



You Care, We Care
Autumn 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

Welcome to the Devon Carers magazine!

We are continuing to listen to carer feedback to ensure our magazine provides you with all the latest news, top tips, carers stories, training courses, upcoming events and information, to help support you in your role as an unpaid carer.

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:

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

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

Support at Exeter Pride and North Devon Diversity Festival



“ It was a pleasure to attend these vibrant and diverse events, there were so many exciting activities to enjoy. We met so many carers and chatted about how we can work with them to provide support and assistance in their caring roles. ”

Billy Hartstein, Devon Carers Manager

Devon Carers attended Exeter Pride and North Devon Diversity Festival to share information about the services we offer to carers.

Book reviews from a carers point of view New website page coming soon

Featuring books that carers recommend and may find helpful.

If you have read or would be interested in reading and reviewing a book that might be of interest to carers, please let us know.

Please contact us on:

t: 03456 434 435

or email us at

e: info@devoncarers.org.uk



Did you know that on average **100 people a month** are still using the old 08456 434 435 telephone number?

This number will be permanently taken out of service soon, so please make sure you use our **03456 434 435 Helpline number.**

Celebrating carers across Devon

Over 40 events, information stands, outings and activities took place during carers week. Devon Carers partnered with health, social care and voluntary sector organisations to ensure carers were connected with each other and to a wide range of information and advice.



RHS Garden Rosemoor

Carers had an opportunity to meet other carers and share experiences. They also met with staff at RHS Garden Rosemoor whilst taking in the beauty of the rose gardens which were in full bloom.



Devon Carers drop in events across the County

Professionals were available throughout the day providing information and advice.



Carer Connection Event

Carers were invited to meet other carers at an arts and crafts activity at the Rest A While Cafe.



Forest Bathing

Creative Journeys in Nature provided carers with a complete break from their caring role with a forest bathing session at Dartington.



North Devon Diversity Festival

The Devon Carers team embraced the festival season attending Exeter Pride and the North Devon Diversity Festival. The team welcomed carers to their stand, where information and fun activities were on offer.

Hosted by Devon Carers and the Exeter based Citizens Advice. Carers raised a variety of question during the two Carers Hours which took place during the week. QandA from previous hours can be viewed at <https://devoncarers.thepod.familycarersnet.co.uk/dashboard.php>



Carers Hour on the pod



National Trust Killerton House and Gardens

Carers met National Trust volunteer Denver who shared his heartfelt and thought provoking story of being a carer. This was followed with Rose providing a guided walk; sharing her knowledge about Killerton House and Gardens and the Acland family.

A positive and lively workshop took place at EDF Energy with staff about the challenges carers face and how employers can better support working carers.



Connecting with Employers



Carers Rights Day Caring For Your Future Thursday 21st November 2019

The aim of the day is to:

- make carers aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers

We will have events taking place across the county all of which will be published on www.devoncarers.org.uk and advertised locally.

Top tips for sleep solutions

The following tips were shared by carers who attended our Sleep Workshop



Preparation for sleep - start preparing for sleep earlier in the day with a longer winding down time:

Good sleep means planning ahead and making sure that your daytime routine includes stimulating activity. If a nap is necessary, or possible, try to do this before 1pm.



Technology free time - ensure that you switch your mobile phone, laptop, pc and tablet off well in advance of bedtime:

The light emitted from your phone restrains the production of melatonin, the hormone that controls your sleep/wake cycle. Allow at least an hour of technology free time before you go to bed.



Relaxation and Mindfulness Apps:

Whilst we recommend you switch off your devices well before bedtime, you may wish to use them to listen to relaxation or mindfulness apps an hour before bedtime (just don't use it as an excuse to catch up on social media or emails!)



Turn the clock away from your line of

sight: Avoid worrying about the time by turning your clock around, so you don't fret about how many hours you have left until you have to get up.

For more tips on getting a good night's sleep visit our website:

<https://devoncarers.org.uk/information-and-advice/self-help/looking-after-me/carers-and-sleep/>

Do you have any top tips for other carers?

