



You Care, We Care
Summer 2019



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Save Paper, Save the Environment

Receive your copy of the magazine by email: contact **03456 434 435** also available online www.devoncarers.org.uk

www.devoncarers.org.uk
03456 434 435



Welcome to the Devon Carers magazine!

This is the second issue of our new-look magazine and we are pleased to say it has been very well received! In this issue we have included more carer tips and stories, new training courses, upcoming events and the latest information.

For those of you new to Devon Carers, we support unpaid carers to maintain their own health, wellbeing and independence, by providing them with the information and advice they need in their caring role.

Visit www.devoncarers.org.uk to find out more about our services including:

- Carers Assessments
- Peer Support
- Carer Support Groups
- Training courses
- Alert card
- Hospital Discharge service
- Online services: webchat with our helpline, online magazine, online training and the pod
- Get involved by becoming a Carer Ambassador or Volunteer
- The latest news, events, carers articles, information and so much more!

Please note: Services are provided on behalf of Devon County Council, if you don't want your information recorded on their systems please inform our helpline t: **03456 434 435**.

We welcome your thoughts with regards to items you'd like to see included in our future magazines - please email us:

e: newsletter@devoncarers.org.uk

We are very pleased to be supporting
Carers Week 10th to 16th June
focusing on
Getting Carers Connected.

A fantastic opportunity to celebrate and further support you in your role as a carer.
Please look at p4-p5 for more information.

Winner of the 'Name the Magazine' competition

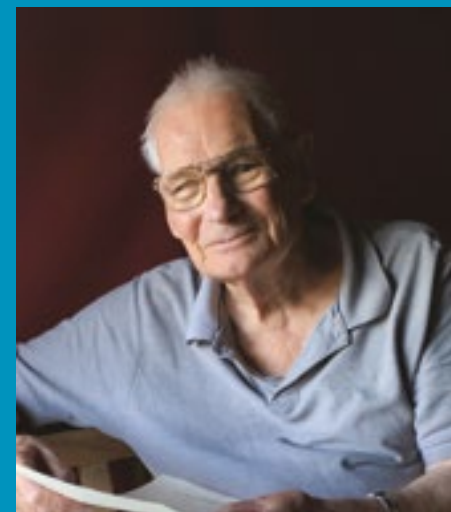


In our last issue we ran a competition to name our new style magazine. There were lots of very good suggestions submitted and after a final vote by Devon Carers, carers and Carer Ambassadors, the winning name is:

You Care, We Care

Winner's name: Steph King

Hamper from the Ginger Cat Deli, Exminster



We were sorry to hear that David Light recently passed away after a short illness. David (along with his friend Jim Delves) made huge contributions in understanding dementia from a carer's perspective, having cared for his wife, Pam, for many years.

The booklet 'Dementia Pathways' that he produced with Jim is widely known within the field of health and social care as one of the first serious acknowledgements in Devon to the challenges of caring for people with dementia.

We remember him with respect, dignity and gratitude for championing the cause of unpaid carers and bringing the challenges that they face within the public domain.

“ I knew David for many years. I was always in awe of his commitment and passion for the work he did, and of the difference he made to the lives of so many dealing with dementia. I saw him only a couple of months ago at the Memory Café Convention and he was as ever engaging and enthusiastic. ”

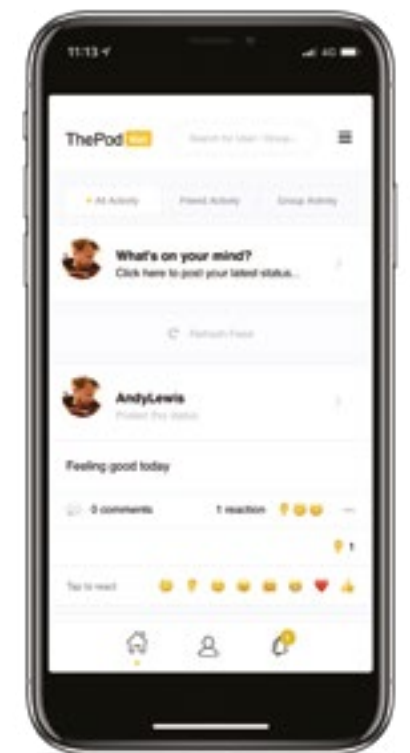
Matthew Byrne, CEO, Westbank

The Pod New online carers community app being launched in June

The Pod is a free social network for carers across Devon, available 7 days a week, 24 hours a day. It is for carers to share advice, information, help each other with tips and build a network of friends and support. By providing a network that is flexible around you and your caring role, you can receive support without having to travel or leave your home.

Unique to The Pod is also the opportunity to receive professional advice, support and information online.

