forum's SEND Fair on Friday 23rd November (it was a great success) and included events across the Bay and for all sorts of Carers until the actual Carers Rights Day on Friday 30th. Special thanks must go to all the volunteers and staff who helped out, plus the various partners who joined in. As usual Mencap, GP practices and Carers Aid Torbay had events, but this year we were joined by Alzheimers Society, NRS (equipment and telecare services), the Windmill Centre, CDT's Lounge, the Sensory Team, the Eye Clinic and Boots at Wren Park. Thanks also to Time Out Café in Roselands, Urban Edge Café in Paignton, Butterflies Café, Bayview restaurant and Caffè Nero at Torbay Hospital who all helped with our theme of Coffee and Cake for Carers.

We ran a number of events for Trust and Council staff who are also Carers as we hope to improve workplace support to Carers, and at the Trust's Hospitals launched a number of measures to improve their identification and support of Carers – see the article about orange lanyards (P.7). A selection of photos are below:



TORBAY YOUNG CARERS UPDATE



OCTOBER HALF TERM & EVENTS FOR CHRISTMAS

Skittles is the new craze and recently twelve Young Carers had the most amazing time at Boots and Laces when they took part in a game. From setting up the pins and doing the scoring on an old fashioned chalk board, a lot of fun was had by one and all; it created a great team spirit. Many thanks to Babbacombe and St Marychurch Lions Club, who funded this activity and a meal after the match, together with a prize of a football to all who attended.

We also had 67 people attend our family swim at The Riviera Centre. By the time you read this we will also have had our Christmas party at Parkfield, with many thanks to The Lions Club who are providing Christmas Dinner. We are also looking forward to bowling funded by Preston Rotary Club. Many thanks

to all our supporters, including BMAD, Brixham Soroptomists, Preston Rotary Club, and Babbacombe and St Marychurch Lions Club for a fantastic year. Merry Christmas and a Happy New Year.



We would like to thank all those who enable us to provide these fun opportunities for our Young Carers'.

Andrew Wright

Young Carers Support Worker

Tel: (01803) 208657

YOUNG ADULT CARERS FUN & RAISING AWARENESS



WINTER EDITION

It is vital for Young Adult Carers that they are offered time away from their caring role to relax and unwind. We feel it's also important for them to get plenty of fresh air and exercise to keep them fit and well. So as well as our sailing trip, a group of YACs enjoyed a morning kayaking at Haven Banks in Exeter. It was a beautiful day at the end of August, there were plenty of challenges set by the instructors, including water polo. There were quite a few capsizes and kayaks filling with

water, but the instructors were so patient and fun that the mishaps only made the experience more fun! After a busy morning, everyone had built up an appetite. Luckily a McDonald's lunch did the trick!

Part of the service at Young Adult Carers is also to recruit new YACs. We do this not only by holding transition events a few times a year, but also by making sure information and advice is easily accessible. So on Wednesday 19th September, Cheryl Mackinnon YAC Support Worker, teamed up with Lisa Bishop from Torbay Young Adult Carers to run an advice and information stand at South Devon College Fresher's Week. A lot of young people visited the stand to catch up and access information about the drop in service at the college. They spoke to existing Young Adult Carers attending the college and also used the opportunity to identify 4 new Young Adult Carers. It was a very successful day and Lisa Bishop has thanked us for our support.



In September, Young Adult Carers from Torbay took part in our very first joint venture with Bright Futures Upbeat Devon on a sailing adventure with The Tallships Trust, aboard a challenger yacht. Young Adult Carers from Torbay and Devon were able to support each other, learning new skills and the teamwork required to sail a racing yacht around the Dorset coast.

This is the first time such a big activity has been shared with Devon Young Adult Carers and the first time a Torbay Young Adult Carer has joined the crew as Watch Leader, adding his expertise as a sailor having sailed with Tallships Trust before.

Everyone involved enjoyed the sailing experience and commented that it was nice to meet other young adult carers and make new friends. Feedback included the desire for further training and the possibility of volunteering in the future.

