

LOOKING TO MAKE A CHANGE?



At the beginning of this new year perhaps you are a smoker who would like to cut back or even give up for good? Or you might want to aim for a healthier weight but can't find the time or motivation to get active. Whatever your goal, OneSmallStep may be able to help. OneSmallStep is the service set up and funded by Devon County Council to guide and support you through small steps to change. OneSmallStep offers support with

information, advice and guidance available online, by telephone and through coaching. If you would like more information, you can call and speak to the team on Freephone ☎0800 298 2654 Monday - Friday 9:00am - 6:30pm.

OneSmallStep has also developed a new healthy lifestyle app - "Rally" - which is free to everyone over 18 living in the Devon County Council area. Go to www.onesmallstep.org/rally to register online so you can download this.

NEW ONLINE SUPPORT FOR CARERS

Devon County Council has recently partnered with Carers UK to bring new online services to carers in Devon. Over time the range of support available will increase but right now there are two new training courses and, for those who like to use their smart phones, free access to the 'Jointly' care co-ordination App.

The courses are:

1. 'About Me: building resilience for caring'. This online course aims to help carers identify and find resources, technology and sources of support to prevent caring responsibilities from becoming overwhelming.

2. 'The role of good nutrition in caring for someone' This online course aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.

The Jointly App makes caring for someone a little easier, less stressful and a lot more organised by making communication and coordination between those who share the care as easy as a text message. To access the courses and free 'Jointly' App please go to <http://bit.ly/DCJointly>. When prompted for an access code, please enter **DGTL8827**. This will allow you to access the online courses and you can go on to access 'Jointly' using the same access code.

A CARER'S STORY

I am a parent carer of a young person with Down syndrome, ADHD and Autism traits, and considerable communication, visual, hearing, sensory and mobility challenges. While my daughter was at school I tried to return to work on various occasions. Back then the system was not at all geared towards helping people in a caring role into any kind of work, except full-time; not possible for me as a lone parent. As my daughter approached 18, I was determined to create a source of income which would allow me to fit working around my caring responsibilities.

Interested in coaching for several years, I decided to train as a coach for people with ADHD, Asperger's and other conditions which often accompany ADHD. Immediately following my training in 2015 I was signposted by a worker at Devon Carers to the Carers into Employment Event held in Exeter. There I was able to make many useful local contacts, to help me in setting up my business, and I was also able to sign up for the Coaching for Carers pilot. Through this coaching, I was able to see more clearly how my roles as carer and business person could fit together.

I am now a qualified accredited ADHD coach, and through my business, Remarkable Difference ADHD coaching, I am helping people from all over Devon, South West England and other countries across the world, to learn to manage their ADHD symptoms and challenges and live to their potential.

Anna Schlapp

WELCOME TO OUR NEW LEAD PRACTITIONER FOR MENTAL HEALTH

Hello, I'd like to introduce myself as the newly appointed Lead Practitioner for Mental Health across Devon. My name is Susan Lock, I am a qualified Mental Health Social Worker and have worked within Community Mental Health Teams in the South Hams and West Devon.

Primarily I am a resource to support Carer Support Officers and Carers who are caring for people with Mental Health conditions/ill health. I will also liaise with mental health services and develop a working link to provide support and advice to carers. I hope to get around to each of the areas and teams over the coming months and look forward to attending some carers groups.

Sue can be contacted through the Devon Carers helpline on ☎03456 434 435.

NEW SUPPORT UNIT FOR PEOPLE WITH MENTAL HEALTH NEEDS

Work has recently started on the construction of Devon's first Psychiatric Intensive Care Unit (PICU) on Devon Partnership NHS Trust's Wonford House site in Exeter.

At the moment, people who require intensive treatment and support for their mental health needs have to travel outside the county – often very long distances. Last year 116 placements were made to a PICU outside Devon.

Construction of the ten-bed PICU, which will support both men and women, is expected to take about a year and the new facility should become fully operational early in 2019.

LOVE TO TALK SPORT?

