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Deadline for the Spring edition is:
Monday 19th February 2024

SIGNPOSTS FOR CARERS

The newsletter for Torbay Carers



CARERS' RIGHTS DAY IN PHOTOS

Find out about our latest Carers' Rights Day event in November
(Pages 2-3)

TRIANGLE OF CARE

See what Torbay Hospital is doing to identify, record, involve
and support Carers (Page 6)

HELP WITH SLEEP

We know many Carers struggle with sleep. There is help out
there so read on...(Page 8)

CARERS' CELEBRATION & INFORMATION DAY



More than 700 people visited the Carers' Rights Day and Christmas Fair at Paignton Library on 18th November. There were five separate spaces in the Library. A Family Room, Support for Adults, the Community Hub and a room dedicated to planning ahead were set up as well as general information from services that support Carers.

We were very grateful to the Carers and organisations who attended the event, and to Paignton Library for linking their Christmas fair in with us once again. Many thanks to the Carers who reported that they appreciated the day and found it helpful!

Cllr Hayley Tranter opened the event by reflecting on her own caring experience. Cllr Tranter appears in **picture 1** (left to right – Cllr Hayley Tranter, Annie Hall, Kevin Foster MP and Katy Heard).

The Carers Team were on hand to speak to Carers on the day. **Picture 2** shows (clockwise from top left) Eleni Garitagoitia, Sally Smith, Tineke Ellis and Natalie Townsend.

Information stands available on the day were from Proud to Be, which supports LGBTQ+ people to thrive, be free and feel safe (**picture 3**), Your Health Torbay, Mencap Torbay, and Torbay Family Carers Service. Purple Angel Dementia Support (**4**), Kooth and Qwell (on-line mental health support) (**5**), Community Builders (**6**), and the Substance Misuse Team (**7**) were also based on the main information stands. The Disability Information Service and NRS, which provides equipment for people with disabilities (including a free trial) had a stand as well as Parkinson's UK and a Parkinson's Nurse. Torbay Against Arthritis, Young Adult Carers and Takota (peer support for Carers aged 25-35) also offered their knowledge and support.

The Planning Ahead room comprised Woollens Solicitors, Rowcroft Hospice (**8**),

A GREAT SUCCESS!

Age UK, Children and Families in Grief, (9), and the Carers Loved and Lost group.

In the Family Room there were Torbay Young Carers, the Children with Disabilities Team, which provides Social Care for children with Special Educational Needs and Disabilities (SEND), SEND Family Voice (giving parents of children with SEND a voice), and Tissues and Issues (who provide peer support for parents of children with SEND).

A room dedicated to support for adults offered the opportunity to feed into the Torbay Carers Strategy and the Adult Social Care Strategy. Information and advice was available from Adult Social Care alongside details of The Big Plan, which sets out support to adults with a learning disability in Torbay. Cathy Williams, Sharon O'Reilly, Katy Heard and Jude Pinder (left to right) attended from Social Care and appear in **picture 10**.

The Community Hub offered a range of cost-of-living and general support. This was provided by Citizens' Advice, ECOE Community Energy (**picture 11**), Healthwatch (**12**), Engaging Communities South West, Samaritans and Torbay Council. **Picture 13** shows Sue Davies from the Lions Club of Torquay alongside Colin Slough (Signposts Information Officer). Beatrice and Mubashera, who provided free Afghan and Caribbean food appear in **picture 14**.

The day was also supported by the Vaccination Outreach Team. They administered 19 COVID and 19 Flu vaccinations to Carers and others who were eligible.

Thank you again to the Carers who attended and the organisations that supported us on the day. We look forward to offering a similar event to mark Carers' Rights Day again next year.



MONEY MATTERS



THINKING OF CLAIMING CARER'S ALLOWANCE?

Administered by the Department for Work and Pensions (DWP), Carer's Allowance (CA) is a non-means tested, non-contributory, taxable benefit for unpaid Carers, which pays up to £76.75 a week in 2023/4 (£81.90 in 2024/5).

STEP 1. THE BASIC RULES REQUIRE CARERS TO BE:

- Over 16 and providing unpaid care to one person (adult or child) for at least 35 hours a week (Sunday to Saturday). Hours can't be averaged.
- Not in full-time education (21 hours a week).
- Earning less than £139.00 a week in 2023/24 (£151.00 in 2024/25) after deductions (fluctuating earnings can sometimes be averaged). Note: you can get a universal credit, 'Carer amount' of £185.86 (2023/4) added to your 4-weekly payments, if your earnings exceed the limit.
- Not subject to immigration control (see: <https://bit.ly/3YBw9B1>) and in compliance with the UK residence and presence tests.

