




Spring 2019

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www.devoncarers.org.uk
03456 434 435



we welcome

Welcome to our new-look Devon Carers magazine!

Packed full of the latest news, advice, training courses, carers stories, top tips for carers and much more, we hope you enjoy reading it. We welcome your thoughts and would love to hear from you with regards to items you'd like to see included in our future issues – please email us at newsletter@devoncarers.org.uk.

Don't forget you can keep up to date with all our services, latest news and advice on our website www.devoncarers.org.uk.

Win a hamper of goodies

As you may have noticed we don't have a name for the magazine... this is your magazine and we are running a competition for a chance for you to name it.

Send your suggestions through to newsletter@devoncarers.org.uk and the winner will receive a hamper full of goodies! The closing date is Friday 1st March 2019.

“

“It was a very calm and relaxed atmosphere at the Devon Carers event and a great way to spend a Saturday morning finding out information relevant to me in my caring role.”

”

Carers Rights Day

Caring for your future



Carers Rights Day took place on Friday 30th November. During the course of the week we held 15 information events and drop-ins across Devon which were well received by carers.

As well as staff from Devon Carers and Carer Ambassadors being available to provide information and resources we were joined by colleagues from Community Health and Social Care, local charities and Michelmores Solicitors.

Michelmores kindly hosted Carers Hour on the Devon Carers Pod (our online community), answering questions about legal issues, employment rights, health issues, and the Care Act 2014. The response to the questions raised during the Carers Hour are still available online for you to look back over. Join the Pod to find out more.

<https://devoncarers.thepod.familycarersnet.co.uk/>

Ellie Taylor, Devon Carers Lead Practitioner for Awareness, participated in a Q&A on caring on BBC Radio Devon.



Top tips for carer resilience

The following top tips were shared by a group of carers.



Ask for help and accept help:

When friends and family offer to help - accept. Be clear about what you want them to do.

Some people are better at practical tasks such as cutting your lawn, or might come for coffee to keep you company; others might feel confident to take the person you care for out for you or sit with them while you take time to do something you enjoy. Contact organisations for help in good time – don't leave it until you have a crisis.



Look for and take breaks at every opportunity:

No one can work 24/7. It's fine to put the TV on for the person to watch while you have a bath, it's fine for someone else to be with them such as a befriender/enabler or another family member. Ask Devon Carers and Care Direct to help you plan breaks away.



Accept that you will move in and out of roles:

Sometimes you can be a spouse / partner / daughter / son, other times you will be more carer. More often you'll be all of these at once.



Accept that things will go wrong – these are learning opportunities:

If something didn't work, note this and try something else. Notice when things go well – pat yourself on the back. Notice little successes – meals all eaten, a smile, hand squeeze, a thank you. Make sure other people know how hard you work to get these little successes!

Do you have any top tips for other carers?
Email them to us at newsletter@devoncarers.org.uk.

Buying a Wheelchair Accessible Vehicle (WAV) is a big decision to make; an East Devon carer provides their suggestions having done just that!

“ We learnt the hard way that you need to ask yourself a lot of questions before you start to see what’s on the market. ”



If you care for somebody who is a wheelchair user you may think about buying a Wheelchair Accessible Vehicle (WAV) so they can get into a vehicle in their chair, this is a big decision to make with lots of things to consider.

WAVs come in all shapes and sizes with different ways of getting into them; they cost different amounts depending on whether you are buying new or used; there are different conversion companies who work on specific makes and models of vehicles; and there are even specialist second-hand WAV dealers offering a wide selection of used vehicles.

Based on our experience of purchasing a WAV we would suggest you ask yourself:

- **what sort of WAV do you need?**
- **what are you going to use the WAV for?**
- **which model should you buy?**
- **what is your budget?**

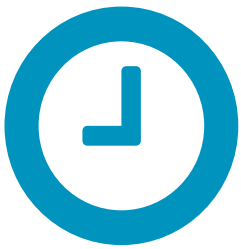
WAVs are not cheap - the average conversion adds about £10,000 to the original cost of the car or van. Depending on eligibility financial support may be available from:

- **Motability scheme offers financial support and helpful advice:**
www.motability.co.uk



Visit the pod – our online carers community - where you can chat with other carers, gain mutual support, ask professionals questions and join us for Carers Hour where we regularly discuss carer related topics.