Whether you are a carer, family member, friend or professional, you can access The Pod and use it for support. You can download the Pod as an App from the **App Store** and **Google Play** or access on www.devoncarers.org.uk



Carers Week

Monday 10th to Sunday 16th June 2019

Supporting carers to get connected in their communities



Carers Week is a fantastic opportunity to celebrate the role of the carer. This year the theme is **Getting Carers Connected**, so we are doing just that.

We will be delivering a number of events to connect carers with professionals, services and, most importantly, each other.

Events during Carers Week include fun activities that can be enjoyed shoulder to shoulder with other carers. They will give you the opportunity to expand your network of carer allies; and provide information about the support and services available to you. There will be plenty of opportunities for you to speak with Devon Carers and Carer Ambassadors for advice and guidance.

The events are spread across the week (including the weekend) to maximise accessibility for all carers. We are also holding live online chats on The Pod. If you aren't available on the day you can add your questions before by signing up:

www.devoncarers.thepod.familycarersnet.co.uk/login.php or by downloading the app from Google Play or App Store.

We hope to see you at your local Information Market or giving forest bathing, mindfulness or even horsemanship for health a try!

Please visit our website for more information and updates about Carers Week at www.devoncarers.org.uk

Eastern Devon and Exeter	Northern Devon	Southern Devon and West
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Monday 10th to Friday 14th June

Information Stand

9am to 5.30pm, Honiton Surgery, Marlpits Lane, Honiton, EX14 2NY

Monday 10th June

Tea, Cake and Chat ☺

10am to 11am or 11am to 12pm
Kitchen House Café, 45 Fore Street, Bovey Tracey, TQ13 9BP

Information Stand

10am to 2pm
Sainsbury's, Roundswell Business Park, Gratton Way, Barnstaple, EX31 3NH

Carer Connection Event

10am to 2pm
RestAWhile TASS Café, The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG

Killerton House and Gardens Tour ☺

10.15am
Killerton House and Gardens, Killerton, Exeter, EX5 3LE

Advice and Craft Session

2.15pm to 4pm
Trumps Court, East Street, Sidmouth, EX10 8BL

Tuesday 11th June

Devon Carers Drop In

9am to 4pm
Colab Exeter, 3 King William Street, Exeter, EX4 6PD

Information Stand

9.30am to 1pm
Tiverton and District Hospital, Kennedy Way, Tiverton, EX16 6NT

Forest Bathing "wanders for wellbeing"

10am to 1pm
Dartington Hall Estate, Dartington, TQ9 6EE

Information Stand

10am to 1pm
Sainsbury's, New Road, South Molton, EX36 4BQ

Ottery St Mary Raising Awareness Event

10am to 1pm
Sainsbury's, Hind Street, Ottery St. Mary, EX11 1BW

Devon Carers Drop In

10am to 2pm
Age Concern Exmouth, 1 Rolle Street, Exmouth, EX8 1HL

Advice and Craft Session

1pm to 4pm
Ivybridge Library, Erme Street, Leonards Road, Ivybridge, PL21 0SZ

The Pod: Carers Hours

Ellie Taylor
7pm to 8pm

Devon Carers Drop In

2pm to 4pm
The Hub, Ipplepen Methodist Church, East Street, Ipplepen, Newton Abbot TQ12 5SU

Devon Carers Drop In

3pm to 5pm
Tavistock Library, Plymouth Road, PL19 8AB

Wednesday 12th June

Devon Carers Drop In

10am to 12.30pm,
Function Room at Marshlands, Harbour Road, Seaton, EX12 2LT

Local Carers Cream Tea

10.30am to 12pm
Alice Cross Day Centre, 1-3 Bitton Park Road, Teignmouth TQ14 9BT

Carers Trip to Rosemoor ☺

11am or 2.30pm,
RHS Garden Rosemoor, Torrington, EX38 8PH

Carers Walk

1.30pm
Dartington Cider Press Centre, Shinnars Bridge, Dartington, Totnes, TQ9 6TQ

Honiton Carers Support Group

2pm to 4pm
Honiton Baptist Church, Chapel street, Honiton, EX14 1EU

Thursday 13th June

The Pod: Carers Hours

Citizens Advice
13th June 2pm to 3pm

Horsemanship for Health ☺

10am to 11.30am
Horsemanship for Health, Netherton, Newton Abbot, TQ12 4RW
(full directions on booking)