STEP 2. THE PERSON YOU CARE FOR MUST BE GETTING ONE OF THE FOLLOWING:

- Attendance Allowance - higher or lower rate (see: <https://bit.ly/3OXYv5e>).
- Disability Living Allowance - middle or higher care rate. New claims restricted to the under 16s (see: <https://bit.ly/3qt6yxA>).
- Personal Independence Payment - daily living component (see: <https://bit.ly/2YhIDBI>).
- Constant Attendance Allowance - minimum £83.10 (see: <https://bit.ly/3OYYtZN>).
- Armed Forces Independence Payment (see: <https://bit.ly/3E2jkGg>).

STEP 3. THE SMALL PRINT

If you meet the requirements under the steps above, then there are a few more things you need to be aware of:

- CA is taxable, and as income tax thresholds have been frozen since 2021/22, it's possible to drift over the tax-free threshold, if also claiming CA on top of other sources of taxable income, such as an occupational or personal pension, or part-time earnings, etc.
- You will get less than the CA headline figure, if benefits you already claim mean you fall under the 'overlapping benefit' regulations (see: <https://bit.ly/3ERP2Xi>).
- If the person you care for is 'technically' classed by the DWP as living alone and getting one of the benefits listed under Step 2, and also claims a means-tested benefit, your claim for CA will potentially cause them to lose £76.40 a week.
- If you claim means-tested benefits (MTB) such as pension guarantee credit, income support, housing benefit, universal credit, etc. your CA payments will be treated as income and subtracted from your MTB payments. However, you will get a Carer premium or element added to your MTB. You should check that there is a big enough gap to accommodate your CA, between what the government says you need to live on and your current income. You may need to seek advice on this point (see below).

GETTING ADVICE AND CLAIMING

Navigating the Carer's Allowance rules can be a real challenge, so you may wish to seek independent benefits advice from a local agency, such as Bay Benefits (see: <https://bit.ly/3N8MQiK>) or Citizens Advice (see: <https://bit.ly/2YEKfFY>).

You can claim Carer's Allowance online (see: <https://bit.ly/2OK4Dzd>), or by downloading a form (see: <https://bit.ly/3rnTHNr>). Paper forms can be obtained from: **0800 169 0154**.

ADVICE ON HEATING YOUR HOME



ARE YOU WORRIED ABOUT **KEEPING WARM** THIS WINTER?

IS THE **RIISING COST** OF BILLS WORRYING YOU?

DO YOU NEED HELP IN FINDING THE BEST ENERGY SAVINGS ACROSS YOUR HOME?

ECOE is your local energy advice organisation providing 'free and impartial' energy and money saving advice and practical support for residents in Torbay. It's an award-winning non-profit community organisation. Last year, it helped over 5,000 homes and saved households over £1.6 million in energy savings (which is an average of £320 per household).

ECOE CAN ADVISE ON:

- Understanding your energy bills, heating controls and smart meters
- Help with energy and water saving tips and advice
- Help with fuel vouchers, broken white goods/boilers and energy discount schemes
- Eligibility for grants for insulation and heating
- Managing damp, mould and condensation
- Advice for any tenure, private, rental and social housing tenants

Home Visits are available (for eligible households) where ECOE can install free energy saving measures (e.g. draughtproofing, LED lightbulbs, radiator panels, water tank insulation jackets, etc. You are eligible for a free home visit, if the household has a low income (Under £31,000 or is in receipt of benefits).

If you are experiencing fuel debt / money problems ECOE have an FCA accredited debt and money advice service. Phone the Freephone helpline to book a telephone appointment, or a home visit on: **0800 772 3617** or make a referral on the Website: www.ecoe.org.uk/healthy-homes-wellbeing (Referral page)

COME AND MEET ONE OF THE FRIENDLY ENERGY ADVISORS AT MONTHLY DROP-IN ADVICE CLINICS:

BRIXHAM LIBRARY

Market Street, Brixham, TQ5 8EU
1st Friday every month, 10.00am – 12.00pm

PAIGNTON LIBRARY & INFORMATION CENTRE

Great Western Road, Paignton, TQ4 5AG
2nd Tuesday every month, 10.00am – 12.00pm

TORBAY ENERGY PARTNERSHIP CLINIC

Age UK Paignton, TQ4 5DB.
Every fortnight, Thursdays 10.00am -12.30pm

TORBAY COMMUNITY CAFÉ & HELP HUB

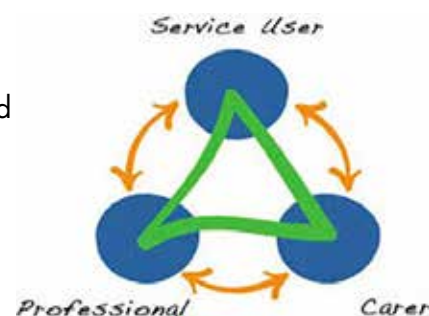
4 – 8 Temperance Street, Torquay, TQ2 5PU
Last Tuesday every month, 10.00am – 12.00pm

ECOE Energy and Money Saving Advice Service is free and impartial – it is supported by Torbay Council and Torbay Shared Prosperity Fund and it is a member of Energy Saving Devon Partnership.

