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Deadline for the Spring edition is  
Friday 7th February 2020

# SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers

## Hello and Welcome..

...to the Winter edition. I hope you all had an enjoyable Christmas and a good start to the New Year.

Firstly, it was lovely to see so many of you on Carers Rights Day, the 21st of November. The day proved to be a great success (**P8 & 9**); we welcome your suggestions for next year. We'd also appreciate your feedback on our new website Torbay Carers Together (**P2**) and what you'd like to have happen as part of our partnership work with the National Trust (**P3**). It's really important to us that we have your views and comments, as this informs the services and work we provide.



If you are over 50 and would like to have your say on what happens locally with services, the council and the NHS, then you might like to contact Ageing Well Torbay (**P5**), with a view to joining Torbay Over 50's Assembly (TOFA); membership is free.

Don't forget to take a look at how the Healthy Lifestyles team can support you in 2020 (**P6**). We also have a number of updates from Age UK Torbay and their Wellbeing Service (**P7**), Community Builders (**P7**) and our new service to support Carers at the Emergency Department, while you park your car (**P11**).

Finally, we'd like to encourage you to recycle your Signposts for Carers Newsletter; rather than throw it away, please pass it onto other Carers if you know that they are not yet registered with us, we'd love them to know more about the Carers Service and how we can support them.

Wishing you all well for the New Year.

**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](mailto:signposts@nhs.net)  
[www.tsdf.uk/carers](http://www.tsdf.uk/carers)

# NEW WEBSITE LAUNCH



## TORBAY CARERS TOGETHER HAS LAUNCHED!

Torbay Carers Service, Mencap, Carers Aid Torbay, Tissues and Issues, Torbay Parent Carer Forum, Devon Partnership Trust and Torbay Young Carers have helped to create a website, that we hope is easy to use as the first point of contact for Carers in Torbay. The website provides information to help with your caring role.

The new website was officially launched on Carers Rights Day (21st November), when Sir Richard Ibbotson (Chairman of Torbay and South Devon NHS Foundation Trust) and Katy Heard (Carers Lead) opened an event for Carers around planning for the future (please see centre pages).

To view the Torbay Carers Together website please visit: [www.torbaycarerstogogether.co.uk](http://www.torbaycarerstogogether.co.uk)

Any feedback would be gratefully received – just complete the feedback form at the bottom of the home page.

## KINDAPLACE

KindaPlace is a unique and friendly venue; a community cafe, a respite and recovery wellbeing centre. Overlooking beautiful Torbay and the sea - perfect for reflection, relaxation, inspiration and community connection.

As well as being a great place to meet up or stay over, KindaPlace is a centre for social impact activities and innovation, benefiting the local residents of Torbay.

As part of the Missing Kind's charity network (please ask for more information at KindaPlace), where you can enjoy the time you spend with us, knowing we're doing our best to create a better world.

We offer holistic therapies such as reiki, reflexology, holistic beauty therapy, light touch therapy, wellbeing therapies including massage, nutrition and counselling, as well as a wonderful array of interesting and inspiring workshops and classes, from Ykeoga and Tai Chi, to Gong bath and shamanic drums.

Carers are welcomed at Kindaplace with open arms, a tranquil environment to relax and recharge.

We offer a Kindakard, the card which allows Carers to enjoy a complimentary

cup of tea and some time to relax, unwind and recharge.

Fridays are 'Food for the soul' evenings, why not come and enjoy a delicious plant based 3 course meal and "pay as you feel" with live music and a wonderful atmosphere, all welcome 7pm - 9pm every Friday. Booking recommended but not essential.

We work with many social impact groups, so we can signpost where possible.

Check out our website at:  
[www.kindaplace.org](http://www.kindaplace.org)

For more info Email:  
[smile@kindaplace.org](mailto:smile@kindaplace.org)

Like our page on Facebook, for all our up to date daily and weekly events.