If you or the person you are caring for love to talk about sport you might be interested to share your sporting memories with other older sports fans at the 'Men's Sporting Memories Group' which meets every Wednesday 10:00am to 12:00pm at Exeter City FC, The Grecian Centre, St James Park, Stadium Way. Enjoy spot the ball, sharing stories, sports quizzes, light games and free refreshments.

The Sporting Memories Foundation supports older people across the UK living with dementia, depression and loneliness by engaging them in social activities and helping them to recall memories of watching or playing sport.

For more information please call Perter Ferlie on ☎01392 255611 or email ✉perter.ferlie@ecfc.co.uk. More information on Sporting Memories can be found at ✉www.sportingmemoriesnetwork.com.

THE SECRET LIFE OF US

A group of more than 50 national organisations make up the 'Disabled Children's Partnership' to help raise awareness of the challenges faced by families caring for a disabled child. 'The secret life of us' is their campaign to bring to life the realities of the challenges disabled children, young people and their families face in living a life many people take for granted.

They are always looking for families to share their stories and anyone interested in supporting their campaigning work can follow the campaign on facebook or twitter or view the website at ✉www.disabledchildrenspartnership.org.uk. If you don't have online access you can also

contact the partnership by post: **Disabled Children's Partnership, C/O National Mencap Centre, 123 Golden Lane, London EC1Y 0RT.**

If you are caring for a disabled child or young person, Contact (previously Contact a Family) have a useful website at ✉www.contact.org.uk and a freephone advice line available Monday - Friday, 9:30am-5:00pm ☎0808 808 3555.

HOME LIBRARY SERVICE



Devon Home Library Service is a free service delivered by the Royal Voluntary Service on behalf of Libraries Unlimited. Books are delivered by volunteers in a variety of formats for those

who can no longer get to the library due to health, mobility or caring responsibilities.

This service can be provided on both a temporary or permanent basis and books are chosen to suit the reader after completing a reader profile. Alternatively books can be ordered on line by the reader and can be kept longer than a normal loan period.

If you, or someone you know would be interested in receiving books via the Home Library Service you can contact Catherine on ☎07786 635163 or e-mail: ✉CornwallDevonHub@royalvoluntaryservice.org.uk. All volunteers are DBS checked.

THE SOUTH HAMS, TEIGNBRIDGE AND WEST DEVON

Staff Details (All staff can be contacted through our helpline number on 03456 434 435)

Local Development Manager: Julia Lonnkvist

Countywide Lead Practitioner - Learning Disabilities: Jan Howe

Countywide Lead Practitioner - Older People's Mental Health: Mary Austin

Countywide Lead Practitioner - Parent Carers: Janet Maunder

Countywide Lead Practitioner - Mental Health: Sue Lock

Carers Support Officers: Beverly Dore, Kirstie Harland, Kim Cox, Karen Safe, Liz Shouls, Sarah Tuhill, Sarah Barker, Kirsty Maidment, Sophie Cuddy and Sarah Adelsbury

Peer Support Officers: Tracey Thompson and Alison Alexander

Lead Practitioners - Young Carers: Sarah Lindley, Katherine Weedall and Tracy Downs

Young Carers Support Worker: Charlie Cruise (West Devon), Elly Jenkins (Okehampton) and Tom Humpheries (Teign area)

Welcome to the pages of the newsletter covering events in **Southern Devon**. If you have any questions about anything on these pages, or you would like to submit copy for the next newsletter, please contact Julia, Sarah, Katherine or one of your Carers Support Officers at Devon Carers. These pages can be used for local information and forthcoming events relating to caring. Call ☎**03456 434 435** or email ✉**julia.lonnkvist@devoncarers.org.uk**.

NEW AGE UK HOME SUPPORT SERVICE FOR TEIGNBRIDGE

Teignbridge carers who are struggling to find time to cope with cleaning, laundry, ironing, shopping etc may benefit from Age UK Devon's Home Support Service, which is now expanding in the Teignbridge area. Companionship is also offered as part of the service.