In October two Young Adult Carers joined other young people to sail with Brixham Trinity Sailing. Both enjoyed the experience which gave them the opportunity to develop their skills and reach their true potential. The activity helped improve their confidence and teamwork, social skills and leadership, all in the context of an exciting and challenging environment aboard the 95 foot, 85 tonnes, Provident gaff ketch sailing rig.

Once again, a big THANK YOU to our sponsor Richard Peyton-Jones of the Eleanor Hamilton Educational Trust, Chas Cowell and his team at the Tallships Trust and a big THANK YOU to Trinity Sailing and the team for their hard work and determination to support our Young Adult Carers Service. This certainly would never happen without you.

Dave Baker
Young Adult Carers Development Worker
Phone: (01803) 208455/852421 Mobile: 07825 027664

WELCOME TO TAKOTA



A group of our former Young Adult Carers who have been part of our Young Adult Carers Operational Group have identified the need for ongoing peer support for Carers over the age of 25.

If you are 25 to 35, living in Torbay, caring or helping to care for someone and would like to have some time out from your unpaid caring role, then this may be the group for you. The aim is to meet socially once a month, either on an evening or at the weekend, offer support, make new friends and connect to the world outside of your caring role. Interested?

For more information please contact your Carers Support Worker, or call Signposts for Carers on: (01803) 666620, or email: tsdft.takota@nhs.net

CARERS NOTICEBOARD

Torbay Mid-Age Carers Group

We meet on every second Thursday of the month
in various locations around the Bay
2:00pm - 3:30pm

All Carers 35/60 welcome (with some flexibility)

10th January 2019

Meet at the Palace Hotel Paignton
for a post Xmas catch up

February – April - TBA

For further information about the group, or if
you are in need of a lift to an event
please contact Val Shute on: **07596 103291**

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

14th January 2019

Christmas lunch at the Livermead Cliff Hotel

11th February 2019

Father John Herve - my experiences as an Army Padre in Iraq

11th March 2019

Healthwatch

8th April 2019

Verity and Alan Range - Life in South Africa and the children
we have taken under our Wing's

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

"TIME OUT"

For Chilcote and Brunel Carers

We meet on the third Thursday of every month

1:45pm - 4:15pm

at The Anchorage Hotel, Aveland Road, Babbacombe, TQ1 3PT.
(Unless otherwise stated)

17th January 2019

An Unnatural History of Torquay's Ghosts

More people believe in ghosts in Torquay than anywhere else in Britain. Find
out from Dr Kevin Dixon, what they are, where they are, and share your own
stories in this light-hearted introduction to the hidden side of our town

21st February 2019

Still My Turn to Make the Tea?

Kathryn Kelly charts her career in the media - from being a junior reporter on
local newspapers, to reading the news on national radio and working at ITN.

21st March 2019

Torbay Hospital League of Friends

Vice President Lynne Hookings tells us more about one of the leading
Leagues in the country.

18th April 2019

The Gilberts of Compton Castle – the family that founded the Empire
Phil Badcott traces the fascinating history of the Gilbert family of Compton
Castle from 1329 to 2017, who have served our county and country in many
amazing and brave ways. Their story includes the life of Sir Humphrey Gilbert
who founded the Empire in 1583 but in doing so lost his own life.

**For More
Information,
Contact Michele**

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



The Purple Angel
**Memory
Cafe**

Every Saturday Afternoon

Open from 1.30 - 3.30pm

with the exception of the first Saturday in each month

At Barton Baptist Church

Happaway Rd, Barton

Tea, Coffee, Games, Talks, Music, Dance
a wonderful time to be had

*All welcome with memory problems,
their families and their carers*

For enquiries, including details of how to volunteer,
please ring Elaine on **01803 459 290** or **07707 048 595**



Conjunction with Torbay Dementia Action Alliance TDAA



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

31st January 2019
Post Christmas catch up

28th February 2019
Healthwatch

28th March 2019
Traci Cornelius, Transformation Coach. What is 'Self Care' and why it matters.