Carer Connection Event

10am to 12.30pm
The Royal Hotel, Barnstaple Street, Bideford, EX39 4AE

Carer Connection Event

10am to 1pm
Kingsbridge Library, Ilbert Road, Kingsbridge, TQ7 1EB

Devon Carers Drop In

10am to 2pm
Age Concern Sidmouth, 48 High Street, Sidmouth, EX10 8EJ

Carer Connection Event

10am to 3pm
Newton Abbot Library Market Street, Newton Abbot, TQ12 2RJ

Carer Training: Caring For Carers ☺

10am to 3.30pm
The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD

Devon Carers Drop In

10am to 4pm
Parklands Leisure Centre, Simmons Park, Okehampton, EX20 1EP

Fish, Chips and a Stroll ☺

5.30pm to 7pm
The Esplanade Fish Bar, 2 The Esplanade, Lynmouth, EX35 6EQ

Friday 14th June

Information Stand

9.30am to 12.30pm
Barton Surgery, Barton Terrace, Dawlish, EX7 9QH

Crediton Community Connection Fair

10am to 12.30pm
Crediton Congregational Church, High Street, Crediton, EX17 3LF

Devon Carers Drop In

10am to 12.30pm
Budleigh Hub, East Budleigh Road, Budleigh Salterton, EX9 6HF

Saturday 15th June

Devon Carers Drop In

10am to 12pm
Honiton Library, 50 New Street, Honiton, EX14 1BS

Crediton Diversity Festival

10am to 2pm
Boniface Centre, Church Lane, Crediton, EX17 2AH

Carers Walk ☺

1.30pm
Main car park, Stover Country Park, Newton Abbot, TQ12 6QG

Sunday 16th June

Cooking Class

10am to 1pm
Kitchen House Café, 45 Fore Street, Bovey Tracey, TQ13 9BP

For full information about these events, please visit our website: www.devoncarers.org.uk or ring our helpline **t: 03456 434 435**



Where you see this icon there are limited spaces so booking is essential. Please call the helpline on **t: 03456 434 435** to reserve your place.



Please see website for special offers with local organisations during Carers Week 19

Top tips for carer resilience

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



Accept that it is you that has to change:

You have the well brain, so consider what you might need to change, for example in your approach, your home, what you do together in order to keep stress levels down for yourself and the person you care for. For example, do you need to adjust how you speak – shorter sentences, simpler explanations and wait for the person to have understood before moving on.



Ignore as much odd behaviour as possible:

When the person you care for behaves in a way they didn't previously, before you move in to stop them or correct them – ask yourself, does this matter? Can I ignore it?



Use gentle distraction:

If you cannot ignore it, try distracting the person with something they enjoy. No one likes being challenged or 'told off'. The less stressed you are, the less stressed they will be. Think about what might be causing the changed behaviour and how you might remove any difficulties for them.



Understand how your loved one sees the world:

Adjust your behaviour to ease the difficulties they are experiencing. This might involve you learning about their condition and being led by them in what they need. For example, if the person has a short-term memory loss, talk about ideas and yourself rather than about factual things such as what they have done; if you are planning a trip out, consider the person's concept of time and when is a good time to tell them.



Encourage the person you are caring for to do things:

Start a task and encourage them to join in. This keeps you both connected and helps your loved one to use their remaining abilities. Start sentences with 'we are..' (if you ask 'do you want to ...' be prepared for someone to say 'no') Thank the person, so they feel valued and enjoy your time together.

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

Recognising Elderly 'Hidden Carers'

Tessa Morgan, Cambridge PhD Student, interviewed Carer Ambassador Linda Hughes about elderly carers.

Linda Hughes has a special interest in elderly carers and those at end of life, she commented "Elderly carers will not always admit to needing support or be prepared to talk about their anxieties and fears. Stoically, they may be hiding their own illnesses, be physically, emotionally and mentally exhausted or suffering with depression. But they do their best not to show these - just carrying on somehow.

Our generation was brought up to think of calling on the 'State' as shameful. I talk to lots of elderly carers who do everything for their frail partners many with a number of serious health conditions. They tell me 'I am not a carer, when you love someone, you just want to do everything you can to help them.'

Often, it is only when faced with a major crisis - perhaps, one partner going into hospital - that elderly 'hidden carers' are first identified."

Linda asks that we all take a moment to think of all the people we know in our community – our family, neighbours and friends - and see if we can recognise a 'hidden carer'; even if that person doesn't think of themselves as being a carer."

Then talk to them about Devon Carers.



Left: Linda Hughes, Carer Ambassador; Right: Tessa Morgan, Cambridge PhD student researching elderly carers.

Would you like to become a Carer Ambassador?

This rewarding role is supported by Devon Carers and will enable us to identify carers to help and encourage them to benefit from our services.

Find out more by visiting:

<https://devoncarers.org.uk/get-involved>

or call our helpline

t: 03456 434 435

“ As a Carer Ambassador I am passionate about recognising 'hidden carers' and you can too by letting them know about Devon Carers services.”