<https://devoncarers.org.uk/the-pod/>



Carers Hour in the pod, our online carers community every Tuesday 2pm – 3pm, chat with our professionals about carer related topics.

Coffee Break Teaser

Can you find all the carer-related words?

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

Accepts
Kindness
Special
Attention
Listens
Strength
Caring
Love
Support
Helps
Memories
Understanding
Hug
Respect
Worry

Answers in the next edition.

Welcome legal advice from Michelmores Solicitors



I'm very pleased to have been asked to write a short article for this wonderful new magazine. We worked closely with Devon Carers on Carers Rights Day, offering their unpaid carers advice on legal topics that are effecting unpaid carers now and also planning for their future. It was wonderful to be able to meet carers at the CRD events to discuss their concerns and legal queries including; Lasting Power of Attorneys, wills, issues regarding the Mental Capacity Act 2005 and funding for care homes to name but a few.

These topics also proved to be popular when we hosted Carers Hour in the pod – Devon Carers online community - and as

mentioned previously in the magazine our advice can still be seen online (along with lots of other interesting topics from Devon Carers professionals including; carer training, peer support, carers assessments and condition specific advice).

We look forward to writing regular articles, so if you would like to suggest legal topics for us to discuss, please do email newsletter@devoncarers.org.uk we look forward to hearing from you.

Jane Swannell, Associate Solicitor, Michelmores Solicitors

Michelmores 

news
&
info

Free parking at hospital for carers



Carers may be able to access free parking at hospitals across Devon when attending to support the person they care for. Each hospital has different parking arrangements, so we advise that you phone the hospital you are visiting to confirm this with them in advance.

On arrival at the hospital show your Carers Alert Card to the hospital ward reception team, who will arrange for you to have a vehicle clearance check form. If you do not have an alert card please get in touch at **e: info@devoncarers.org.uk**

If you have any difficulties in accessing free parking please **e: carersstrategy-mailbox@devon.gov.uk** with details of the hospital you visited and date so they can follow up on this.

Tracy Duckmanton takes on dual roles

I've worked for Devon Carers for over 7 years, initially as an Administrator, then as a Supervisor for the Helpline Team and then a Helpline Support Worker carrying out carers assessments over the phone.

I have recently taken on two new roles at Devon Carers:

- Southern Team, Peer Support Officer - part of my role will be to set up groups and activities for carers in the Exminster, Starcross, Dawlish and Teignmouth areas.
- Hospital Discharge Team, Hospital Liaison Worker supporting carers when they, or the person they care for, have been discharged from hospital. For this role I will be based at the Royal Devon and Exeter Hospital three afternoons a week.

I feel passionate about enabling carers to support their cared for.



Help to shape our online services

Are you interested in helping us to shape the future of our online digital services?

With our new website up and running we are seeking views from our unpaid carers and professionals to contribute to its future development. If you are interested in becoming involved, please email your contact details to **e: online@devoncarers.org.uk** and we will add you to the Devon Carers Digital Focus Group. **www.devoncarers.org.uk**

Elifar Foundation Grants



The Elifar (Every Life is for a Reason) Foundation is a small charity which aims to help improve the care, facilities and equipment available to profoundly disabled children and young adults both at home or in residential care.

The Elifar Foundation welcomes grant applications by, or on behalf of, individual children or young adults with any form of physical or learning disability.

More info is available from **www.elifarfoundation.org.uk**



Do you sometimes feel isolated due to your caring role?

Would you like to make friends with other carers?

We know that carers sometimes feel lonely because of their caring role and that their own health and wellbeing can suffer. Other carers will understand what it's like to be a carer, that sometimes you will need to cancel at short notice and sometimes you're feeling just too worn out to be sociable.

Making friends with other carers maybe just what you need.

Peer Support is a great way to meet new people and an opportunity

to meet with other carers and to become friends. In the New Year a 'What's on Diary' will be circulated from your Peer Support Officer which will give you information on staff, what is happening for the next two months in your area and details of the support groups that are run by Devon Carers.