25th April 2019
Peter Clark - Carer. 'My life story'

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

Progressive Supranuclear Palsy (PSP) Devon Support Group

Meets at Paignton Library in Room 12
On Mondays

March 20th & April 24th

On Monday 15th May, we will have an information stand in Paignton Library for PSP Awareness Week.

For More Information Contact Carla Bancroft on:
(01398) 351609

Carers @ The Library

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

10th January, 14th February, 14th March, 11th April
10:30am - 12:00 noon
£1.50 per head

Meetings are attended by Sally Corbishley, CSW

Afternoon Tea & Biscuits
third/fourth Friday of every month at:
Paignton Carers Centre, Drummond Suite, Paignton Library

18th January, 22nd February, 22nd March - no tea on
19th April as Good Friday
2:30pm - 4:00pm
£1.50 per head

Meetings are led by volunteers
There will be no Carer Support Workers present

Groups run by FoPL SCRABBLE GROUP

2nd Tuesday of every month 2pm - 4pm

Paignton Library, Room 13
All welcome
£2 charge
Large tile set available

8th January
12th February
12th March
9th April
14th May
11th June



(Probably no sessions during July & August)

Crafty Chatters

Do you enjoy needle crafts?
3rd Tuesday of Every Month 10:00am - 12 noon
Paignton Library, Room 11

FREE
All welcome

15th January
19th February
19th March
16th April



WE SUPPORT PEOPLE LIVING IN TORBAY AND SOUTH DEVON TO LIVE HEALTHIER LIVES.

As part of Torbay and South Devon NHS Foundation Trust, we offer a wide range of healthy lifestyle information, advice and support. We can help you to quit smoking, get more active, eat more healthily, lose weight and improve your overall wellbeing.

We have a range of expertise in the team including Health Coaches, Dieticians, Physical Activity Specialists, Stop Smoking Advisors and our all-important Administrators!

We are a super-friendly bunch who collectively have many years of experience supporting people, understanding their needs, and working with them to improve their health and wellbeing.

We pride ourselves in being a cohesive team, supporting each other at work and socially too! People join our team as colleagues and leave as friends!

We're always up for a challenge such as the recent South West NHS Military Challenge on Dartmoor; with the Torbay team finishing 8th out of 17!

stop smoking

NO SURPRISES HERE – STOPPING IS THE SINGLE BEST THING YOU CAN DO TO IMPROVE YOUR HEALTH & WEALTH!

Becoming smoke free will significantly reduce the risk of developing many long term conditions and greatly improve outcomes for people who have existing health problems. No matter how long you've smoked for, quitting helps improve your health straight away.

Our team of experienced specialist advisers understand the challenges of quitting. We offer a range of highly successful treatment options as well as different levels of local tailored support aimed at giving smokers the best chance of quitting for good.

We are also an e-cigarette / vaping friendly service and can provide the latest advice and guidance about their use as an alternative to smoking tobacco or in supporting you to quit.

lose weight

MANAGING YOUR WEIGHT CAN PREVENT MANY HEALTH CONDITIONS

It can have a positive impact on pre-existing conditions, and can increase your self-esteem and wellbeing.

Sometimes we need a little support and guidance, which is why the Healthy Lifestyles Team can help you to lose weight in partnership with Slimming World, WW and Rosemary Online. We can also offer additional support through our health coaching service.

move more

THERE ARE LOTS OF REASONS TO BE MORE ACTIVE

Moving more is good for your body and mind, helps stop you developing serious health problems and manage existing long term health conditions. Just a few small changes can make a big difference to your life and how you feel.

We offer access to a range of Physical Activities in partnership with local providers. This includes the Fitbay exercise on referral scheme, providing a range of supervised physical activity sessions with a trained instructor throughout Torbay, e.g. gym, aqua, toning sessions.

