

Universal Carers Services – to prevent eligible needs arising

Available to all people over 16 providing unpaid care.

Telephone Signposts for Carers for more information = (01803) 666620, signposts@nhs.net

Signposts - Advice and information service 9-4.30 Mon-Thurs 9-1 Mon

Carers Centres – Olive (Victoria Park Rd TQ), Paignton (Rm 17 Library) and Brixham (King St)

Carers Register – including Carer’s Emergency Card (Discount Card for local shops/ hospital parking)
Signposts Carers Newsletter quarterly
Carers Education Courses from manual handling to stress management

Carers Groups and Activities – various ages and groups across the bay

Carers Forum (on-line and local eg Paignton)

Carers Lifestyle Workers – supporting to quit smoking, eat healthily, exercise more etc

GP-based Carers Support (low-level support)- every GP practice 1 day a week

Carers telephone Line – planned phone calls to isolated Carers

Voluntary agencies for Carers – Crossroads Care including Benefits Advice / IT support

Voluntary Agencies for Carers and person they care for -Alzheimers Society Dementia Advisors.