Email them to us at newsletter@devoncarers.org.uk

ALERT CARD REMINDER

Don't forget to update us of any amendments to contact names/telephone/email/address

Lunch with laughter

by Fiona Bladon, Carer Ambassador



I tapped lightly on her door and crept in. She was fast asleep. She had tipped her water beaker over in the night and there was a puddle on the floor. I felt the edge of the bed under the duvet. It was wet as my slippers squelched on the rubber backed mat.

I closed my eyes against the tears which slid in salty tracks down my face and left my urine-soaked slippers by the door and tiptoed out.

Two hours later, we were driving to the day centre where she went once a week for company, activities, lunch and respite.

“Where am I going? What happens there? How long will I be there?”

My answers slipped out, unthinking, reassuring, joking, all well-rehearsed lines. Settled in an armchair, with a mug of tea and biscuits, she smiled and waved goodbye to me.

I struggled to restrain myself from running outside, arms outstretched, to embrace the FREEDOM of a few hours. Okay, I was food shopping, paying bills, and housework, but I was alleviated of responsibility, of repetition, for a while.

Once a month, I escaped for lunch with other carers at a lunch group organised by Devon Carers, from our isolating bubbles of caring to socialise, barriers down, no pretence. We were with other carers who knew and understood the frustrations, smiles, odd jokes, endless washing, tears, joy, pain, anxieties and uncertainties.

We laughed, joked and swapped ideas and tips. We shared, we commiserated and we listened and most of all, we laughed.

For details of all carers groups please see pages 16-20 or go to <https://devoncarers.org.uk/information-and-advice/self-help/support-groups/>

To find out more about becoming a Carers Ambassador go to <https://devoncarers.org.uk/get-involved/> or call our helpline t: **03456 434 435**.

Focus on carers employment rights

As a carer you may need time off work to attend medical appointments with the person you care for, but does your employer have to accommodate that?

There is no legal obligation on employers to provide time off work to attend medical appointments of the person you care for. There is a statutory right for an employee to have time off work to care for dependants, but this is unpaid and is intended to cover unforeseen events and making arrangements for alternative care provision to be put in place.

That said, it is increasingly recognised by employers as essential to a productive workplace that employees' wellbeing is looked after by creating a working environment compatible with people's lives at work and at home. Employers frequently have flexible working policies which enable employees to request adjustments to their working arrangements.

We would advise finding out whether your employer has a flexible working policy. Discuss the forthcoming appointments and how you can work flexibly so that you can attend them. If your employer refuses to deal with your request, you may need to consider arranging for someone else to attend some or all of the appointments.

If your employer has treated your request less favourably by virtue of you caring for someone who is disabled, you may be able to challenge the decision on grounds that you have been unlawfully discriminated against.

For further advice please call our Employment team
t: 01392 688688.



Michelmores

Innovations and simple gadgets to help stay safe and independent at home

The Independent Living Centre have some interesting new gadgets that might help in the day to day lives of the person you care for:

- Two great products include the Simon stocking and sock aid and Rolly for increasing independence and comfort with putting on socks and stockings.
- If you are going out for a special occasion there are some smart dining bibs by Bibbleplus, or if you are just popping out for a coffee with friends the SafeSip reusable drinks cover could prevent those spills.
- Worried about getting lost? Or falling on a walk? There are a number of solutions including the Pebbell Tracker which can send SMS locations to any smart phone.
- The HelpOnHand Watch from Oysta is not only a watch, but includes reminder messages, location tracking and an SOS button offering a simple way to call for assistance.

If you would like more information about equipment or to make an appointment to visit the equipment assessment centre, please contact the Independent Living Centre:

t: 01392 380181

e: ilc-exeter@devon.gov.uk

Blue Badge new rules



The Government has recently issued guidance to help local authorities in England to implement upcoming changes to the Blue Badge scheme, which were announced last summer.

The expanded eligibility criteria comes into force on 30th August which will mean that many more autistic people qualify for a blue badge.