This will also be available on our website. For further information please contact the Peer Support Team on **t: 03456 434 435**.

“ I can talk to my new friends, share my troubles and know that I will be understood and not judged. ”

“ It's really helped me, I found I could laugh again and enjoy the company of others. ”



Healthy Parent Carers

Do you care for a child or young person aged up to 25 with special educational needs or disability?

Do you want to do something to improve your health and wellbeing?

Parent carer health and wellbeing is often overlooked. The Healthy Parent Carers programme has been designed with parent carers; it provides information about small steps that parent carers can take every day to improve their health and wellbeing.

Parent carers are invited to take part in NHS-funded research to compare different ways of accessing the programme. If you sign up to participate, you will be allocated to either online information or weekly group sessions (Plymouth, Bideford, Dawlish, Minehead and St Austell). It's free to take part.

This research is led by the PenCRU childhood disability research group with parent carers in our Family Faculty and the Council for Disabled Children. For more information please see their Taking Part webpage at:

<http://sites.exeter.ac.uk/healthyparentcarers/taking-part/>
e: healthyparentcarers@exeter.ac.uk
t: 01392 722968.

“ There were times in my life when this course would have been a life-saver. ”

“ Give yourself time sometimes... do something for you. ”

“ Taking a moment to notice something else, something beautiful, helps you switch off from the things you worry about. ”

training courses



We run a wide range of face to face training courses which are free for carers registered with Devon Carers. Some courses are dependent upon the outcome of a Carers Assessment.

If you are referred for a course after a Carers Assessment, our training team will contact you to discuss available dates. If you would like to self-refer for a course please contact the training team to confirm if there are spaces available on:

e: info@devoncarers.org.uk

t: 03456 434435

It is essential to book your place on a course. No booking is guaranteed until you have received confirmation from our training team.

To find out more about the course content please go to the Devon Carers website

<https://devoncarers.org.uk/information-and-advice/support-for-me/face-to-face-training/training-courses/>

Mental Health

Awareness:

Self-referral or carers assessment

Wednesday 20th February,
10am to 1pm
The Matford Centre,
Matford Park Road,
Marsh Barton Trading Estate, Exeter, EX2 8FD

Managing Stress:

Self-referral or carers assessment

Thursday 21st February,
10am to 2pm
The Amory Centre, 125 East Street, South Molton, Devon, EX36 3BU

Mindfulness:

Self-referral or carers assessment

Tuesday 12th March,
10am to 2pm
The Matford Centre,
Matford Park Road,
Marsh Barton Trading Estate, Exeter, EX2 8FD

Dementia

Awareness:

Carers assessment only

Thursday 14th March,
10am to 1pm
Oakenham Suite,
Newton Abbot Racecourse, Newton Road, Newton Abbot, TQ13 3AF

Caring for Carers:

Self-referral or carers assessment

Tuesday 19th March,
10am – 3.30pm
West Devon – venue to be confirmed.

Caring for Carers:

Self-referral or carers assessment

Wednesday 20th March,
10am to 3.30pm
The Amory Centre,
125 East Street, South Molton, EX36 3BU

Moving People

Safely:

Self-referral or carers assessment

Wednesday 20th March,
10am to 1.30pm
Newton Abbot Racecourse
Newton Road, Newton Abbot, TQ12 3AF

Managing Stress:

Self-referral or carers assessment

Thursday 21st March,
10am to 2pm
Best Western Passage House Hotel, Hackney Lane, Kingsteignton, Newton Abbot, TQ12 3QH



We have arranged a series of two hour IT taster sessions for carers, where we will help you to better understand what your device (smart phone, tablet, laptop) can do.

It is hoped that these sessions will provide you with the skills and confidence to use your own devices, enabling you to make more time for yourself by having the freedom to do such things as internet shopping, keeping in contact with friends/family, banking, etc.

Note: these sessions will not be repairing any device.

The three sessions will include:

BECOMING MORE CONFIDENT AND SAFER ONLINE

Would you like to become more confident when using technology?

Do you know your WIFI from your 3G?

Would you like to ensure that your information is safe?

