



Welcome to Peer Support

Please find below details of the peer support groups and activities in your area. Our groups are a great way to meet other carers and to give you an opportunity to feel supported in your caring role. Please feel free to come along to any (or all) of the groups and activities that we deliver. If this is your first time joining us and you feel hesitant please give us a call and we can have a chat with you before the group. A full list of all peer support groups and activities delivered across Devon can be obtained by contacting Devon Carers on t: 03456 434 435.

Please contact Alison Richards or Ben Lee - Peer Support Officers on t: 03456 434 435

*** Please note there may be occasions when a Peer Support Officer may not be in attendance at a group; these groups will continue to run.**

Ashburton

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: The Old Library Restaurant North Street
Ashburton TQ13 7QQ

When: Wed 4th Sept and Wed 2nd Oct
Time: 10.30am to 12.00pm

Bovey Tracey

Walk, Talk and Cuppa

A gentle walk along the river, mainly flat, followed by a drink in the café. Meet at the Ticket Machine in the Car Park

Where: National Trust Parke Estate Bovey Tracey
TQ13 9JQ

When: Tue 3rd Sept and Tue 1st Oct
Time: 11.00am to 12.30pm

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Kitchen House Café 45 Fore Street Bovey
Tracey TQ13 9BP

When: Tue 24th Sept, Tue 22nd Oct and Tue 26th
Nov
Time: 10.30am to 12.00pm

Brixton

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Otter Nurseries Chittleburn Hill Brixton PL8
2BH

Please meet in the Conservatory area at the back of the restaurant.

When: Thur 12th Sept, Thur 10th Oct and Thur 14th
Nov

Time: 10.30am to 12.00pm

Buckfastleigh

Walk, Talk and Cuppa

Join us for a gentle walk around the scenic Buckfast Abbey, followed by a chat and cuppa in the café.

Where: Meet at the Café at Buckfast Abbey
Buckfastleigh Devon TQ11 0EE

When: Tue 24th Sept, Tues 29th Oct and Tues 26th
Nov

Time: 11.00am to 12.30pm

Dartington

Walk, Talk and Cuppa

Enjoy a walk through the park and along the riverside towards Totnes followed by a hot drink. Meet at The Shops at Dartington.

Where: The Shops at Dartington
Dartington Lane Shinner's Bridge TQ9 6TQ

When: Wed 4th Sept and Wed 2nd Oct – finish
until the Spring.

Time: 2.00pm to 3.30pm

Dartmouth

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Coffee Couture The Flavel Arts Centre
1 Flavel Place Dartmouth TQ6 9NE

When: *Thur 19th Sept and Thur 17th Oct

Time: 10.00am to 11.30am

www.devoncarers.org.uk | 03456 434 435

Devon Carers can be reached on a single point of access telephone helpline for carers 03456 434 435.

Calls to 0345 cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way by your service provider.

Devon Carers is a project of Carers+, a consortium of Action East Devon, Colab Exeter and Westbank, the lead agency.

Westbank Community Health and Care, Farm House Rise, Exminster, EX6 8AT Reg. Charity 1119541. Company No. 6243811. DocVer:062019





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Dawlish

Walk, Talk and Cuppa

Join us for a cuppa and a chat, followed by a gentle short walk along the seafront.

Where: Meet at the Café at the Strand
Community Centre 32 The Strand Dawlish
EX7 9TP

When: Tue 24th Sept, Tues 29th Oct and Tue 26th
Nov

Time: 10.30am to 12.00pm

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Community Meeting Room Dawlish
Hospital Barton Terrace Dawlish EX7 9QH

When: Mon 16th Sept, Mon 21st Oct and Mon 18th
Nov

Time: 2.00pm to 3.30pm

Ivybridge

Walk, Talk and Cuppa

Join Ivybridge Walk and Talk Group for a Level 2, 60 minute walk. www.walkingforhealth.org.uk. Please meet inside the Leisure Centre.

Where: South Dartmoor Leisure Centre Ivybridge
PL21 0SL

When: Tue 10th Sept, Tue 8th Oct and 12th Nov

Time: 9.45am for a 10.00am start followed by a hot drink

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: The Watermark Library Erme Court
Leonards Road Ivybridge PL21 0SZ

When: *Thur 19th Sept, Thur 17th Oct and Thur 21st
Nov

Time: 1.00pm to 2.30pm

Kenton

Walk, Talk and Cuppa

Join us for a cuppa and chat followed by gentle walk around the Powderham Estate.

Where: Meet at the Orangery Restaurant
Powderham Country Store Kenton EX6 8JE

When: Tue 3rd Sept, Tue 1st Oct, Tue 5th Nov and
Tue 3rd Dec

: 1:30pm to 3.00pm

Kingsbridge

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Costa Coffee The Promenade
Kingsbridge TQ7 1JD

When: 2nd Monday of each month
Mon 9th Sept, Mon 14th Oct and Mon 11th
Nov

Time: 11.00am to 12.30pm

Newton Abbot

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Lemon Jelli Bistro 45 Queen Street Newton
Abbot TQ12 2AQ

When: 4th Thur of each month - Thur 26th Sept,
Thur 24th Oct and Thur 28th Nov

Time: 2.00pm to 3.30pm

Walk, Talk and Cuppa

Meet at the Town Quay by the Love Food Mobile Van. Parking available at Osborne Street Car Park, Newton Abbot TQ12 2DJ.

Where: Town Quay Forde Road Newton Abbot
TQ12 4AD

When: Tue 15th Oct

Time: 10.45am for an 11.00am start

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Tavistock

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: The Bedford Hotel 1 Plymouth Road
Tavistock PL19 8BB

When: 1st Monday of each month
Mon 2nd Sept, Mon 7th Oct and Mon 4th Nov

Time: 10.30am to 12.00pm

Teignmouth

Walk, Talk and Cuppa

Join us for a cuppa and a chat, followed by a gentle short walk along the seafront.

Where: Meet at the Café inside the Pavilions
Den Crescent Teignmouth TQ14 8BG

When: Wed 4th Sept, Wed 2nd Oct and Wed 6th
Nov

Time: 10.30am to 12.00pm

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Meet at the Alice Cross Centre 1-3 Bitton
Park Rd Teignmouth TQ14 9BT

When: Wed 11th Sept, Wed 9th Oct and Wed 13th
Nov

Time: 10.30am to 12.00pm

Totnes

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: China Blue Café Station Road Totnes
TQ9 5JR

When: 1st Thursday of each month
Thur 5th Sept, Thur 3rd Oct and Thur 7th Nov

Time: 10.30am to 12.00pm

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