**KindaPlace**  
An Awakening!



## **WHAT WOULD CARERS LIKE?**

The National Trust is an organisation which was set up almost 125 years ago, with a goal and vision to look after historic places, while providing access for everyone! Currently the National Trust is working collaboratively with Torbay Carers Services, looking at the various ways we can make the places we look after more welcoming and accessible for local Carers, individually, or jointly with the person you care for.

In order to make the necessary changes, we would love to hear your responses to the following questions. We are also looking for a small group of local Carers to get more involved and work alongside us. This might involve some face to face small group conversations, or trying out some ideas with us and generally making our Devon National Trust places better for Carers and the person you care for. We can't promise to help with, or deliver on all your ideas, but please do be as imaginative and free with your answers as possible!

1. If you were visiting a National Trust property or countryside, how important would it be to visit alone for your own wellbeing, or to come with the person you care for? Tell us about your answer.
2. If you were visiting on your own, what would make your visit more enjoyable?
3. Would you be more inclined to visit alone, if you were offered some free visits as part of a project?
4. If you were visiting with the person you care for what would make your visit more enjoyable and easier for you both?
5. We know that volunteering can help the wellbeing of Carers and the person you care for and we would be keen to support this; if you were able to volunteer without the person you care for, how might this help with your wellbeing?
6. If you were to volunteer with the person you care for – what might some joint volunteering look like? What would help?
7. If the person you care for was able to and wanted to do some volunteering (without you) what support might they need in order to make their volunteering more comfortable?
8. Would you be interested in doing some voluntary work with a few other local Carers with the National Trust? If yes, please use the details below to get in touch.

Please send your responses:

**FREEPOST**

**TORBAY CARERS SERVICES**

or email: [torbaycarersservice@nhs.net](mailto:torbaycarersservice@nhs.net)

If you are unable to respond to this in a written format, then please ring: **(01803) 666620**  
Leave your details and we will contact you in due course.



### CONFUSED BY CARERS ALLOWANCE?

Most people would agree that the welfare benefits system is complex, but Carers Allowance (CA), with origins going back to 1976, can be especially convoluted, having been 'bolted on' to an already complicated social security system. However, you shouldn't be deterred from checking your eligibility. Over 1.3 million Carers claim, and you could be entitled to this too.

CA pays £66.15 a week (2019/20), and if you're under state pension age, it automatically gives you Class 1 National Insurance credits. The credits count towards your state pension and/or any future contributory benefit claims. If you're over state pension age and eligible for Pension Guarantee Credit, you could still gain through the additional 'carer element'.

A comprehensive CA factsheet is available from Carers UK at: <http://bit.ly/2pcQmAc>, and you should study this carefully and/or seek specialist advice before claiming CA.

### TO CLAIM CA, YOU MUST:

- satisfy the UK residence and presence tests
- be 16 or over, not in full-time education or studying for more than 21 hours a week
- be caring for a disabled person (adult or child) for at least 35 hours a week - you don't need to be related. In practice, you could be caring for more than one person, but the hours cannot be combined for CA purposes
- be caring for someone claiming a 'qualifying benefit' such as Attendance Allowance (any level), Personal Independence Payment (daily living component), Disability Living Allowance (middle or higher care component), Armed Forces Personal Independence Payment or \*Constant Attendance Allowance: (\*see <http://bit.ly/35D29c6>)
- be taking home less than £123.00 in weekly earnings (certain expenses are disregarded, including half of any occupational pension contributions)