Learn the meaning of digital terminology, how to resolve common problems and ensure you and your information is safe online.

Monday 25th February

10.30am – 12.30pm,
Newton Abbot Library

Wednesday 27th February

10.30am – 12.30pm,
Exeter Library

Thursday 28th February

10.30am – 12.30pm,
Barnstaple Library

EVERYDAY INTERNET

Is the internet a mystery to you? Would you like to know what it does and how you can use it to do everyday tasks?

Internet searches, online shopping, booking appointments, this two hour taster session will provide you an over view and help you to save time.

Monday 4th March

10.30am – 12.30pm,
Newton Abbot Library

Wednesday 6th March

10.30am – 12.30pm,
Exeter Library

Thursday 7th March

10.30am – 12.30pm,
Barnstaple Library

KEEPING IN TOUCH WITH FRIENDS AND FAMILY ON YOUR DEVICE

Your computer, tablet or smart phone provides lots of opportunities for you to keep in touch with friends and family. From e-mail to What's App or Facebook find out how to keep in touch.

Monday 11th March

10.30am – 12.30pm,
Newton Abbot Library

Wednesday 13th March

10.30am – 12.30pm,
Exeter Library

Thursday 14th March

10.30am – 12.30pm,
Barnstaple Library

If you would like to attend any of the courses please contact the training team on e: info@devoncarers.org.uk or t: **03456 434 435**

Sleep and relaxation course

Are you able to sleep? Does a lack of sleep, make your caring role more difficult? There are many different reasons why people don't sleep well.



Sleep problems are very common in particular with carers. An inability to sleep can seriously affect quality of life. We are offering an opportunity for carers to get together to talk about sleep. This will be a chance for you to meet other carers who suffer from sleep problems. It will be a learning group sharing hints and tips about what works or not, in order to get a good night's rest. The workshop will end with a short relaxation session.

A fact sheet will be sent to carers at the end of the session, with top tips for a good night's sleep. There will also be the opportunity for carers to join a peer support group, if they wish.

These courses will be run at:

Tavistock Anchorage Centre on
Wednesday 13th March
10am to 1pm

Raleigh Surgery, Exmouth on
Wednesday 27th March
10am to 1pm

If you would like to book a place on either course please contact the training team on

e: info@devoncarers.org.uk

t: 03456 434 435

what's on

carer groups in your area

Eastern Devon and Exeter



Northern Devon

Southern and West Devon



Barnstaple

Carers Support Group
For carers of people with
mental health issues

Barnstaple Link Centre, 19c
Alexandra Road,
Barnstaple, EX32 8BA

Carolyn Hill

Carers Support Group
For carers of people living
with dementia

Litchdon Medical Centre,
Landkey Road, Barnstaple,
EX32 9LL

Mary Austin

Carers Support Group
All carers welcome

Barnstaple Day Centre,
Silver Hill, Sowden Lane,
Barnstaple, EX32 8DJ

Claire or Alison - Barnstaple
Day Centre t: 01271 343623

Sound it Out Singing
Group

Supporting people with
memory loss and their carers

Christ Church, Bear Street,
Barnstaple, EX32 7BU

Sally Blackmore t: 01271
321574

Space 4 U: Carers Social
Club

All carers welcome

Contact for venue details
before attending

Sandra Chichester
t: 07779 441224

Bovey Tracey

Carers Support Group
All carers welcome

Cromwell Arms, Fore Street,
Bovey Tracey, TQ13 9AE

Justine Barkas

Barnstaple

Memories Are Made
Of This

Structured programme for
people with dementia.
Carers welcome

Roundswell Community
Centre, Gratton Way,
Barnstaple, EX31 3NL

John Silver t: 07943 412021 or
Mike Warner t: 01598 710 613

North Devon Forum
for Autism

For carers of people
with autism

Roundswell Community
Centre, Gratton Way,
Barnstaple, EX31 3NL

t: 07923 481332

e: info@ndfautism.co.uk

Bideford

Parkinson's Group
For carers of people with
Parkinson's (PWP)