Billy Hartstein reflects on six months in post as Devon Carers Manager

After six months in this rewarding role, I can look back and see three distinct phases.



Billy Hartstein - Devon Carers Manager

When I first started I was amazed by the breadth and depth of the services provided, by how resilient and welcoming carers were and how much work the Devon Carers team got through each week. In those first months, I made it my priority to go out and meet as many people as possible; whether they were carers, our excellent volunteers or our Devon-wide team.

Whilst I had a little time in the beginning, I didn't have a honeymoon period as there was far too much to do! After learning the ropes, I had to make some changes to how we worked, to ensure we were meeting the terms of our new five year contract with Devon County Council. This period seemed to involve very little getting out and meeting people and far more sorting stuff out.

Finally as things have come together more and our team has grown, I find I can go back to a more mixed approach and spend time on the important job of meeting people, explaining what we do and forming partnerships. I am really excited about my plans for the next six months and one thing I know for certain is that it will be a very busy and rewarding time!

Care means care, justice in care

A Devon carer has been campaigning for over nine years for an overhaul of the private care home system following his mother's death which he feels could have been prevented.

The dedication shown by John Barass in his investigation into the care system is unquestionable. After making over 10,000 phone calls, sending over 200 letters and 4,000 emails to Prime Ministers, Politicians, Councillors, charities, organisations, celebrities, press and media, he continues his campaign on behalf of his late mother. To read more about his campaign visit:

<https://healthwatchdevon.co.uk/care-means-care/>

STOP LOAN SHARKS

Intervention . Support . Education

Carers urged to watch out for loan sharks!

An estimated 310,000 households nationally are borrowing from illegal money lenders, many of whom charge exorbitant interest rates to trap people into a spiral of debt.

A loan shark is someone who runs a money lending business without the correct permission from the Financial Conduct Authority. If you answer yes to any of these questions, you might be borrowing from a loan shark:

- Did they offer you a cash loan?
- Did they not give you paperwork?
- Did they add huge amounts of interest or APR to your loan?
- Have they threatened you?
- Are you scared of people finding out?
- Have they taken your bank card, benefit card, passport or other valuables?

You're not in trouble if you're paying back a loan from an illegal money lender. The loan shark is committing a crime, not you. Stop Loan Sharks is a UK government agency able to investigate and prosecute illegal money lenders. For confidential advice and support contact the Illegal Money Lending Team **t: 0300 555 2222** or visit **www.stoploansharks.co.uk**. All information is treated in the strictest confidence and you will receive a LIAISE officer to support you while the team build a case against the loan shark.

Carers finding themselves in difficult financial situations are encouraged not to use loan sharks, but seek support from Citizens Advice **t: 0344 441 1444** or **www.citizensadvice.org.uk**

Did You Know?

If you are concerned about finding a trusted trader or service provider visit **www.buywithconfidence.gov.uk** for businesses approved by Trading Standards.

Focus On Carers Legal Issues Lasting Power of Attorney's (LPA's)



If the person you care for has sufficient mental capacity to understand an explanation of how an LPA works and knows who they wish to appoint, they may be able to make an LPA. This enables attorneys to make decisions on their behalf, and that authority continues even if they have lost all mental capacity. The choice of attorneys is important, and should be someone the person trusts and knows their wishes if they are unable to make decisions for themselves.

Attorneys can take care of finances, property, bills, or investment decisions. There is a separate power to make health and welfare decisions, such as the medical treatment they receive and where they should live. This is useful if they would prefer a friend to make decisions rather than next of kin.

More information is available at **www.gov.uk/power-of-attorney**

If their wishes are straightforward, they may be able to complete the LPA online or if more complicated, they may need to involve a solicitor. If they do not have sufficient capacity to make an LPA, it is possible to apply to the Court of Protection for a deputy to be appointed instead of an attorney. A deputy acts in a similar way, but with supervision from the court, usually made with the help of a solicitor.

Michelmores: **t: 01392 688688** or **https://www.michelmores.com/**



Devon Carers Volunteer Kerry Good with Sarah Adelsbury, Carer Support Officer

Have you ever considered becoming a volunteer with Devon Carers?

Volunteering as a current carer or past carer not only benefits those you help, but can also build your own confidence, self-esteem, gives you new skills, new friends and new experiences!

Kerry Good volunteers at one of our Carers Support Groups. Tracy Thompson went to meet her to talk about what it's like to be a volunteer.

What made you decide to become a volunteer?

I have always liked helping others and had a pull to shine a light on other people's problems.

What do you like best about volunteering?