### YOU ALSO NEED TO KNOW THAT:

- There is no upper age limit for claims, but if your state retirement pension is more than £66.15 a week, CA will not be paid. However, your pension will be topped up to £66.15, if it's less than CA. Additionally, underlying entitlement to CA entitles Pension Guarantee Credit claimants to an extra £36.85 weekly carer element
- CA cannot be paid on top of certain contributory benefits and it also counts as 'income' for means-tested benefits, including Pension Guarantee Credit you should seek advice if the person you care for is receiving a 'severe disability premium' in their means-tested benefits. This is usually in circumstances where someone is living alone or 'deemed' to be
- CA can be claimed online at: <http://bit.ly/2OK4Dzd>, or by post. Claims can be backdated by up to 3 months, if the cared for person's qualifying benefit claim covers the same period
- if you're of working age and live on a low income (with capital under £16,000), CA can be topped-up by Universal Credit (UC). Don't claim UC if you're already getting Income Support or another means-tested 'legacy' benefit and there's been no change in your circumstances. A UC award will include a monthly Carer element of £160.20. Furthermore, Jobcentre Plus will not place any work-related conditions on your claim. See: <http://bit.ly/2piLXf6>

# TOFA

## TORBAY OVER 50'S ASSEMBLY

Older people in Torbay have a powerful new voice thanks to an Ageing Well initiative, the Torbay Over 50's Assembly. Set up in Brixham, Paignton and Torquay the assembly (TOFA) has working groups in each town, as well as an overarching Action Group which holds organisations including the NHS and Torbay Council to account.



**Torbay Over 50's Assembly**

Earlier this year Ageing Well Torbay also launched the bid for Torbay to become 'Age-friendly', a status that is recognised by the World Health Organisation that seeks to ensure that organisations, businesses and groups all have a positive impact on the area in which we live. Senior politicians and health chiefs have already signed up to an Age-friendly Charter and have pledged to take older people into account when making decisions that may affect them. Furthermore, places have been reserved for over 50's on some of the most powerful decision making committees in the Bay.

Membership is free (see the bottom of this article for details) and you can get involved as much or as little as you want to – you might want to simply be a member and be kept informed of progress, and that is important because we need to be able to say that the Assembly represents as many of the over 50's in the bay as possible. There are also opportunities to ensure that your voice and the voices of your peers are heard at every level of governance in the bay. The choice is yours.

You might want to help organise forums in Brixham, Torquay or Paignton, that will meet regularly to discuss issues directly affecting the health, wellbeing and happiness of over 50's in those towns. If you are interested, you could seek a position on the Action Group, which oversees the work of the Assembly and be directly responsible for delivering on issues raised and ensuring that the authorities are listening. Action Group members have, depending on their area of interest, the opportunity to represent over 50's on various statutory bodies including, so far, the Health and Well Being Board, mental health and housing.

- Work has already started and TOFA members have been consulting with the Jobcentres in Brixham and Torquay before asking over 50's what services they need regarding benefits and employment.
- Some of the Action Group has concentrated on building a What's On Guide with the Torbay's Community Builders, for those of you interested in social activities.
- Within transport we have been observing the Our Bus developments and researching Torbay's current highways plans, policies and strategies, identifying ways to address concerns such as - cars parked on pavements, trip hazards and poor lighting.
- Housing representatives have been involved in the development for the 'Plan for Housing in Later Life' and recommendations will go to all prospective developers.
- Health and support members have been involved in feedback regarding the 'Better For You, Better For Devon' long term plan for the NHS and they have created a presentation about demystifying adult social care.
- Numerous concerns around Environment have been taken onboard regarding TOR2 waste disposal and recycling.

Torbay Over 50's Assembly members have hit the ground running, and there is much to do and much to focus on, but it is definitely not too late to get involved.

To become a member and receive regular updates, please email: [ageingwelltorbaycdt.org.uk](mailto:ageingwelltorbaycdt.org.uk)  
or call: **(01803) 212638**.



# NEW YEAR, NEW CHOICES

## Healthy Lifestyles

“Small Steps...  
Right Direction”

### WE CAN HELP YOU TO:

**stop**  
smoking

**lose**  
weight

**move**  
more

improve  
**mood**

drink  
**less**

**live well**  
with type 2 diabetes

## What are you waiting for?

*Complete our online quiz and start  
the journey to a healthier you today!*



[www.tsdft.uk/lifestyles](http://www.tsdft.uk/lifestyles)

Search ‘Torbay Lifestyles’ in your browser

Call: 0300 456 1006 (Local rate number)

Email: [torbaylifestyles@nhs.net](mailto:torbaylifestyles@nhs.net)

### lose weight

Managing your weight can prevent many health conditions, 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 and WW. We can also offer additional support through our health coaching service.