Article written by Sarah Reeves, Community Energy Champion Manager at ECOE and Community Engagement Lead for Torbay.

We have mentioned the Triangle of Care in previous Signposts newsletters. It is about professionals treating people who use services and their Carers as equal partners. The Trust signed up to these principles in 2019, but progress was delayed when COVID had a huge impact on practical arrangements with people's hospital stays.

Starting in the Emergency Department, we will be refreshing the Triangle of Care with staff across Torbay Hospital. We tell staff to remember to I.R.I.S. all Carers - Identify, Record, Involve and Support. This is a work in progress!



I.R.I.S.



IDENTIFY

Please identify yourself to staff. If the person is likely to be admitted, they should give you an orange lanyard so it is easier for staff to identify and involve you.

RECORD

Staff should record your details on their IT system and paper records, with a symbol / sticker (where possible).



INVOLVE

Staff should involve you in conversations about care and discharge plans. Even if the person is not happy for information to be shared with you, staff can ask you for your opinion and insights.

SUPPORT

There is Carer support at the Advice Point on Level 4 near reception. We also have some 'family / Carer supporters' who can help communication with the wards or link you in to support. Sally Smith is the Hospital Carer Support Worker for complex cases. So if you want advice or support, please do ask.

We will be evaluating the success of these measures in 2024.

NEW YEAR - NEW COURSES FOR CARERS

*Our new Carers
Education Brochure (Jan –
June 2024) is out now!*

If you want to enroll on a course, you can do so by completing the back page of the Carers Education brochure, or you can apply online, at: www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers If you need assistance with a sitting service, in order to attend, please tick the box on the application form and we can put the necessary measures in place. If you have further suggestions for new courses, please contact me on: ntownsend@nhs.net or ring Signposts for Carers on: **(01803) 66 66 20**

Natalie Townsend, Torbay Carers Services Co-ordinator



Painting Course

"I was able to get back to play, which opened up my creativity. I was able to be free and learn new techniques, this course gave me 2 hours off from my caring role, which was like mindfulness, I was completely in the moment. The tutor was amazing, I loved this course, thank you."

CARERS' FREE HOSPITAL PARKING

Our NHS Trust Car Parks are changing, so here is the latest update. For most places you will need your car registration number and Carers' Card. To get free Carers' Hospital parking while supporting the person you care for as inpatient or outpatient....

TORBAY HOSPITAL CAR PARK WITH NUMBER PLATE RECOGNITION AND BARRIER

Take your Carers' card to Level 4 Main reception or Outpatients reception. Tell them your Car registration number.*

TORBAY HOSPITAL CAR PARK WITH TICKET AND BARRIER

Take the ticket and your Carers' card to Level 4 Main reception or Outpatients reception.*

BRIXHAM HOSPITAL, CASTLE CIRCUS AND PAIGNTON HEALTH AND WELLBEING CENTRE

Have number plate recognition. Take your Carers' card and car registration number to reception.