Feeling needed and seeing what you do by helping someone else, I don't have all the answers to problems but have experience to share. There is a knock on effect and being with other people makes me look at things

differently. I really like being part of an organisation and I wear my Devon Carers ID badge with pride.

Would you recommend volunteering with Devon Carers to others?

Yes, definitely. What you have gone through might help someone else. It gives you stimulation and keeps the brain active. I support a group and it's very much about fun with a caring aspect. It gives me a very warm feeling that we provided someone with some pleasure.

Volunteers Wanted!

If you would like to find out more about volunteering and the many roles available visit :

www.devoncarers.org.uk
or call our helpline
t: 03456 434 435

“ I'd definitely recommend volunteering and I wear my Devon Carers ID badge with pride. ”

Online resource for carers of people affected by psychosis



The EFFIP Project (E-Support for Families & Friends of Individuals affected by Psychosis) has developed an online resource, called COPE-support (Carers fOr People with Psychosis e-support resource). COPE-support provides peer support, information on psychosis and ways for carers to look after themselves, all online.

Devon Partnership NHS Trust is involved in the study to find out if COPE-support works to improve carers wellbeing and how well they cope with caring. We are inviting carers, aged 18yrs+, living in England, who are supporting a loved one affected by psychosis and who enjoy using internet resources, to join the study.

Participants will be paid £30 in total for their time.

To find out more visit www.cope-support.org, or contact Georgiana Jennings who is leading the study for DPT t: 01392 674117 or e: georgiana.jennings@nhs.net



Do you feel isolated because of your caring role, want to have time just for you and meet others in a similar situation?

Male carers all too often do not identify themselves as carers. They do not access support and often find themselves isolated by their caring responsibilities. Hi-Vis, a project run by Action East Devon, is here to change that!

The project is set up for male carers in Seaton and Honiton. It aims to raise awareness of the challenges they face and empower them to seek support. There are regular activities on offer including walks, cooking and writing workshops and pub quizzes. Most importantly, you can meet other male carers and have some time out dedicated to you.



Carer John Hatch involved in the Hi-Vis project run by Action East Devon.



For more information, visit www.actioneastdevon.org.uk call Angie t: 01404 549045 or hivis@actioneastdevon.org.uk

Hi Vis is funded by the Building Connections Fund, supported by Her Majesty's Government and the Big Lottery Fund.

training courses

We run a wide range of face to face training courses which are free for carers registered with Devon Carers. 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:

t: 03456 434 435 e: info@devoncarers.org.uk

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 visit our website:

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

Caring For Carers	This course will help you to manage your caring role and stay well. You will discover: <ul style="list-style-type: none"> • what type of carer you are • help you to manage stress • look at the impacts of caring • create a contingency plan • find coping strategies to maintain a better life balance You will also be able to look at your communication style and develop assertiveness techniques.	
Wed 1st May Tues 2nd July	10am to 3.30pm	Best Western Passage House Hotel, Hackney Lane, Kingsteignton, Newton Abbot, TQ12 3QH
Tues 21st May	10am to 3.30pm	Tavistock Area Support Services (TASS), The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG
Thurs 13th June	10am to 3.30pm	The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD
Thurs 27th June	10am to 3.30pm	The Amory Centre, 125 East Street, South Molton, Devon, EX36 3BU
Mon 8th July	10am to 3.30pm	West Devon Borough Council, Kilworthy Park, Tavistock, PL19 0BZ

Dealing with a Changing Diagnosis	We can all become ill and we all age, but sometimes we receive a diagnosis that changes, or will change, our lives in a fundamental way. This workshop will look at some of the difficulties and hurdles of living with a changing diagnosis for yourself or your cared for.	
Tues 21st May	10am to 1pm	Ockment Centre, North Street, Okehampton, EX20 1AR



Dealing With Aggression and Violence from the Cared For Person	Caring for a loved one can be incredibly demanding and sometimes the person you care for can become challenging, aggressive and violent. This workshop will explore some of the factors around these behaviours and identify ways of coping. NB: This is not a self-defence class.	
Wed 12th June	10am to 1pm	Crediton Football Club, Marsh Lane, Crediton, EX17 1ES

Dementia Made A Little Bit Easier	This is a short course for those who are caring for someone with dementia. The course will identify the different types of dementia, cover communication with your cared for and establish causes of agitation. The course will focus on environmental factors and how this relates to your cared for and explain how delirium and acute medical problems affect those with dementia.	
Thurs 6th June	9.45am to 1.15pm	Westbank Healthy Living Centre, Farmhouse Rise, Exminster, Exeter, EX6 8AT