### stop smoking

No surprises here – stopping is the single best thing you can do to improve your health & wealth!

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.

### move more

There are lots of reasons to be more active. Moving more is good for your body and mind, just a few small changes can make a big difference to your life and how you feel.

We provide a range of physical activity offers in partnership with local providers. This includes the Fitbay\* exercise on referral scheme and reduced cost activity sessions with trained instructors 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 keen to improve their health and wellbeing. We offer telephone, one-to-one or group support and can signpost or refer you to other services where appropriate.

\* Please note offers and support options are subject to certain conditions and charges may apply.

Age UK Torbay has been running the Wellbeing Service for the last 3 ½ years. The service is for any over 50's who might consider themselves to be lonely and isolated.

We have worked with over 1,500 people, who wanted to meet others too, connect with their communities, and to make friends. For all of us, it can be difficult to 'put ourselves out there'. Wellbeing Torbay provides both practical and emotional support, working with people on an individual basis to build confidence and trust.

We can link you into lots of different activities across Torquay, Paignton and Brixham through (Brixham Does Care). It isn't a case of us telling you what to do, it's about what matters to you. We have a team of 8 members of staff, some of whom also specialise in providing support around housing, dementia and end of life.

Wellbeing Coordinators help people to be active in managing their own wellbeing, health and care, and to improve their experience of care and support in the community. Wellbeing Torbay is delivered by Age UK Torbay and Brixham Does Care.

It's always difficult to put into words what we do, so I'm ending on some quotes from people who we have worked with. Perhaps this will strike a note with you, or someone you know. If it does, give us a call. You have nothing to lose, and everything to gain.

'I have been struggling with anxiety for a while and was referred to your service by my GP. Then I met a Wellbeing Co-ordinator, they are amazing, and fabulous at what they do. They always have great ideas about groups I can be involved with etc., and show so much care and understanding'.

'Wellbeing Torbay supported me with my financial situation and then introduced me to people locally; it has saved my life. I can now look forward and help others'.

Contact:  
Age UK: **(01803) 555181**  
[wellbeingcoordinator.torbay@nhs.net](mailto:wellbeingcoordinator.torbay@nhs.net)

Or:  
Brixham Does Care: **(01803) 857727**  
[wellbeing@brixhamdoescare.co.uk](mailto:wellbeing@brixhamdoescare.co.uk)

## COMMUNITY BUILDERS



### WHAT ARE COMMUNITY BUILDERS?

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

We have seen lives transformed when people of all ages work alongside their Community Builder to bring positive changes to the place where they live

We have seen so many new friendships and activities happening in the community: from coffee mornings to social dog walking, IT support groups to crafting workshops, memory cafes to singles nights, and most importantly, neighbours helping each other out on a day-to-day basis.

Contact: [www.torbaycdt.org.uk](http://www.torbaycdt.org.uk), [info@torbaycdt.org.uk](mailto:info@torbaycdt.org.uk) Tel: **(01803) 212638**

# CARERS RIGHTS DAY 21ST NOVEMBER



Carers Services would like to say a big thank you to so many Carers who joined us on the 21st of November, despite the poor weather. The event held at Paignton Library was officially opened by Sir Richard Ibbotson, Chair of Torbay & South Devon NHS Foundation Trust, who a number of you spoke with.

We were supported by about 20 services across the organisation who staffed stands throughout the day and answered many of your questions. There were also a number of talks throughout the





# PHOTOS & FEEDBACK

day, followed by questions & answers, covering topics such as Understanding Dementia, Replacement Care, Benefits and Legal, to name just a few; Carers feedback was gratefully received.

Due to the success of the day, we are considering running a similar event in 2020.