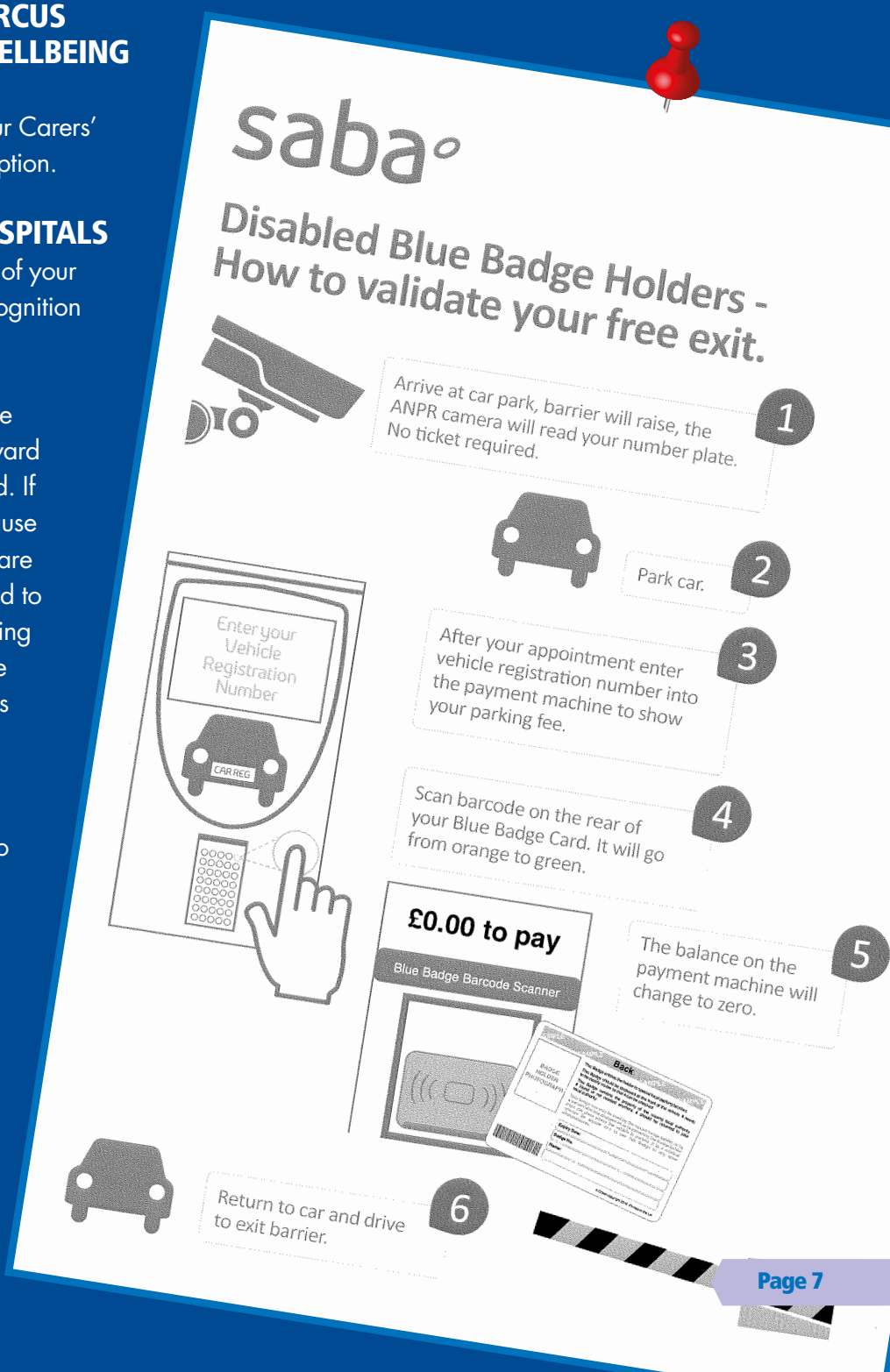
TOTNES OR NEWTON ABBOT HOSPITALS

Put your Carers' Card on the dashboard of your car. They may become number plate recognition in the future.

If you do not have a Carers' card and are supporting an inpatient, please ask the ward staff about a blue temporary Carers' card. If you no longer have a Carers' Card because the person you care for is in residential care or supported living, and they are admitted to hospital, you may be involved in supporting them. In this case, the ward can authorise for you to have free parking, refreshments and involvement.

There may be some future changes, but we will keep you informed. We have also included the guidance for Blue Badge holders.

*Level 4 reception is only open till approx. 9pm, so if visiting a ward, please visit reception on the way in. If you are departing 'out-of-hours', press the 'Help' button at the exit barrier and tell Security your Carers Card and registration details.





FREE

HEALTHY BEHAVIOURS SERVICE FOR TORBAY RESIDENTS



The community based service offers:

Support with
Quitting smoking

Weight Management Support:

interventions that meet your needs and preferences in losing weight, achieving healthier nutrition habits, and making positive lifestyle changes.

Health Coaching:

person-centred and based on the health and wellbeing goals that matter to you.

Get in touch if you would like information, advice or want to book a 'My Story' assessment to develop your own healthy lifestyle support plan.

Or have a look on the website: www.yourhealthtorbay.co.uk for more information, self-management guidance, or to fill in an online self-referral form.



**Your Health
Torbay**

01803 422 422

yourhealth.torbay@nhs.net

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

DO YOU HAVE TROUBLE GETTING TO SLEEP?