Ethelwynne Brown Close
(Westward Housing)
Barnstaple Street, Bideford,
EX39 4RH

Keith Hughes t: 01237 475168

Reminiscence Sessions
for over 60s

Bideford Library, New Road,
Bideford, EX39 2HR

Bideford Library t: 01237
476075 or Ageing Well / TTVS
t: 01805 622666

Braunton

Carers Support Group
All carers welcome

SQ's Bar & Restaurant, 3
Exeter Road, Braunton,
EX33 2JT

Carolyn Hill

Ashburton

Carers Support Group
All carers welcome

St Andrews Community
Centre, access via West
Street, Ashburton, TQ13
7DU (archway between
Moor Dental Care & Artisan
Bakers)

Mary Witt t: 01364 652906

Axminster

Carers Support Group
All carers welcome

River Cottage Kitchen & Deli,
Trinity Square, West Street,
Axminster, EX13 5AN

Sue Page

Bampton

Oasis Carers Support
Group

For carers of people with
memory problems

The Swan, Station Road,
Bampton, Devon, EX16 9NG

Unite t: 01884 257511



Devon Carers:

Contact t: 03456 434 435 or www.devoncarers.org.uk

Chagford

Carers Support Group

All carers welcome

Ring O'Bells, 44 The Square,
Chagford, TQ13 8AH

Beverly Dore 

Crediton

Carers Support Group

**For carers of people with
mental health issues**

The General Sir Redvers
Buller, 37 High Street,
Crediton, EX17 3JP

Contact 

Carers Support Group

All carers welcome

East Town Café, East Street,
Crediton, EX17 3AZ

Unite t: 01884 257511

Carers Support Group

All carers welcome

Costa Coffee, 28 High Street,
Crediton, EX17 3AH

Unite t: 01884 257511

Cullompton

Carers Support Group

**For carers of people with
mental health issues**

Hayridge Centre, 1 Exeter
Hill, Cullompton, EX15 1DJ

Lorraine Mee 

Cullompton Carers
Coffee Group

All carers welcome

Various cafes in the area

Unite t: 01884 257511

Culm Valley Oasis Group

**For carers of people with
memory problems**

The Hub, College Surgery,
Commercial Road,
Cullompton, EX15 3EB

Unite t: 01884 257511



FREE cooking course in Seaton

Axminster based charity HALFF (Health and Local Food for Families) are running a free cooking course in Seaton, especially aimed at carers.

HALFF's hands-on cooking sessions are an opportunity for carers to learn more about healthy cooking and nutrition and meet other carers, have a tea or coffee and a chat. A nutritionist will be at each session to offer support and advice for people looking after those with specific health conditions such as heart disease, type 2 diabetes, high blood pressure and dementia.

Sessions take place at 11am to 1pm at the Marshlands Centre, Harbour Road, Seaton on Thursday 14th February, 14th March, 18th April, 16th May and 13th June. Participants can take home the meal they prepare for themselves and the person they care for.

If you can't make it to the sessions, you can still register with HALFF to receive a free fortnightly newsletter via email or post, giving recipes, tips and advice on cooking for your loved ones.

For more information, please contact Hannah on **t: 01297 631782** or **e: hannah@halff.org.uk** or visit **www.halff.org.uk**



Dartmouth

Dart Cool

**For carers of people with
mental health issues**

St Clements Church,
Dartmouth, TQ6 9SN

e: julie.galliford@rethink.org
t: 01823 365308

Dawlish

Carers Support Group

All carers welcome

Dawlish Hospital, Barton
Terrace, Dawlish, EX7 9QH

Contact 

Exmouth

Carers Support Group

All carers welcome

Dewdney Unit, Exmouth Hospital, Claremont Grove, Exmouth, EX8 2JN

Catherine Hill 

Carers Support Group

for carers of people with dementia

Imperial Hotel, The Esplanade, Exmouth, EX8 2SW

Angela Toy - Age Concern t: 01395 271242 or 07957 403335

Exeter

Carers Support Group

All carers welcome

Patisserie Valerie, 194 High Street, Exeter, EX4 3DU

Mel Jeffery 

Carers Crafting Group

all carers welcome

Colab Exeter, Wat Tyler House, 3 King William Street, Exeter, EX4 6PD

Mel Jeffery 

Carers Support Group

for carers of people with mental health issues

Mill on the Exe, Bonhay Road, Exeter, EX4 3AB

Mel Jeffery 

Halwill

Carers Support Group

All carers welcome

Halwill Baptist Church Hall, 1 Station Road, Halwill Junction, Beaworthy, EX21 5XB