First Aid	This practical First Aid course will cover how to support a casualty who: <ul style="list-style-type: none"> • Is unconscious breathing/not breathing • Is choking • Is bleeding • Has fallen • Has head injuries 	
Wed 22nd May	10am to 2pm	Best Western Passage House Hotel, Hackney Lane, Kingsteignton, Newton Abbot, TQ12 3QH
Thurs 18th July	10am to 2pm	West Devon Borough Council, Kilworthy Park, Tavistock, PL19 0BZ



First Aid For Young Adult Carers	This basic life support first aid course is aimed at young adult carers. Please note this is an awareness session only, not a qualification. This course will cover unresponsive casualties, recovery position and cardiopulmonary resuscitation (CPR), choking, burns, bleeds, fractures and contents of a first aid kit.	
Sat 29th June	10am to 1pm	Exeter Community Centre, 17 St Davids Hill, Exeter, EX4 3RG

Jointly App: A mobile and online app	Jointly is a mobile and online app designed by Carers UK to help plan and organise caring if you are doing this on your own or as part of a group of people. The app does this using key features, including notes, tasks/lists, calendar, profile page, medications and contact lists.	
Thurs 27th June Thurs 4th July	10am to 12pm	Headway Devon, The XCentre, Commercial Road Exeter, EX2 4AD

Mindfulness	An introductory course covering mindful practice including sitting, lying down and gentle movement. The course will help with managing stress as a way of enhancing well-being, health and supporting recovery.	
Tues 21st May	10am to 2pm	Best Western Passage House Hotel, Hackney Lane, Kingsteignton, Newton Abbot, TQ12 3QH
Tues 23rd July	10am to 2pm	Tavistock Area Support Services (TASS), The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG

Moving People Safely	This is an introductory course which outlines the principles and importance of correct moving and handling.	
Fri 14th June	10am to 1.30pm	West Devon Borough Council, Kilworthy Park, Tavistock, PL19 0BZ
Tues 9th July	10am to 1.30pm	The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD

Stress Management	This workshop will focus on the stress you experience as a result of being a carer and the many ways in which this can impact upon your life. The workshop allow you to identify the specific causes of stress in your daily life and identify ways to reduce and manage that stress.	
Tues 14th May	10am to 2pm	Old Heathcoat School Community Centre, 81 King Street, Tiverton, EX16 5JJ
Thurs 13th June	10am to 2pm	Litchdon Medical Centre, Landkey Road, Barnstaple, EX32 9LL
Tues 16th July	10am to 2pm	Best Western Passage House Hotel, Hackney Lane Kingsteignton, Newton Abbot, TQ12 3QH

Thinking About Going To Work	This course is aimed at unpaid carers wanting to get into or return to paid employment. We will explain how Universal Credit can support you if you are on low income, what happens to your benefits if you start paid work and identify the support Jobcentre Plus offers unpaid carers.	
Tues 11th June	10am to 12pm	Exeter Community Centre, 17 St Davids Hill, Exeter, EX4 3RG
Fri 28th June	10am to 12pm	Age UK Mid Devon, The Haven Centre, Broad Lane Tiverton, EX16 5HE
Wed 3rd July	10am to 12pm	North Devon - venue to be confirmed

I.T. Courses available Visit www.devoncarers.org.uk for the latest dates/venues

what's on

carer groups in your area

Northern Devon

Eastern Devon and Exeter

Southern and West Devon

Councillors put a spotlight on carers' experience

Devon County Council is keen to make the support it offers to carers the best it can be. Elected Councillors who are members of the influential Scrutiny Committee for Health & Adult Care, are placing a spotlight on carers recent experience of support to help inform this important work.

These Councillors wish to visit one carers group in each of North, South, East and West Devon, to hear from them about their experiences. The focus of these discussions will be support to carers and replacement care (sometimes called "respite").

If you run or are involved in a carers' group, which has a meeting in June, and the group would like to invite the Scrutiny Councillors to visit, please see the contact details below. If your group is selected for a visit you will be contacted to confirm arrangements as soon as possible. The Scrutiny Councillors will also be meeting with the Carer Ambassadors.

The Councillors need to hold these conversations in June, as in July members will consider what they have heard, alongside other evidence, before coming to conclusions and making recommendations.

To nominate your group please contact Devon Carers
t: 03456 434 435 or **e: info@devoncarers.org.uk** with the dates, venue and times of your meeting.