DO YOU HAVE TROUBLE GETTING TO SLEEP OR STAYING ASLEEP? THINK YOU MAY HAVE INSOMNIA? - A CARER'S EXPERIENCE

I was like this for the past year and more, after experiencing several bereavements in quick succession and family estrangements. I decided to get in touch with Talkworks (based in Pembroke House in Preston, Paignton) for some grief counselling. During one of my sessions we discussed my sleep issues, and Sleepstation was recommended to me. This is a free NHS on-line 6 week course, designed to "reset" your sleep schedule, and should you wish to use it, there is a downloadable app for your mobile phone. I have been amazed at how it has changed my sleep problem!

It consists of recording weekly diaries - the first week I had to record my usual routine. Then I was sent my personalised programme - the time to go to bed, and the time to get up. The aim was to go to bed when I had become very sleepy, (after midnight for me) and get out of bed earlier than normal. The important thing was to get out of bed at the same time each day, regardless of the time I eventually went to sleep.

I received help from the on-line practitioners, suggesting ways to get back to sleep if I woke up in the night, and I could also send messages to say how I was getting on. I persevered, after struggling at first, but after continuing to record my weekly diaries and now into my 5th week, I can honestly say it has had a really positive effect.

Don't suffer with interrupted sleep and being woken up by intrusive thoughts or snoring partners, try Sleepstation to help you get back to peaceful slumber.

You have to be referred by an NHS practitioner, otherwise there is a charge, so contact either Talkworks on: **0300 555 3344**, or your GP.

TALKWORKS OFFERS FOR CARERS



It's so important to check and ask 'how am I feeling?'. If you are stressed, anxious, or experiencing ongoing low mood, or having difficulty sleeping, please do not feel that you need to go through this alone. TALKWORKS is a free and confidential NHS Talking Therapies service, here to help adults in Torbay and across Devon (age 18+) who may be struggling. TALKWORKS therapists can work with you, by providing a variety of tools and techniques, to help get you back on track, so that you can feel like yourself once again.

Treatment and support includes:

- Cognitive Behavioural Therapy (CBT), available as one-to-one sessions with a therapist (face-to-face, over the phone or by video call)
- Supported, online self-help programmes (accessible 24 hours a day, 7 days a week) at: <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/online-treatment-and-support>
- 6 Week Wellbeing workshops and courses at: www.talkworks.dpt.nhs.uk/workshops
- Counselling for Depression
- Eye Movement Desensitisation and Reprocessing Therapy (EMDR)
- Prolonged Grief Disorder Therapy
- Mindfulness-based Cognitive Therapy
- A dedicated Talking Health team, at: <https://www.talkworks.dpt.nhs.uk/we-are-talkworks/talking-health-teamexperienced> in supporting adults with a long term health condition
- Specific treatment options for new and expectant parents
- Access to employment support
- Tailored treatment and support for those impacted by the menopause
- Do you struggle to get to sleep or keep waking up at night? Do you find it hard to switch off? We can refer you to a free NHS 6 week online course - Sleepstation, designed to 'reset' your sleep schedule. There is also an app that can be downloaded onto your phone while completing the course. Ring the number below to find out more.

You do not need a referral from a GP to access TALKWORKS' services, you can refer yourself online at: <https://www.talkworks.dpt.nhs.uk/#get-help> or over the phone. Waiting times for appointments are short (less than 6 weeks), with early morning and evening sessions available Monday to Friday.

For more information on the different treatment options and therapy services, please visit the TALKWORKS website at: <https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support> or call: **0300 555 3344**.

THE SHARPHAM TRUST'S FREE WEEKLY MEDITATION

Sharpham Trust offers a FREE weekly 30 minute meditation session.

The meditation will take place online via Zoom – you will receive guidance on using Zoom and getting the best out of the meditation by email.

To register go to:

www.sharphamtrust.org/mindfulness-retreats/details/weekly-sharpham-online-meditation-group

No previous experience needed, but you will need a computer or a phone with a speaker and camera.

TORBAY YOUNG CARERS UPDATE



As I write this update I have been busily driving around delivering advent calendars, along with local schools that are also distributing them for us. Our wonderful supporters at Essential Chiropractors, Lymington Road, Torquay, collected donations of over 300 advent calendars – it's a wonderful gesture on their part, making sure that Young Carers receive a treat and know they are being thought about. We have also been kept busy with transitions - the September term is always a big time of change, with new schools, new classes and for some Young Carers the changes in moving onto college, or apprenticeships. Our first focus has been to try and catch up with the year 7's. We have tried wherever possible to meet them in their new schools, to check how they are settling in. We are a small team and have tried our best, but know there may be some year 7's we've missed, so please let us know and we will catch up as soon as we can. We have also been trying to see our year 11 Young Carers ahead of the big changes to come this year - again, let us know if we've not managed to speak to you / your Young Carer yet.