Barbara Dalton

t: 01409 221328

Hatherleigh

Carers Support Group

All carers welcome

Hatherleigh Community Centre, Bowling Green Lane, Hatherleigh, EX20 3HB

Beverly Dore 

Honiton

Carers Support Group

All carers welcome

Methodist Church, New Street, Honiton, EX14 1EY

Winnie Cameron

t: 01404 46041

Hospiscare & Honiton Carers Support Group

All carers welcome

Hospiscare, Kings House, King Street, Honiton, EX14 1AB

Winnie Cameron

t: 01404 46041

Parent Carers Support Group

All parent carers welcome

The Star Inn, 33 New Street, Honiton, EX14 1BS

Jo Smith t: 07725 568242

Holsworthy

Forget Me Not Friends group

Everyone welcome

especially people affected by memory loss

Holsworthy Memorial Hall, Manor Car Park, North Road, Holsworthy, EX22 6DJ

Rebecca Poet t: 07572 180100

Trish Burke t: 07814 740055

Kingswear

2-4 Tea Club

Social group for older people in Kingswear

Anne Leask t: 01803 752251

Ivybridge

Next Steps

For carers of young adults with additional needs

Ivybridge Library, The Watermark, Erme Court, Leonards Road, Ivybridge, PL21 0SZ

Jan McArthur

t: 07742 609 968

Carers Support Group

All carers welcome

Ivybridge Library, The Watermark, Erme Court, Leonards Road, Ivybridge, PL21 0SZ

Sarah Tuhill 

Rethink Carers Support Group

For carers of people with mental health issues

St Pierre Sur Dives Room, Ivybridge Town Hall, Erme Court, Leonards Road, Ivybridge, PL21 0SZ

Sarah Tuhill  or

Julie Galliford

e: julie.galliford@rethink.org or t: 01823 365308

Ilfracombe

Musical Memories

Singing Group

The Vision Centre, Slade Road, Ilfracombe, EX34 8LF

Margaret t: 01271 882927

Hazel t: 01271 863944

Lapford

Lapford Cares

For carers of older residents in Lapford

Lapford Victory Hall, Church Lane, Lapford, EX17 6PZ

Jacqui - Involve Mid Devon t: 01884 255734

Kingsbridge

Carers Support Group

All carers welcome

Tumbly Hill, Kiln House,
Squares Quay, Kingsbridge
TQ7 1HN

Sarah Barker (DC)

Kingsbridge Cool

**For carers of people with
mental health issues**

Harbour House, The
Promenade, Kingsbridge,
TQ7 1JD

e: julie.galliford@rethink.org

t: 01823 365308

Lifton

Carers Support Group

**For carers of people with
Frontotemporal Dementia**

Arundell Arms, Fore Street,
Lifton, PL16 0AA

Christine Bennetts

e: C.Bennetts@exeter.ac.uk

North Devon Family Carers Support

Carers Support Group

**For carers of people with a
learning disability**

Ann Deadman

t: 01237 441604

Ottery St Mary

Carers Support Group

All carers welcome

The Station, Mill Street, Ottery
St Mary, EX11 1AH

Julie Austin (DC)

Carers Support Group

All carers welcome

Otter Nurseries Restaurant,
Otter Garden Centre,
Gosford Road, Ottery St
Mary, EX11 1LZ

Derek and Mary Rackett

t: 01404 46237

Newton Abbot

Kingscare Carers Support Group

All carers welcome

The Avenue Church, The Avenue, Newton Abbot, TQ12 2BY

David Clifford, Kingscare t: 01626 357090

Kingscare Carers Support Group

For carers of people with mental health issues

The Avenue Church, The Avenue, Newton Abbot, TQ12 2BY

Briony Enright, Kingscare t: 07554 993842 or

Sarah Adelsbury (DC)