If you have any suggestions for particular topics or stands, please contact Signposts for Carers on:

Tel: (01803) 666620

or email: [torbaycarersservice@nhs.net](mailto:torbaycarersservice@nhs.net)



## SOUTH DEVON COLLEGE

This September another new college year began with Fresher's Week, and Young Adult Carers joined other local agencies at South Devon College to offer advice on our service and provide information for all students and staff.

Once again, this event proved what a great working relationship we have within the College; from tutors, to pastoral support and beyond. We spent the day promoting our service to all, handing out leaflets and offering advice to the many that asked questions, including family, friends and work colleagues.

## SAILING

With the support of the Tallships Trust and funding from Eleanor Hamilton Educational Trust, we were able once again, to offer a weeks sailing activity for Young Adult Carers from all areas of Devon. Along with some Young Adults from Devon's Bright Futures, the group spent time learning how to sail a racing yacht along the Dorset coast, finishing at Brixham where family and friends were allowed to have a look aboard the yacht.

All the Carers had a great time learning new skills and making new friends.

This was once again a great opportunity for Young Adult Carers to experience an activity that extends beyond day to day life and can be a life changer for some.

### Dave Baker

Young Adult Carers Development Worker

Phone: (01803) 208455

## FREE MINCE PIES AND MORE!



Young Adult Carers kicked off their Christmas festivities with Mince Pies 'n' More at the Paignton Carers Centre in late November. We had all the makings of a fun and fab event; tombola, raffle prizes, name the bear and scrummy mince pies! Thank you to everyone who kindly donated prizes and to Danielle & Aaron from Tesco Express Brixham who supplied the mince pies and have kindly supported this event for the past 2 years.

Carers had a lovely time and were able to unwind and indulge in some pampering, with a choice of an aromatherapy hand massage, festive-ready manicure, or both.

"We have had a wonderful time here this morning. Relaxing, friendly, informative. It was great to have me-time being pampered which is so important, we were looked after by such lovely people, when normally we are the ones looking after our loved ones. Thank you so much."

### Carers Kathy & Jeanne





# TORBAY YOUNG CARERS UPDATE



Hi Everyone,

We'd just like to let you know about some big changes happening to the Young Carers Service. For a long time the Council have been looking at the possibility of moving the service out of the Local Authority to join a new organisation called Torbay Youth Trust. We are pleased to let you know that this is finally happening and we anticipate being a part of the Youth Trust from the end of March 2020.

We will still be providing the same service at first, but we hope that being in the Youth Trust will mean that we can apply for more funding and will be able to expand our support.

We've been really busy over the last term, with lots of opportunities for Young Carers and their families. Our regular groups are building in popularity, and our schools support is as busy as ever. We have a new Young Leaders group and they have been offered a bursary by Youth Action, for a Leadership residential in January.

During half term there were some fantastic opportunities on offer, including a 3-day radio production workshop with Sound Communities, as well as a fabulous trip to the zoo, and fun for all the family at Orchard Forest School. We were back at Orchard Forest School for Christmas, as well as having a traditional family Christmas Party (supported by our friends at Brixham Soroptimists) and a very well attended bowling session for our older (13+) Young Carers (thanks to Preston Rotary Club).

Watch this space for some fabulous new opportunities in 2020 – we already have a couple of exciting projects in the pipeline with support from Playback Theatre and Bath Philharmonia.

At the time of writing we don't have our new office number or email addresses, but our mobile numbers should remain the same, so for any enquiries, I can be contacted on: **07786 856139**.

**Teresa Mikalauskas, Senior Project Leader, Torbay Young Carers Service**

## OTHER NEWS

### **NEW SERVICE FOR CARERS : SOMEONE TO SIT WITH THE PERSON YOU CARE FOR WHILE YOU PARK AT TORBAY HOSPITAL**

Torbay Carers is piloting a service which offers to sit with the person you care for while you park the car. This service is available at the Emergency Department in Torbay Hospital from 9-5, Monday to Friday (subject to availability of staff).