You could be eligible subject to a further assessment:

- if you can't undertake a journey without being at risk of serious harm,
- it causing very considerable psychological distress,
- or if you have very considerable difficulty when walking.

You should be automatically eligible if you have qualified for PIP Mobility Component and have scored 10 points for 'planning and making a journey' because making a journey causes 'overwhelming psychological distress'.

Find out more at the National Autistic Society website

<https://www.autism.org.uk>

Hassle free holidays



Autumn is a perfect time to take a break. You could be spending time together, joining family and friends or visiting new locations. A holiday with someone with dementia is possible with extra planning and considering what you both expect from the holiday.

Prepare in advance

- Check it is dementia friendly.
- Does it fit the needs of your cared for e.g. is it accessible?

Prior to travelling

- Carry a GP letter to access extra help: fast-track baggage clearance or wheelchair transportation.
- Carry a description and photo of the cared for.
- Cared for to wear a medic alert bracelet/carry ID and your mobile number.
- Manage expectations with family/friends you are travelling with about support you are going to need to ensure you also get a break.

While travelling

- Identify who can help e.g. airport/train station staff.
- Find the location of services e.g. accessible toilet and refreshments.
- Carry essentials in your bag e.g. medication, drinks, wet wipes, snacks etc.

At the destination

- Make staff aware of any specific needs.
- Ask about priority for extra help should there be an emergency.
- Take photos they can be helpful prompts or talking points afterwards.
- Be assertive, remind friends/family of the support you need.

For more information on holidays visit: <https://devoncarers.org.uk/information-and-advice/self-help/looking-after-me/holidays/>

Paying for residential care

It can be very difficult to make decisions when choosing a care or residential home for the person you care for. When the time arrives there are different types of financial assessment for care within a person's home and a care home (residential or nursing).

Devon County Council (DCC) would not expect the person you care for to sell their home to fund care within their home as they live in it. They might expect them to sell their home if the person you care for is the only person living in it and they need to go into a long-term care home. There are options to delay payment of care home fees by requesting a Deferred Payment (an arrangement with the local authority to enable the value of the cared for's home to be used against care home fees).

You should consider:

- You will always need to pay something towards your care home fees.
- DCC will give you an appropriate budget and you can stay in a care home within that budget. If you choose a care home more expensive than your budget, you can pay to top up the fees.
- If you need a care home in an emergency, there is no guarantee that you will be able to live there long-term. DCC may need to move you to a more affordable or appropriate home when the crisis is over.
- If you have been paying for a privately arranged care home and your funds deplete, DCC cannot guarantee that they will match the cost of that home even if you have been living there for a long time. You may need to move to one which can care for you and is affordable to DCC.

Helen Duff of Devon County Council. More information can be found below:

<https://www.devon.gov.uk/care-and-health/adults/paying-for-care/>



Drink Wise, Age Well in Devon

Caring for someone can be a challenging role at times. Some people find that having a drink can be relaxing, especially after a demanding day. However, the benefits of cutting down drinking can include improved memory, having more motivation and better sleep.

Drink Wise, Age Well help people over 50 in Devon to make

healthier choices about alcohol as they age. They can offer:

- Free, confidential support and advice for you, your family or anyone concerned about how alcohol is affecting them.
- Advice and support in your community, including visits in your home.
- Free local activities and social opportunities to meet new people, or develop skills.
- Free training on starting the conversation, recognising and responding and alcohol's impact as we age.
- Free alcohol awareness sessions for local organisations and employers.