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: 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: 01884 257511

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: 01271 343623

Sound It Out Singing Group

supporting people with memory loss and their carers
Christ Church, Bear Street, Barnstaple, EX32 7BU
Sally Blackmore: 01271 321574

Space 4 U: Carers Social Club

all carers welcome
Contact for venue details before attending
Sandra Chichester: 07779 441224

Memories Are Made Of This

structured programme for people with dementia
Carers welcome
Roundswell Community Centre, Gratton Way, Barnstaple, EX31 3NL
John Silver: 07943 412021
Mike Warner: 01598 710 613

North Devon Forum for Autism

for carers of people with autism
Roundswell Community Centre, Gratton Way, Barnstaple, EX31 3NL
07923 481332 or
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: 01237 475168

Reminiscence Sessions for over 60s

for carers over 60's
Bideford Library, New Road, Bideford, EX39 2HR
Bideford Library: 01237 476075
Ageing Well/TTVS: 01805 622666


Bovey Tracey

Carers Support Group

all carers welcome
The Kitchen House, 45 Fore Street, Bovey Tracey, TQ13 9AD
Justine Barkas: 


Braunton

Carers Support Group

all carers welcome
SQ's Bar & Restaurant, 3 Exeter Road, Braunton, EX33 2JT
Carolyn Hill: 


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
Devon Carers: 

Carers Support Group

all carers welcome
Costa Coffee, 28 High Street, Crediton, EX17 3AH
Unite: 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
Hayridge Centre, 1 Exeter Hill, Cullompton, EX15 1DJ
Unite: 01884 257511

Culm Valley Oasis Group

for carers of people with memory problems
The Hub, College Surgery, Commercial Road, Cullompton, EX15 3EB
Unite: 01884 257511

Dartmouth

Dart Cool

for carers of people with mental health issues
St Clements Church, Dartmouth, TQ6 9SN
julie.galliford@rethink.org
01823 365308

Dawlish

Carers Support Group

all carers welcome
Dawlish Hospital, Barton Terrace, Dawlish, EX7 9QH
Kerry Good: 


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: 

Carers Support Group
for carers of people with ME/
CFS
Exeter Library, Castle Street,
Exeter EX4 3PQ
Sarah: 07597 440836

Exmouth


Carers Support Group
all carers welcome
Dewdney Unit, Exmouth
Hospital, Claremont Grove,
Exmouth, EX8 2JN
Janet Mansbridge: 

Carers Support Group
for carers of people with
dementia
Imperial Hotel, The Esplanade,
Exmouth, EX8 2SW
Angela Toy - Age Concern
01395 271242 / 07957 403335

Halwill

Carers Support Group
all carers welcome
Halwill Baptist Church Hall, 1
Station Road, Halwill Junction,
Beaworthy, EX21 5XB
Barbara Dalton: 01409 221328

Hatherleigh

Carers Support Group
all carers welcome
Hatherleigh Community
Centre, Bowling Green Lane,
Hatherleigh, EX20 3HB
Beverly Dore: 

Holsworthy

**Forget Me Not Friends
Group**
Everyone welcome -
especially people affected
by memory loss
Holsworthy Youth Centre,
Sanders Lane, Holsworthy,
EX22 6HE
Rebecca Poet: 07572 180100
Trish Burke: 07811 574765

Honiton

Carers Support Group
all carers welcome
Methodist Church, New Street,
Honiton, EX14 1EY
Winnie Cameron: 01404 46041

**Hospiscare & Honiton
Carers Support Group**
all carers welcome
Hospiscare, Kings House, King
Street, Honiton, EX14 1AB
Winnie Cameron: 01404 46041

**Parent Carers Support
Group**
all parent carers welcome
The Star Inn, 33 New Street,
Honiton, EX14 1BS
Jo Smith: 07725 568242

Ilfracombe

**Musical Memories Singing
Group**
for carers and cared for
of people with dementia,
Alzheimers, Parkinson's or stroke
The Vision Centre, Slade Road,
Ilfracombe, EX34 8LF
Margaret: 01271 882927
Hazel: 01271 863944

Ivybridge

Next Steps
for carers of young adults with
additional needs
Ivybridge Library, The
Watermark, Erme Court,
Leonards Road, Ivybridge,
PL21 0SZ
Jan McArthur: 07742 609 968

Carers Support Group
all carers welcome
Ivybridge Library, The
Watermark, Erme Court,
Leonards Road, Ivybridge,
PL21 0SZ
Sarah Tuhill: 

Carers Support Group
for carers of people with
mental health issues
Ivybridge Library, The
Watermark, Erme Court,
Leonards Road, Ivybridge,
PL21 0SZ
Sarah Tuhill: 

Kingsbridge

Carers Support Group
all carers welcome
Tumbly Hill, Kiln House/Squares
Quay, Kingsbridge TQ7 1HN
Sarah Barker: 

Kingsbridge Cool
for carers of people with
mental health issues
Harbour House, The
Promenade, Kingsbridge,
TQ7 1JD
julie.galliford@rethink.org
01823 365308