As part of the work Torbay Carers have been doing in the Emergency Department, we have been made aware that there is often an issue with either accessing the Department on foot, from the car parks, or with waiting for a parking space. By providing this service we hope to reduce your stress around arrival at the Emergency Department.

If you attend the Emergency Department and require this service, please ask Reception staff if you can have someone to sit with the person you care for.

**TALKWORKS**  
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

Torbay and South Devon **NHS**  
NHS Foundation Trust

### **If you care for a family member or friend**

Join us for a Carers' Mindfulness Taster  
at Brixham Friends' Centre  
with Cuppa and Cake!



Wednesday 29<sup>th</sup> January  
6pm – 7.30pm (arrive at 5.45pm for refreshments!)  
The Friends Centre, (Brixham Hospital Site)  
14 Penn Ln, Brixham TQ5 9NP

To book your place please contact Pauline O'Reilly on:  
**(01803) 208 455**, by **Wednesday 22nd January**

# 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**

**13th January**

Christmas Lunch at the Livermead Hotel

**10th February**

Samantha Little with the history of Brixham Heritage Museum

**9th March**

Mark Criddle from the R.N.L.I

**No meeting April 13th Bank Holiday**

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

## 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)

**9th January**

Meet up at the Livermead Cliff Hotel, Torquay for  
afternoon tea and a catch up after the festive  
season

**13th February**

A visit to Jack's Patch, Bishopsteignton,  
Teignmouth

**12th March**

A visit to MaMa's Dessert Kitchen – something for  
everyone - 7 Braddons Hill Road West, Torquay

**9th April**

Visit to the 'Real Crime Museum', Victoria Parade  
Torquay – a fascinating insight into the crime  
world. Concession £6.95 per person. Tea/Coffee  
afterwards in a nearby café if wanted.

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**

## "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)

**Thursday 16th January**

**The Gilberts of Compton Castle** - Traces the fascinating history of the  
Gilbert family of Compton Castle from 1329 – 2017; who have served our  
county and country in many amazing and brave ways. Their story includes the  
life of Sir Humphrey Gilbert.

Kerry Evans and Debi Porter will join us for coffee after the speaker to have  
an informal chat about replacement care

**Thursday 20th February**

Rosemary Griggs – Costumed History Interpreter  
An Audience with Lady Katherine

**Thursday 19th March**

Hear about Dartington from John Risdon – Estate of Art, Education and  
Historic Beauty.

**Thursday 16th April**

Jayne Morris -Sensory Wellbeing and information

**For More  
Information,  
Contact Michele**

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



## Are you caring for someone?

Talk to us. We are looking to improve breaks  
for non paid Carers.

- What works?
- What are the issues?
- What would you like to see?

## Contact us

Kerry Evans - 07766504443  
Replacement Care Development Lead

Debi Porter - 07880136859  
Replacement Care Co-ordinator

**NHS**  
Torbay and South Devon  
NHS Foundation Trust



## 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**

**30th January**  
*Post-Christmas Catch Up*

**27th February**  
*Samantha Little with the history of Brixham Heritage Museum*

**26th March**  
*Charlie Sproul, Social Worker: How Intermediate Care works*

**29th April**  
*Mark Criddle from the R.N.L.I*

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



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 carer's*

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*



## Torbay Older Family Carers

Support for people aged 60 or over caring for a family member with a learning disability

**'Tea and Cakes' Social and Information Get-togethers**  
held on 2nd Wednesday of the month 10:30am-12noon  
Jasmy House, Midvale Road, Paignton

**12th February**

**11th March**

**8th April**

An opportunity to meet other Carers for a friendly chat over a drink and a cake. We usually have speakers providing information relevant to learning disability and caring.

**Friday morning Drop-ins – Carers Centre, Paignton Library**

If you would like to call in for a chat and a coffee or have a particular concern you would like to discuss, please call in any Friday anytime between 9.30am and 12.30pm.

We will be pleased to see you.