For further information and costs contact ☎**0333 241 2340** or email: ✉**homesupport@ageukdevon.co.uk**

MENTAL HEALTH GROUP CHANGES

Trident carers group based in Tavistock are going to be joining forces with Re-Think, the national charity who support people who have mental health concerns and their carers. The group are hoping to hold a launch day in March 2018. Anybody caring for somebody with a mental health issue is welcome to join

the group every 3rd Monday of the month at Trident House, Taylor Square, Tavistock, contact Kirstie Harland **03456 434435**

REMINISCE IN BUCKFASTLEIGH

'Time at the Bar' is a reminiscence and social group for over 65s which meets monthly in 'The Valiant Soldier' pub in Buckfastleigh. This free drop-in get together takes place at 10:30am usually on the 1st Friday of the month. Contact Katherine Bailey for more info on ☎**01364 642430** or ☎**07899 993134**

ART SESSIONS FOR ALL

West Devon Art Workshops runs a number of one-off sessions and short courses in the Tavistock, Okehampton and Buckfastleigh areas. The organisation aims to charge an affordable rate for all classes and is currently developing an access fund in Tavistock

to help support people on a low income attend its courses. If you or the person you care for are interested in creative activities, you may like to find out more at www.westdevonartworkshops.co.uk, ☎01822 258351.

SUPPORT GROUP ANNIVERSARY

Tavistock Parkinson's Support Group has been running a very successful monthly coffee morning for carers for a year now. It runs at the same time in the same building as an exercise class for people with Parkinson's. Kirsty Harland the Carers Support worker for Devon Carers attends to give support. Sometimes the group just sit and chat and at other times professionals attend.

During the year there have been visits from two different Parkinson's Nurses, the

Parkinson's Local Advisor, a carers Champion and an Occupational Therapist who gave some fantastic tips. All of these visitors were very well received by the carers. A physiotherapist also came to one session and gave hand massages and is intending to come to more meetings in the future. Lots of useful information is shared at these sessions through the informal chats.

The next meetings will take place on 8 March, 12 April and 10 May. Please see the back page of this newsletter for more details.

CARERS RIGHTS DAY

Thank you to everyone that attended any of our Carers Rights Day events at the end of last year. Please remember that you can contact us for information and signposting all year round through our helpline ☎03456 434435.



KEEPING YOUR HOME WARM

If you have been finding it difficult to stay warm this winter you might be interested in Cosy Devon's Local Energy Advice Programme (LEAP). This is a free service providing advice, support and energy saving measures to households that are finding it difficult to keep their home warm and comfortable. A highly-trained LEAP helper will carry out a home visit and deliver support. This can include:

- Installing a range of simple measures (radiator panels, LED light bulbs, draught proofing for doors, windows and letterboxes, cylinder jackets, pipe lagging);
- Organising the installation of a new heating controller where it is inadequate or broken;
- Identifying larger energy efficiency measures that would improve the property where further funding is available (e.g. insulation or replacement boiler);
- Looking at the potential for savings from switching energy supplier and help the resident to switch if required;
- Checking whether the resident wants income maximisation advice and organising this.

Those eligible for the scheme include people in receipt of certain benefits, carers receiving Carers Allowance, those living with physical, sensory or learning disabilities, people who are recently bereaved and people living with a long term medical condition. To find out if you or the person you are caring for might be eligible for support please contact LEAP on ☎**0800 060 7567** or visit their website at 🌐**www.applyforleap.org.uk**.

NEW 'FOREST BATHING FOR CARERS' WALKS

Following the success of last year's trial 'forest bathing' sessions for carers, more walks have been arranged:

- **Friday 23 February, 11:00am-1:30pm/2:00pm, East Devon (venue tbc).**
- **Tuesday 13 March, 10:30am-1:00pm/1:30pm, Mamhead Obelisk, near Mamhead, Haldon Forest.**
- **Saturday 21 April, 11:00am-1:30pm/2:00pm, Great Plantation, near Bovey Tracey**

For further information and to book a place, please contact Devon Carers on ☎**03456 434 435** or e-mail 📧**susie.plunkett@devoncarers.org.uk**. You can also check out our new Forest Bathing website: 🌐**www.forestbathingforcarers.wordpress.com**.