Kingswear


2-4 Tea Club
social group for older people
in Kingswear
Contact for details
Anne Leask: 01803 752251

Lifton

Carers Support Group
for carers of people with
Frontotemporal Dementia
Arundell Arms, Fore Street,
Lifton, PL16 0AA
Christine Bennetts
C.Bennetts@exeter.ac.uk

Newton Abbot

**Time For You Kingscare
Carers Support Group**
all carers welcome
The Avenue Church, The
Avenue, Newton Abbot,
TQ12 2BY
David Clifford - Kingscare
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:
07554 993842
or **Sarah Adelsbury:** 

**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:
07949 935269

North Devon

**North Devon Family Carers
Carers Support Group**
for Family Carers of people
with a Learning Disability
Contact for details
Ann Deadman
ndfamilycarers@
northamcaretrust.co.uk

Okehampton

Carers Support Group
all carers welcome
Castle Ham Lodge, 1 Castle
Road, Okehampton, EX20 1HT
Beverly Dore: 

**Mental Health Peer
Support Group**
for carers and adults with
mental health concerns
The Ockment Centre, North
Street, Okehampton, EX20 1AR
Mental Health Peer Support:
07955 848935


Parkinson's Support Group
for carers of people with
Parkinson's
Castle Ham Lodge, 1 Castle
Road, Okehampton, EX20 1HT
Geoff Brokenbrow: 01837 55813

Ottery St Mary

Carers Support Group
all carers welcome
The Station, Mill Street, Ottery St
Mary, EX11 1AH
Julie Austin: 

Carers Support Group
all carers welcome
Otter Nurseries Restaurant,
Otter Garden Centre, Gosford
Road, Ottery St Mary, EX11 1LZ
Derek and Mary Rackett:
01404 46237

Seaton

**NEW: Carers Support
Group**
all carers welcome
Harding Room, Seaton
Hospital, Valley View Road,
Seaton, EX12 2UU
Sue Page: 

Sidmouth

**NEW: Carers Support
Group**
all carers welcome
Trumps Court, East Street,
Sidmouth, EX10 8BL
Janet Mansbridge: 

Carers Support Group
all carers welcome
Belmont Hotel, The Esplanade,
Sidmouth, EX10 8RX
Janet Mansbridge: 

Silverton

Carers Support Group
all carers welcome
Lamb Inn, Fore Street
Silverton, EX5 4HZ
Trish Jones: 07484 377298
silverwellbeing@gmail.com

South Brent

**Carers Support Group &
Memory Café**
for carers of people with
memory problems
The Old School Community
Centre, Totnes Road, South
Brent, TQ10 9BP
South Brent Caring:
01364 700282

South Brent Cool

for carers of people with mental health issues
Packhorse Inn, 1 Plymouth Road, South Brent, TQ10 9BH
julie.galliford@rethink.org
01823 365308

Tavistock

Parkinson's Group

for people with Parkinson's and their carers
The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG
Val Evans: 07778 552325

Rethink Carers Support Group

for carers of people with mental health issues
Trident House, 2 Taylor Square, Tavistock, PL19 0DG
julie.galliford@rethink.org
01823 365308

Carers Support Group

all carers welcome
Tavyside Surgery, Abbey Rise, Tavistock, PL19 9FD
Jean Andrew: 01822 618914


Teignmouth

Teignmouth Cool

for carers of people with mental health issues
United Reform Church, Dawlish Street, Teignmouth, TQ14 8TB
Bill Smith: 01626 773194
or julie.galliford@rethink.org

Tiverton

Tiverton Carers Lunch Group

all carers welcome
Different venues, contact for details
Susanna Venner: 
Unite: 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:
01884 257511

Affinity Parent Carers Support Group

for carers of school age children with autism
The Fire Station, Wellbrook Street, Tiverton, EX16 5BP
Unite: 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: 01884 257511

Totnes

Carers Support Group

all carers welcome
Royal Seven Stars Hotel, The Plains, Totnes, TQ9 5DD
Kirsty Maidment: 

Uffculme

Carers Support Group

all carers welcome
The Community Room, Markers (Westward Housing) Uffculme, EX15 3DZ
Unite: 01884 257511

Memory Cafes

To find out if there is a Memory Cafe in your area please visit www.dmcc.org.uk or contact Devon Carers: 

www.devoncarers.org.uk

03456 434 435

Please call **t: 03456 434 435** or **e: info@devoncarers.org.uk** for more information or if you would like to contribute to a future magazine. This magazine is made from FSC certified paper and printed using vegetable inks. Published on behalf of Carers+ by Westbank: Registered Charity No 1119541
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