e: devon@drinkwiseagewell.org.uk t: 0800 3047034

training

courses



Caring For Carers		This course will help you to manage your caring role and stay well. You will discover what type of carer you are, help you to manage stress, look at the impacts of caring, create a contingency plan and find coping strategies to maintain a better life balance. You will also be able to look at your communication style and develop assertiveness techniques.
Thur 5th September	10am to 3.30pm	Old Heathcoat School Community Centre, 81 King Street, Tiverton, EX16 5JJ
Wed 18th September	10am to 3.30pm	The Amory Centre, 125 East Street, South Molton, EX36 3BU
Wed 16th October	10am to 3.30pm	Best Western Passage House, Hackney Lane, Kingsteignton, Newton Abbot, TQ12 3QH
Wed 6th November	10am to 3.30pm	Meeting Room 3, West Devon Borough Council, Kilworthy Park, Tavistock, PL19 0BZ
Thur 7th November	10am to 3.30pm	The Boardroom, The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD
Tue 12th November	10am to 3.30pm	The Amory Centre, 125 East Street, South Molton, EX36 3BU

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** or **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/>**



Cookery	This course is aimed at carers who are new to cooking or struggling to understand the basics. The course will:		
	<ul style="list-style-type: none"> • Give you the opportunity to identify the problems you have with cookery • Provide you with tips to resolve your cookery problems • Provide advice for simple and healthy meal planning 		
Thur 17th October	9.30am to 1.15pm	Headway Devon, The Xcentre, Commercial Road. Exeter, EX2 4AD	

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, 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.		
Wed 11th September	9.45am to 1.15pm	West Devon Borough Council, Kilworthy Park, Tavistock, PL19 0BZ	
Wed 6th November	9.45am to 1.15pm	Barnstaple Library, 12 Tuly Street, Barnstaple, EX31 1EL	



First Aid	This practical course will cover how to support a casualty who: is unconscious breathing/not breathing; is choking; is bleeding; has fallen; has head injuries		
	Tue 8th October	10am to 2pm	The Boardroom, The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD

Moving People Safely	This is an introductory course which outlines the principles and importance of correct moving and handling.		
Thur 17th October	10am to 1.30pm	Barnstaple Library, 12 Tuly Street, Barnstaple, EX31 1EL	

Resilient Relationships	This course explores how relationships may change as a result of caring for someone close. The course will:		
<ul style="list-style-type: none"> • Explore the management of emotional, physical and practical changes in relationships • Discuss how good relationships can be maintained • Give space to discuss relevant issues • Provide tips to help manage change and resources to take away for further support 			
Tue 17th September	10am to 1pm	Exeter CoLab, Wat Tyler House, 3 King William Street, Exeter, EX4 6PD	



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.

Note: these sessions will not be repairing any device.

Please bring your own device (eg. smart phone, laptop, tablet) to these courses.

IT - 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 your information is safe?

Monday 23rd September

10.30am to 12.30pm,
Newton Abbot Library*

Thursday 3rd October

10.30am to 12.30pm,
Exeter Mint Methodist Church**

Wednesday 6th November

10.30am to 12.30pm,
Barnstaple Library***

IT - 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?

Monday 30th September

10.30am – 12.30pm,
Newton Abbot Library*

Thursday 10th October

10.30am – 12.30pm,
Exeter Mint Methodist Church**

Wednesday 13th November

10.30am – 12.30pm,
Barnstaple Library***

IT - KEEPING IN TOUCH WITH FRIENDS AND FAMILY ON YOUR DEVICE

Your computer, tablet, or smart phone provides lots of opportunities to keep in touch with friends and family. Learn how to email, use social media and apps.

Monday 7th October

10.30am to 12.30pm,
Newton Abbot Library*

Thursday 17th October

10.30am – 12.30pm,
Exeter Mint Methodist Church**

Wednesday 20th November

10.30am – 12.30pm,
Barnstaple Library***

IT - MONEY MANAGEMENT ONLINE

Find out how to safely save and manage your money online

Thursday 31st October

10.30am to 12.30pm,
Exeter Mint Methodist Church**

***Newton Abbot Library**, Passmore Edwards Centre,
Market Street, Newton Abbot, TQ12 2RJ

****The Mint Methodist Church Centre**, Fore Street, Exeter,
EX4 3AT

*****Barnstaple Library**, 12 Tuly Street, Barnstaple, EX31 1EL

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



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.	
Tue 29th October	10am to 2pm	Toby Carvery (formerly Nutwell Lodge), Exmouth Road, Lypstone, EX8 5AJ