**The person you care for is always welcome to come along.**

For further information, please contact:

Caroline Saunders: **(01803) 321145**

Mobile: **07939 880092**

Email: [caroline.saunders@mencap.org.uk](mailto:caroline.saunders@mencap.org.uk)



The voice of  
learning disability

## Carers @ The Library

**Coffee Mornings**

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

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

Meetings are attended by Sally Corbishley, CSW

**Afternoon Tea & Biscuits**

Third Friday of every month at:  
**Paignton Carers Centre, Drummond Suite,  
Paignton Library**

January 17th, February 21st, March 20th, April 17th

**2:30pm - 4:00pm**  
£1.50 per head

Meetings are attended by volunteers Mike & Denise Eccleston

# 50+ SHADES OF DEMENTIA

My new book contains 50+ poems about dementia, hence the name 50+ Shades of Dementia. I was diagnosed with Lewy Body dementia 10 years ago and the book highlights some of the aspects of my journey, as it depicts the truth of what it's like to live with the disease day by day and provides an insight for Carers and family members. Sometimes sad, sometimes frightening but always hopeful.

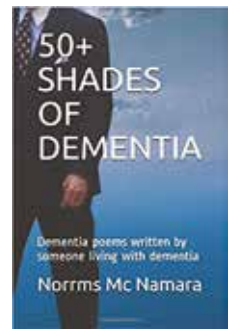
ALL profits and proceeds from the sale of this book will be used to buy Purple Angel Music Mp3s for those with dementia.

To purchase the book, please go to the Amazon link:

<https://www.amazon.co.uk/50-SHADES-DEMENTIA-Dementia-dementia/dp/1089449224>

Learn more about dementia and how we can support you at: [www.purpleangel-global.com](http://www.purpleangel-global.com)

**Norms McNamara**



## THE PURPLE ANGEL MEMORY CAFÉ



The Purple Angel

Join us every Saturday afternoon at Barton Baptist Church, for the following events (Please see attached poster page 13)

### February

- 8th Martin Rollings (singer and entertainer)
- 15th Crafts and singalong
- 22nd Games and singalong
- 29th Gilly Barton Sings, fantastic vocalist

### March

- 14th Trip to Torre abbey
- 21st Reminiscence
- 28th Our fantastic **World Rocks Against Dementia** groups, singers and so much more

28th March will be our SIXTH WRAD World Rocks Against Dementia which is a worldwide event and happening in over 25 countries around the world at the same time.

**Please remember ALL this is for free so please come along and see us!!**

## CARERS WHO HAVE COMPLETED THE HOPE COURSE MONTHLY MEET UP

For all Carers who have completed the HOPE course, we are holding a monthly get together over coffee and cake/fruit. This is your opportunity to meet other Carers and the people they care for, who have completed the programme; we will also provide updates on some of the topics covered during the 5-week course. The get together will be facilitated by a HOPE tutor for the first 3 sessions, with a view to future meetings becoming self-led.

Please ring Natalie Townsend on: **(01803) 208456** if you are able to attend.

Every Last Friday in the month | From **1.30 – 3.00pm**

Paignton Library, The Drummond Suite

**31st January**

**28th February**

**27th March**

**24th April**

## LEGAL ADVICE

**Monday 23rd March and Monday 18th May 2020: 2.00pm - 4.00pm (Appointment only)**

These sessions are offered by a professional from Wollens; Edward Lee offers advice on Wills and Lasting Power of Attorney. To book a 30 minute appointment please call: **Carers Aid Torbay (01803) 323510**. These sessions are free of charge to Carers and held at The Olive Carers Centre.

## CHATTER

**Wednesday 4th March and 6th May, at the Olive Carers Centre: 1.30 - 3.00pm**

New for 2020. This is a bi-monthly group. For all unpaid Carers, a chance to sit and relax and chat with other Carers. Tea, coffee, and biscuits will be free flowing.

## MEN MATTER

**Thursday 6th February and 5th March 2020: 11.00am - 12.30pm**

This is for Gentleman Carers living in Torbay, the group meet at the Redcliff Hotel in Paignton. Drinks and nibbles are provided by Carers Aid Torbay. The group chat informally and put the world to rights; whilst gentling supporting one another.