Rethink Carers Support Group

For carers of people with mental health issues

The Avenue Church, The Avenue, Newton Abbot, TQ12 2BY

Denis Wallis and Ann Wallis t: 07949 935269

Time For You

All carers welcome

The Avenue Church, The Avenue, Newton Abbot, TQ12 2BY

Rosemary Newman, Kingscare t: 01626 357090

Okehampton

Carers Support Group

All carers welcome

Castle Ham Lodge, 1 Castle Road, Okehampton, EX20 1HT

Beverly Dore (DC)

Mental Health Peer Support Group (DC)

For carers and adults with mental health concerns

The Ockment Centre, North Street, Okehampton, EX20 1AR

Okehampton Mental Health Peer Support Group

t: 07955 848935

Parkinson's Support Group

For carers of people with Parkinson's

Castle Ham Lodge, 1 Castle Road, Okehampton, EX20 1HT

Geoff Brokenbrow t: 01837 55813

Seaton

Carers Support Group

All carers welcome

Eyre Court Hotel, 2 Queen St, Seaton, EX12 2NY

Sue Page (DC)

Carers Support Group

All carers welcome

Harding Room, Seaton Hospital, Valley View Road, Seaton,
EX12 2UU

Sue Page (DC)

Sidmouth

Carers Support Group

All carers welcome

Belmont Hotel, The
Esplanade, Sidmouth,
EX10 8RX

Sue Page 

Silverton

Carers Support Group

All carers welcome

Lamb Inn, Fore Street,
Silverton, Nr Exeter, EX5 4HZ

Trish Jones t: 07484 377298

e: silverwellbeing@gmail.com

South Brent

Carers Support Group

**For carers of people with
memory problems**

The Old School Community
Centre, Totnes Road, South
Brent, TQ10 9BP

South Brent Caring

t: 01364 700282

South Brent Cool

**For carers of people with
mental health issues**

Packhorse Inn, 1 Plymouth
Road, South Brent, TQ10 9BH

e: julie.galliford@rethink.org

t: 01823 365308

Totnes

Carers Support Group

All carers welcome

Severn Stars Hotel, The Plains,
Totnes, TQ9 5DD

Kirsty Maidment 

Tavistock

Parkinson's Group

**For people with Parkinson's
and their carers**

The Anchorage Centre,
Chapel Street, Tavistock,
PL19 8AG

Val Evans t: 07778 552325

Rethink Carers Support
Group

**For carers of people with
mental health issues**

Trident House, 2 Taylor
Square, Tavistock, PL19 0DG

e: julie.galliford@rethink.org

t: 01823 365308

Carers Support Group

All carers welcome

Tavyside Surgery, Abbey Rise,
Tavistock, PL19 9FD

Jean Andrew t: 01822 618914

Teignmouth

Teignmouth Cool

**For carers of people with
mental health issues**

United Reform Church,
Dawlish Street, Teignmouth,
TQ14 8TB

Bill Smith t: 01626 773194

e: julie.galliford@rethink.org

Uffculme

Carers Support Group

All carers welcome

The Community Room,
Markers (Westward Housing)
Uffculme, EX15 3DZ

Unite t: 01884 257511

Tiverton

Carers Lunch Group

All carers welcome

Susanna Venner 

Unite t: 01884 257511

Parkinson's Group

**For people with Parkinson's
and their carers**

Old Heathcoat School
Community Centre, Tiverton,
EX16 5JJ

Unite and Parkinsons UK

t: 01884 257511

Affinity Parent Carers
Support Group

**For carers of school age
children with autism**

The Fire Station, Wellbrook
Street, Tiverton, EX16 5BP

Unite t: 01884 257511

Carers Support Group

**For carers of teenagers/adults
with additional needs**

The Co-op/Crosse & Beale
Funeral Services, 41 Bampton
Street, Tiverton, EX16 6AH

Clare Moughton 

Exe Valley Oasis Group

**For carers of people with
memory problems**

Lodgehill Hotel, Ashley,
Tiverton, EX16 5PA

Unite t: 01884 257511

www.devoncarers.org.uk
03456 434 435

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