We are really pleased to say that our transition process has been fully tested out and is in place. Through our transition pathway, we will be offering Young Carers catch-ups in years 9,10 11 and beyond, with support into adulthood. This will also make it easier for young people to transfer into the support offered by the Young Adult Carers Service. Both services have been working together to make sure that the move after leaving year 11, does not mean losing support. If you are interested in finding out more, please contact us at:

youngcarers@torbay.gov.uk.

Finally, our younger group is all ready to go. It's for Young Carers aged 8-12 and is held monthly in Torquay. Jeanette and Tracy are busy putting the arrangements in place. If you know of a Young Carer that would benefit from a specific Young Carers Group, do let us know. If they would like more opportunities, but feel that they would prefer a different kind of group, then we can put you in touch with lots of community options, with some support to attend.

Best wishes to everyone for 2024

Teresa Mikalauskas | Young Carers Service Manager

Young Carers, Town Hall, Torquay TQ1 3DR | (01803) 208100 | teresa.mikalauskas@torbay.gov.uk

www.torbay.gov.uk

TAKOTA

Takota is a peer support group for unpaid Carers aged between 25-35. We aim to meet once a month for a social to give ourselves a short break from our caring role, as well as to meet other Carers who understand our situation. If this sounds like a group for you and you are aged between 25-35, please send us an email, we would love to hear from you: tsdft.takota@nhs.net

We are planning some regular meet ups over next few months online and in person. An online group chat takes place the first Tuesday of every month and a drop in at Jasmyn House, alongside Young Adult Carers on the third Thursday of every month. Dates will be announced on our Facebook page.

I hope everyone has had a great Christmas and happy New Year.
Rebecca Bedford, On behalf of Torbay Carers



YOUNG ADULT CARERS UPDATE

WHO IS A YOUNG ADULT CARER?

A Young Adult Carer (YAC) is a young person aged between 16 – 25 years old who is caring for, or helping to care for someone who has a long term illness, disability, frailty, mental ill-health and drug or alcohol misuse.

Torbay Young Adult Carers Service provides a range of support for YACs, primarily 1:1 sessions, drop-in sessions and access to YAC activities to enable the young adult carer to have some “time out” and meet peers who are in a similar situation to theirs. Referrals can be accepted from YACs themselves, their families or from professionals working with YACs and their families. Please visit:

www.torbayyac.co.uk for more information and to download a referral form.



YOUNG ADULT CARERS UPDATE

December was a busy time for our YACs, starting with our annual Christmas meal at The Inn on the Green where a thoroughly good time was had by all. A week later we were off again with a group of YACs, enjoying the train journey to Exeter and a few hours perusing the shops and the Christmas market, searching out presents for friends and family and enjoying an array of Christmas festivities. The following evening it was off to the Palace Theatre to see Aladdin. It's always a good time at the panto and everyone certainly enjoyed themselves.

We continue our joint working with Improving Lives Plymouth and this year we were invited to join them for their Christmas Party. A group of us travelled to Plymouth to enjoy the festivities and meet up again with some fellow Plymouth YACs.

The YAC team also delivered 48 Christmas stockings stuffed full of festive treats for the YACs to enjoy over the holiday.

A big thank you goes out to both Torquay Rotary Club for donating the Pantomime Tickets and for Pat Brodie for kindly making and donating this year's cake, (see picture in top right of this page) which was raffled at our YAC stand at Carers' Rights Day, raising a grand total of £74 to fund future YAC activities.

Dave, Cheryl and Julie, YAC Team



CARERS' NOTICEBOARD

CARING, THE ARMED FORCES & VETERAN COMMUNITY

Are you a current member, or former member of the Armed Forces or Veteran community who is caring for someone?

Are you caring for someone who is a member or former member of the Armed Forces, or Veteran community?

Debi Porter can offer you specialist carer support for anything Armed Forces related (including Veterans).

Please contact Debi on: **07880 136859**
or: debi.porter@nhs.net

CARERS 4 CARERS PHONE LINE VOLUNTEERS WANTED!

Would you like to:

- Use your experience as a Carer to help other people.
 - Meet new people.
 - Be part of an amazing team.
- Gain new skills or use existing ones.
 - Help your community.
- Gain experience within Carers Services and develop your skills further.

We are looking for volunteers to join our service to unpaid Carers, who are referred to the Carers 4 Carers phoneline scheme.

We will ask you to commit to 2 hrs per week. Full training and support will be given.

Your expertise in being an unpaid Carer would be a great advantage to those you support.