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 allows you to identify the specific causes of stress in your daily life and identify ways to reduce and manage that stress.	
Thur 26th September	10am to 2pm	Meeting Room 3, West Devon Borough Council, Kilworthy Park, Tavistock, PL19 0BZ
Mon 7th October	10am to 2pm	The Boardroom, The Matford Centre, Matford Park Road, Marsh Barton Trading Estate, Exeter, EX2 8FD
Mon 18th November	10am to 2pm	Barnstaple Library, 12 Tuly Street, Barnstaple, EX31 1EL



Sleep and Relaxation	This is an informal course providing practical hints and tips to promote a good night's sleep. The course will: <ul style="list-style-type: none"> • Identify the issues which cause poor sleep patterns • Offer practical tips and strategies to promote sound sleep • Include a short relaxation session 	
Wed 11th September	10am to 1pm	The Courtenay Centre, Kingsteignton Road, Newton Abbot, TQ12 2QA
Wed 9th October	10.15am to 1.15pm	Crediton Railway Station Tea Rooms, Crediton, EX17 3BY

Understanding Autism Spectrums (one off event)	This course is aimed at unpaid carers wanting to expand existing skills and further develop knowledge of managing autism spectrums. The course will: <ul style="list-style-type: none"> • Cover the skills used to support individuals with autism spectrum conditions • Focus on sensory triggers and meltdowns • Use group work to embed practical strategies 	
Mon 9th September	9.30am to 12pm	The Royal Seven Stars, The Plains, Totnes, TQ9 5DD
Mon 9th September	1.30am to 4pm	Westbank Community Health and Care, Farmhouse Rise, Exminster, Exeter, EX6 8AT

what's on

carer groups in your area



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

All carers welcome
unless specified

Ashburton

Carers Support Group

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

Mary Witt: 01364 652906

Axminster

Carers Support Group

River Cottage Kitchen and 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, 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

Venue TBC

Mary Austin

Carers Support Group

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

Venue TBC

Sandra Chichester: 07779 441224

Memories Are Made Of This

Structured programme for people with dementia and their carers

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

John Silver: 07943 412021

Mike Warner: 01598 710 613

Peer Support Group

The Rolle Quay Inn, Rolle Quay,
Barnstaple, EX31 1JE

Andrea Mules

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

Peer Support Group

Pannier Pantry, The Custom House, 1 Bridgeland Street,
Bideford, EX39 2PS

Andrea Mules

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

The Kitchen House, 45 Fore Street, Bovey Tracey, TQ13 9AD

Justine Barkas

Peer Support Group

The Kitchen House, 45 Fore Street, Bovey Tracey TQ13 9AD

Alison Richards

Peer Support Group

National Trust Parke Estate,
Bovey Tracey, TQ13 9JQ

Alison Richards

Braunton

Carers Support Group

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

Carolyn Hill 

Buckfastleigh

Peer Support Group

Meet at the entrance of the
Gift Shop. Buckfast Abbey,
Buckfastleigh, TQ11 0EE

Ben Lee 

Budleigh Salterton

NEW Carers Support Group

Budleigh Hub, East Budleigh
Road, Budleigh Salterton,
EX9 6HF

Kate Brennan 

Chagford

Carers Support Group

Endecott House, High Street,
Chagford, TQ13 8AJ

Beverley 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

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

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

Dawlish Hospital, Barton
Terrace, Dawlish, EX7 9QH

Kerry Good 

Forget Me Nots

For all people affected
by dementia
St Mary's Hall, Dawlish Warren
(far end of council car park)

**Holiday Coast Group
of Churches**

Peer Support Group


Café of the Strand,
Community Centre, 32
The Strand, Dawlish EX7 9TP

Ben Lee 

Exeter

Carers Support Group

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

Mel Jeffery 

Carers Crafting Group

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 

Chronic Fatigue Syndrome (CFS/ME) Support Group

For carers of people
with CFS/ME

Exeter Library, Castle Street,
Exeter EX4 3PQ

Sarah: 07597 440836

Exmouth

Carers Support Group

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

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

Barbara Dalton: 01409 221328

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

Methodist Church, New Street,
Honiton, EX14 1EY

Winnie Cameron: 01404 46041

Hospiscare and Honiton Carers Support Group

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, cared for with
dementia, Alzheimers,
Parkinson's and 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