DRIVING SAFER FOR LONGER

For many people, a driving licence is an important symbol of independence. Cars make it easier to go shopping, get to appointments, keep in touch with friends and attend social events without having to rely on others.

While some older drivers may be able to continue driving well into their 80s and 90s it's important for them to regularly assess their driving and make adjustments if necessary. The ageing process can affect a range of skills essential to driving – including eyesight, memory, decision-making and reaction times. Because this process is usually gradual, it can be difficult for the driver to notice and take action to address any potential problems.

As well as offering individual driver 'health checks' (for a fee) to anyone that feels this

would be beneficial, the Devon Travel Academy can deliver free workshops to community groups. Sessions will be tailored to the needs of the group but topics covered could include health, eyesight, medical conditions, Highway Code, the challenges facing drivers today, advice on aids to driving and some speed and hazard awareness. Participants will be given a free DVD and a workbook.

If you would be interested in finding out more please contact ☎01392 444773, e-mail: ✉drivers@red1ltd.com or see the website at ✉www.max-driver.co.uk.

CARERS IN DEVON NEED YOUR HELP – could you be a Carer Ambassador?

Our team of Carer Ambassadors (CAs) has recently helped us with events for Carers Rights Day. Following a survey by Devon County Council of carers who are in contact with the council, our CAs have also worked with commissioners to develop an action plan for areas of improvement.

We are now recruiting additional CAs – who will receive regular support and training – to help us to help even more carers. The role is very diverse, and CAs can get involved in activities which include:

- Acting as “friends” to carers where they have no-one else to speak for them or to help them find their way through services;
- Contributing to working groups or boards, and to staff training and recruitment.
- Arranging or attending community events eg during Carers’ Week to identify carers and promote information and services.
- Promoting the role of Carers and their needs

in their everyday life, eg. as patients of their own GP Practices through patient participation groups.

Matthew Byrne, manager of Devon Carers, said *“Carer Ambassadors are volunteer carers and former carers who use their lived experience of caring to improve life for carers in Devon. They play an invaluable role in helping us to promote carer awareness and support, to identify carers, and to ensure that they know how and where to get help. And of course they are the best people to represent carers’ perspectives and views to community organisations, statutory services and commissioners.”*

If you would be interested in finding out more please contact Lesley Willmott by email ✉lesley.willmott@devoncarers.org.uk or call ☎03456 434 435.

BE HEARD!

If you’re living with dementia, or caring for someone who is, the University of Exeter Medical School needs you! With a rapidly expanding program of research on dementia and care, the Medical School is eager to ensure that all its research is informed by real-world needs and experience. People with dementia and their carers are being invited to have a say on ground-breaking research, via the Centre for Research on Ageing and Cognitive Health Patient and Public Involvement Group. A broad range of research projects are being developed, spanning everything from genetic testing to gardening programs and you can have your say in regular group meetings or via email.

To join the group, or find out more, please contact Dr Siobhan O’Dwyer ✉s.odwyer@exeter.ac.uk or telephone ☎01392 722402.