Health Coaches

**1-2-1
Support**

WHETHER YOU WANT TO EAT MORE HEALTHILY, INCREASE YOUR ACTIVITY OR IMPROVE YOUR GENERAL HEALTH AND WELLBEING, WE HAVE THE SKILLS AND TOOLS TO HELP YOU MAKE IT HAPPEN.

Our team of **Health Coaches** provide friendly, approachable support for people who are motivated to improve their health and wellbeing. Health Coaches can support and motivate you to make and maintain positive changes to your lifestyle through coaching, goal setting and follow up support.

We offer telephone, one-to-one or group support and you can also utilise our online tools and information. We are also able to signpost or refer you to other services to help you on your journey to a healthier you!

www.tsdft.uk/lifestyles

Search 'Torbay Lifestyles' in your browser

Call: **0300 456 1006** (Local rate number) Email: **torbaylifestyles@nhs.net**



VISUAL EYES TORBAY NEWS



**VISUALEYES
TORBAY**

a charity for sight impaired people

Following our Big Lottery award we have been delighted to welcome clients from Newton Abbott, Dawlish and Stoke Gabriel to our Paignton and Torbay Branches. We are also pleased to announce the opening of our Torquay Branch, at Upton Vale Baptist Church this year.

This means that we now meet on the 1st Monday of the month at Brixham URC, 1st Wednesday of the month at Paignton Library and the 1st Friday of each month in Torquay at the Baptist Church

Numbers from around the Bay have increased, with nearly 200 a month attending our meetings, including our monthly trips out when we take up to 49 people to local places of interest, usually based around a meal or a Cream Tea, which are very popular. Air Rifle Shooting has remained popular and we have had a good Grass Bowls season.

Please phone us on: **07951 659514** for further information.

Very best wishes, Chris Sumner, Chair Visualeyes Torbay

Ancestry

On Wednesdays - 16th January, 20th February and 20th March | From 10.00am - 1.00pm

Have you ever wondered where your family came from? Learn how to navigate around the family history sites on the Internet. If you would like to get involved, please could you take some time to think about what you want to know and gather as much information as you can to bring to the session; let's see what interesting things you can find out about your ancestors.

Knit and Natter

On Wednesdays - 9th January, 13th February and 13th March | From 1.30pm - 3.00pm

If you like a natter and knitting and are a Carer in Torbay, this is the group for you. Just come along with your knitting and you will be welcomed with a hot drink and a biscuit.

Men Matter

On Thursdays - 10th January, 7th February and 7th March | From 11.00am - 12noon

This is for Gentleman Carers living in Torbay, the group meet at the Redcliff Hotel in Paignton. An informal group where men can chat and support one another. Drinks and nibbles are provided by Carers Aid Torbay.

Relax and Read

On Wednesday's - 16th January, 27th February and 10th April | From 2.00pm - 3.30pm

This group meet once every six weeks, which allows people to read at their own pace. As a group they decide what books/ genre they would like to read and when the group meet they discuss the books whilst enjoying tea and cake. If you are a Carer and have a passion for reading, then this is the group for you.

Totnes & Dartington Daytrip

Wednesday 27th March 2019

An opportunity to amble around the quaint streets of Totnes, and then on to the picturesque estate of Dartington.

Wills & Power of Attorney Advice

Monday 18th March 2019 from 2pm

These sessions are offered by Edward Lee from Wollen Michelmores, who provide advice on Wills and Lasting Power of Attorney.

To book an appointment please call Carers Aid Torbay. This is a free service for Carers and all appointments are 30 minutes long and are held at the Olive Carers Centre.

Please Call Carers Aid Torbay on: **01803 323510** to book on any of the above activities, advice sessions or groups.

All groups and meetings are at the Olive Carers Centre, Victoria Park Rd, Round the back of St Edmunds, Torquay TQ1 3QH - unless otherwise stated.

Coming in the next edition:

- Your Community Builder
- Young Carers Awareness Day
- Commitment to Carers

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

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

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