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

Sarah Tuhill 

Peer Support Group

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

Alison Richards 

Peer Support Group

South Dartmoor Leisure Centre,
Ivybridge PL21 0SL

Alison Richards 

Kenton

Peer Support Group


Meet at Powderham Farm
Shop, Church Road, Kenton,
EX6 8JQ

Ben Lee 

Kingsbridge

Carers Support Group

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

Peer Support Group

Costa Coffee, The Promenade,
Kingsbridge TQ7 1JD

Alison Richards 

Kingsteignton

Carer Support Group

With activities for the person
with dementia
The Community Hall, Rydon
Road, Kingsteignton, TQ12 3LP

jackie.milan@nhs.net

david.garland1@nhs.net

01626 357090

Kingswear

2-4 Tea Club

Social group for older people
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

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

Peer Support Group

Lemon Jelli Bistro,
45 Queen Street, Newton
Abbot, TQ12 2AQ

Alison Richards 

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

Dementia Carers Network

For carers of people with
dementia
Middleton Room, St Paul's
Church, Newton Abbot,
TQ12 2HN

Mary Sherwood: 07847 507666

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

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

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

Carers Support Group

Otter Nurseries Restaurant,
Otter Garden Centre, Gosford
Road, Ottery St Mary, EX11 1LZ
Derek and Mary Rackett:
01404 46237

Seaton

Carers Support Group

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

Sidmouth

Carers Support Group

Trumps Court, East Street,
Sidmouth, EX10 8BL
Janet Mansbridge

Carers Support Group

Belmont Hotel, The Esplanade,
Sidmouth, EX10 8RX
Janet Mansbridge

Silverton

Carers Support Group

Lamb Inn, Fore Street
Silverton, EX5 4HZ
Trish Jones: 07484 377298
silverwellbeing@gmail.com

South Brent

Carers Support Group and 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

South Molton

Peer Support Group

The Bedford Hotel 1 Plymouth
Road, Tavistock, PL19 8BB
Alison Richards

Peer Support Group

Zest, 135 East Street, South
Molton, EX36 3BU
Alison Richards

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

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

NEW Perinatal 'Dad's Talk' Support Group

For new fathers supporting
their partners with mental
health issues
Church Lane Cafe (upstairs
room) Tavistock, PL19 8AA
James Brenchley

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**

NEW Carers Support Group

Alice Cross Day Centre, 1-3
Bitton Park Road, Teignmouth,
TQ14 9BT
Sophie Cuddy

Peer Support Group

Meet at the Café, Jack's
Patch Garden Centre, Newton
Road, Teignmouth, TQ14 9PN
Ben Lee

Tiverton

Tiverton Carers Lunch Group

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 and 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

Torrige

Peer Support Group

The Puffing Billy, Station Hill,
Torrington, EX38 8JD

Andrea Mules 

Totnes

Carers Support Group

Royal Seven Stars Hotel, The
Plains, Totnes, TQ9 5DD

Kirsty Maidment 

Peer Support Group

China Blue Café, Station Road,
Totnes, TQ9 5JR

Alison Richards 

Uffculme

Carers Support Group

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

Unite: 01884 257511

There may be additional Peer Support Groups running in East and Mid Devon, please phone Devon Carers for more information.

Memory Cafes

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

Coffee Break Teaser

Can you find all the carer-related words?

- Ambassadors
- Specialist
- Newsletter
- Training
- Peer Support
- Pod
- Groups
- Website
- Helpline
- Assessment
- Support
- Carers Rights Day
- Carers Week
- Volunteers
- Review

Answers in the next edition.

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

www.devoncarers.org.uk | **03456 434 435**