Also available in large print or digital formats. Please call ☎03456 434 435

LOCAL CARER SUPPORT GROUPS

BOVEY TRACEY Cromwell Arms	Thu 22/02, 29/03, 26/04, 31/05	11:30am - 1:00pm	Karen Safe ☎03456 434 435
CHAGFORD Ring O'Bells	Thu (no March meeting) 05/04, 03/05	10:00am - 11:30am	Beverly Dore ☎03456 434 435
DAWLISH HOSPITAL Barton Terrace	Mon 19/02, 19/03, 16/04, 21/05	2:00pm - 3.30pm	Kim Cox ☎03456 434 435
HATHERLEIGH Community Centre	Wed 21/02, 14/03, 18/04	2:00pm - 3:45pm	Beverly Dore ☎03456 434 435
IVYBRIDGE Ivybridge Library	Wed 07/03, 04/04, 02/05	11:00am - 12:30pm	Sarah Tuhill ☎03456 434 435
NEWTON ABBOT The Avenue Church	Thu 08/03, 12/04, 10/05, 14/06	10:30am - 12:00pm	David Clifford ☎01626 357090
NOSS MAYO The Tilly Institute	Thu 08/03, 12/04, 10/05	2:30pm - 4:00pm	Jane Hansford ☎01752 872627
OKEHAMPTON Castle Ham Lodge	Fri 09/03, 13/04, 11/05	2:00pm - 3:30pm	Beverly Dore ☎03456 434 435
TAVISTOCK Venue TBC	Tue 13/03, 10/04, 08/05	2:00pm - 4:00pm	Jean Andrew ☎01822 618914
TEIGNMOUTH Bitton House	Wed 28/02, 28/03, 25/04	2:00pm - 4:00pm	Jackie Milan ☎01626 771695
TOTNES Severn Stars Hotel	Thu 22/02, 15/03, 19/04, 17/05	10:30am - 12:00pm	Kirsty Maidment ☎03456 434 435

CARER SUPPORT GROUPS (MENTAL HEALTH)

DART COOL St Clements Church	Every Thursday	10:30am - 12:30pm	Contact ☎Aden.watkins@rethink.org or ☎07484 001927
IVYBRIDGE MENTAL HEALTH CARERS GROUP St Pierre Room, Ivybridge Town Hall. This is a new group. Contact for more information			Sarah Tuhill ☎03456 434 435
KINGSBRIDGE COOL Harbour House	Tue 13/03, 10/04, 08/05	10:30am - 12:30pm	Contact ☎Aden.watkins@rethink.org or ☎07484 001927
SOUTH BRENT COOL Pack Horse Inn	Thu 22/02, 29/03, 26/04, 31/05	10:00am - 12:00pm	Contact ☎Aden.watkins@rethink.org or ☎07484 001927
TEIGNMOUTH COOL United Reform Church	Mon 05/03, 09/04, 14/05	1:30pm - 3:30pm	Bill Smith ☎01626 773194
RETHINK CARERS GROUP Trident House	Mon 19/02, 19/03, 16/04, 21/05	6:30pm - 8:00pm	Kirstie Harland ☎03456 434 435
RETHINK GROUP –NEWTON ABBOT (For people with mental health problems and carers) The Avenue Church, Newton Abbott	Thurs 15/03, 19/04, 17/05	2:30pm - 4:30pm	Denis Wallis or Ann Wallis – Rethink ☎07904 354121

OTHER SUPPORT GROUPS AND EVENTS

ASHBURTON Andrews Community Centre	Fri 02/03, 06/04, 04/05	2:00pm - 4:00pm	Mary Witt ☎01364 652906
IVYBRIDGE NEXT STEPS The Watermark (for carers of young adults with additional needs)	Tue 13/03, 10/04, 08/05	10:00am -12:00pm	Jan McArthur ☎07742 609 968
KINGSWEAR 2-4 TEA CLUB Social group for older people in Kingswear	Mon 05/03, 02/04, 07/05	2:00pm - 4:00pm	Anne Leask ☎01803 752251
OKEHAMPTON PARKINSON'S GROUP , Castle Ham Lodge, Castle Rd	Thu 22/02, 22/03, 26/04, 24/05		Geoff Brokenbrow ☎01837 55813
TAVISTOCK PARKINSON'S GROUP , The Anchorage Centre Chapel Street	Thu 08/03, 12/04, 10/05	10:30-11:30am	Val Evans ☎07778 552325

There are also regular **MEMORY CAFES** running across the area. Unfortunately we cannot fit in the details of all of these but please contact us on ☎03456 434 435 and we will be happy to tell you where and when these take place and who to contact. Here are the ones we know about: **Ashburton, Bere Alston, Bishopsteignton, Bovey Tracey, Dartmouth, Dawlish, Dawlish Warren, Exminster, Hatherleigh, Ipplepen, Ivybridge, Kingsbridge, Moretonhampstead, Newton Abbott, Okehampton, Starcross, Tavistock, Teignmouth, Totnes, Yelverton,**. Call us for more details or if you know of another memory cafe we have not listed and think we should know about.