For more details, contact Debi Porter on: **07880 136 859** or debi.porter@nhs.net

Torbay
Carers
Together



**DIMENSIONS
FOR AUTISM**

Do you support an adult on the autistic spectrum without a learning disability, with or without a diagnosis?

There is support for you!

1-2-1 support
(on-line, in-person or on the phone)
Monthly peer support and drop-in
Paignton Carers' Centre
(upstairs in Paignton Library)

Third Tuesday of every month
Drop-in group 2.00pm - 4.30pm

In person 1-2-1s pre-bookable
1.00pm - 2.00pm and 4.30-5.00pm

For more information contact:
Trish Darke, Director and Co-facilitator of
Dimensions for Autism, [Trishdarke.
dimensionsforautism@gmail.com](mailto:Trishdarke.dimensionsforautism@gmail.com)
or Signposts for Carers on: (01803) 66 66 20

No booking is required for drop in,
Just turn up from 2.00pm - 4.30 pm
Paignton Library

Next sessions
16th January 2024 | 13th February 2024
19th March 2024 | 16th April 2024



Make the call!

0800 05 02 999

Text info line: 078 00 00 2476



Call now for your free Home Safety Check

TISSUES & ISSUES CIC



**Special Educational Needs
Parent/Carer Support Coffee Group**

**Wednesdays during term-time only
Barton Baptist Church Hall**

For more information contact:
Jackie: 07796 470009
tissuesandissues@outlook.com

Torbay Family Carers

Do you care for an adult with a learning disability?

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

We offer:

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



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

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



Helen Burns 07973 838789 (Mon – Weds)
Emma Young 07852 546530 (Tues – Thurs)



tsdft.torbayfamilycarers@nhs.net



Coming soon

SMART Recovery Programme Friends and Family Meeting

Evidence based approach offering recovery support and information for Family and Friends affected by substance misuse
For people affected by the addicted behavior of a loved one

Your nearest meeting is held at:

Endeavour House
228 Union Street
Torquay
TQ2 5QS

Wednesday @ 14.00pm
(starting 14th February 2024)



TIME OUT FOR BRUNEL AND CHILCOTE CARERS

We meet on the **third Thursday of the month 1.45pm to 4.15pm**,
The Anchorage Hotel, Aveland Road, Babbacombe, TQ1 3PT
(Unless otherwise stated)

Please join Lesley, Michele and Romina for a cup of tea or coffee and a chat. We will have a raffle at each meeting, sell books and honey, with the proceeds going to our group.

Our speakers for future meetings:

THURSDAY 18TH JANUARY 2024
HOTEL CLOSED – NO MEETING

THURSDAY 15TH FEBRUARY 2024
David Scott - Funk Hole Myth

THURSDAY 21ST MARCH 2024 (BOOKING ESSENTIAL)
Craft session with Jackie Bufton | There will be a small cost per person, this will be subsidised by 50% by Time Out.

THURSDAY 18TH APRIL 2024
Phil Badcott- The River Avon – From source to the sea

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

TECHNOLOGY ENABLED CARE (TEC)

HOW CAN TECHNOLOGY ENABLED CARE (TEC) SUPPORT YOU AS A CARER?

THE SITUATION

David has recently been diagnosed with dementia. He lives with his wife who is his Carer.

David's wife reported that she could not leave her husband on his own when she takes the dog for a walk, or when she goes shopping. David is prone to falls and he can become agitated when his wife is not home. David's wife contacted the Social Care Team for help and support to manage her husband at home.



ECHO SHOW



CHIPTech

THE SOLUTION

The social worker discussed possible TEC use with David and his wife, to support him to remain independent and safe at home. David and his wife agreed to use TEC. The social worker placed an order for a Chiptech pendant alarm with falls detection to ensure help will be at hand should David fall. He has also been given an Echo Show, which was subsequently installed to give his wife the ability to communicate directly with David via a drop-in video call when she is out shopping or walking the dog.

THE OUTCOME

The TEC provided has enabled David to remain independent in his own home, providing reassurance and peace of mind to both David and his wife. The TEC has prevented a Carer breakdown and admission to a care home.

If you would like to learn more about the Technology we can provide, then please book onto our 1.5-hour course at Paignton Library. For more information, please see the enclosed education brochure.

YOU SAID

"Your relatives live in a care home and you were no longer registered as Carers, but you are providing a lot of support when they are admitted to hospital. Can you get free parking?"

WE DID

We spoke to the hospital. The Hospital told us that, in this situation, you can request free parking from the ward that your relative is staying on.

"We greatly appreciated Carefree Breaks (a national scheme where hotels donate 1 – 2 night breaks for Carers who only have to pay a £25 admin fee.)"