## CARERS PAMPER SESSIONS

**Monday 2nd March 2020**

These sessions will be held at South Devon College in the Inspirations Salon. Carers will have a choice of TWO treatments. The day will be divided into two sessions a morning session running from 9.30 -11.30am and an afternoon session running from 1.30-3.30pm.

**Places are VERY limited, please call Carers Aid Torbay on: (01803) 323510 as soon as possible for further details of the treatments available and to reserve a place.**

# LOOKING AFTER YOURSELF DURING THE WINTER MONTHS

## COPD

COPD describes a group of lung conditions that make it difficult to empty air out of the lungs due to narrowing of the airways. Two of these conditions are Chronic Bronchitis and Emphysema. This can be made worse by flare ups or chest infections. Winter months are particularly difficult for people with this condition so here are some tips to stay well over the winter months.

- Have your Flu/Pneumonia Jab
- Try and keep active but pace yourself
- Keep warm
- Eat well and stay hydrated
- Look out for signs of a flare up and either take your Rescue pack of medication or contact your GP/Practice Nurse
- Stop smoking

We know that keeping active is very important in COPD. If you have never attended Pulmonary Rehabilitation please ask your GP/Practice Nurse to refer you to your local group.

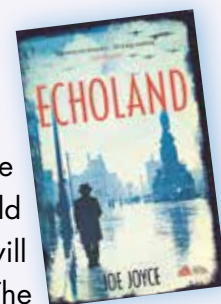
For further information contact the British Lung Foundation

[www.blf.org.uk/copd](http://www.blf.org.uk/copd) or phone: **0300 0030 555**

Whether you prefer fact or fiction, these unusual narratives will keep you enthralled until the last page...

### ECHOLAND

Joe Joyce (ISBN: 1848406126 New Island)



Dublin 1940: Paul Duggan, military intelligence officer and his friend, Garda Paul Gifford, are posted to watch a suspected German spy during a grim winter in the city. The weather is cold and dismal, and tensions are running high, as the neutral country fears one of the belligerents will invade their country. Who can be trusted? Which groups are working together: the Germans? The British? The IRA?

As Duggan and Gifford compete for the attentions of the lovely Sinead, who works in the building where the watch takes place, they also find themselves searching for Paul's missing cousin, Nuala, whose father is a prominent, but controversial politician, in the Dail.

Wonderfully evocative of Ireland in the 40s, the highlight of the book is the entertaining banter between the two protagonists, which give heart to this well-paced thriller.



### NO TEARS IN IRELAND

Sylvia Couturie

(ISBN: 0743201932 Simon & Schuster, 2001)

Sylvia Couturie and her younger sister, Marguerite, live in a French chateau, the daughters of adoring and affluent parents; however, when their Irish governess takes them home for a holiday in the early days of the Second World War, they find themselves unable to return and subsequently spend five years cut off from their family, culture and language.

Growing steadily poorer and struggling to cope in a foreign community, this is a heart-warming and fascinating memoir of Sylvia's determination to overcome the difficulties she faces and to make the most of the beautiful seascape and countryside, the kindness of friends, the pleasure of reading and the importance of learning.

When the book is finally and reluctantly concluded, the reader feels they have made a new and inspiring friend.

### NEW HOPE

Over the recent Christmas break, I've been thinking about that first Christmas in Bethlehem. Lots of things were less than ideal; the census, the need to travel long distances to register, no room at the inn... and yet life came in human form... Sometimes life is less than ideal, but if this is your experience then I hope the New Year has brought you some good things too. May the Spring be a reminder of new life and new opportunities.

**Helen Elliott, Carer**

### Coming in the next edition:

- Carers Week June 2020
- Devonwide Commitment to Carers Launch
- Feedback from Young Carer's Awareness Event

**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, or email: [signposts@nhs.net](mailto:signposts@nhs.net)**