We have funded Carefree Breaks for another year so you can continue to access these hotel short breaks. (For more info please contact Debi Porter on **07880 136 859** debi.porter@nhs.net)

HAPPY NEW YEAR EVERYONE

We are hoping it is going to be a good year for you and those you care for, filled with everything you need to feel supported, safe and informed.

Carers' Aid Torbay are delighted to announce that we were successful in our bid to win the three-year contract to support unpaid Carers in the Bay. We provide independent support, signposting, and advocacy and to act as trusted partners with Torbay and South Devon NHS Trust to deliver Carers' Assessments.

We are also delighted to tell you that Carers Aid Torbay were again successful in receiving National Lottery monies to continue running our Bay Benefits and Carers Choices schemes. For help and advice with benefit and entitlement queries around your Caring role, or concerns regarding the cost-of-living crisis, ring Kyla Hayfield, Tuesdays and Thursdays on: **07530 790354**.

We have exciting things planned for you this year. More fishing events, 2 big coffee and raffle mornings, A breakfast club, free coach trip to Sidmouth folk festival, and Tavistock's Goose fair (we have heard from you that that is a cracking day out.) Please check out our website: www.carersaidtorbay.co.uk at the end of January to get dates, or ring Steph in the office for more details on: **(01803) 323510**.

With Winter nights upon us, if you're looking for ways to spend your evening and if you need some ideas, or recommendations for a good read, or a tv series, then please ring your support worker, or the Carers Aid office on: **(01803) 323510**.

Coming Up This Year

- If you have queries, or concerns, of a more legal nature around your Caring role, we can organise free phone advice from a local solicitor.
- Our Men Matter group – an informal group where you can chat and encourage each other (a break from your caring role).
- We aim to support you to get fit and healthy, by using your feedback and suggestions. Ring us with your best ideas and we will print them in the spring edition.

We are here to help you - If you are new to caring or feel you need advice around your caring role, please call the office on: **(01803) 323510**. If you have already met us, here is a reminder of your support workers number – Pennie Evans: **07972 410514**, Julie Gibbes: **07748 884521**, Simon Day: **07398 188197**.

As ever, looking forward to seeing you, or hearing from you this year.

All the best from Pennie and the Carers Aid Torbay Team



Julie Gibbes



Steph Doolan



Simon Day



Pennie Evans



Kyla Hayfield

WORD SEARCH - HOSPITALITY

X	F	L	R	I	N	T	E	R	E	S	T	S	S
N	G	N	I	G	N	O	L	E	B	A	P	T	T
S	N	U	T	R	I	T	I	O	N	C	O	N	N
S	T	M	R	A	E	X	E	R	C	I	S	E	E
E	N	O	I	T	C	E	T	O	R	P	S	M	M
N	H	I	T	E	H	I	E	T	S	I	I	T	Y
I	J	E	S	F	N	N	R	N	D	T	B	N	O
P	U	O	A	U	S	E	A	E	N	S	I	E	J
P	E	O	Y	L	E	F	F	S	E	N	L	T	N
A	A	E	W	F	T	I	L	E	I	Y	I	N	E
H	F	O	L	T	U	H	E	R	R	I	T	O	F
E	L	E	E	S	H	L	W	P	F	I	Y	C	G
F	S	P	I	H	S	N	O	I	T	A	L	E	R
T	R	O	F	M	O	C	S	A	F	E	T	Y	J

SLEEP
 WELFARE
 JOYFUL
 GRATEFUL
 PROTECTION
 INTERESTS
 HAPPINESS
 EXERCISE
 RELATIONSHIPS
 COMFORT
 ENJOYMENT
 PRESENT
 POSSIBILITY
 NUTRITION
 CONTENTMENT
 SAFETY
 HEALTH
 BELONGING
 FLOW
 FRIENDS

Play this puzzle online at : <https://thewordsearch.com/puzzle/6442319/>

HOSPITALITY SCHEME

Would you like to have a break from your caring role by staying in a hotel? We have agreements with a number of local hotels (some are shown below) where discounted stays are on offer to you and/or the person you care for.

You can both have a break together, on your own with additional support in place at home for your loved one, or your loved one can have a break on their own, with or without additional support – whatever works for you. If you would like to find out which hotels are participating and would like me to organise this for you, please contact me (Debi Porter) on: **07880 136859** or email me at: debi.porter@nhs.net.

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

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

- FREE parking at local hospitals • Discounts in local shops • A Carer's Emergency card

Coming in the next edition:

- Torbay Carers' Strategy 2024-27 • Young Carers' Action Day • Plans for Carers Week 2024