



You Care, We Care
Autumn 2021



What's inside:

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- Carer Passport
- Look back at Carers Week
- Carers stories
- News and info
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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!

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

Our services continue to look a little different as we work to keep carers and our staff safe during Covid-19.

Helpline: open from 8am to 6pm Monday to Friday, and 9am to 1pm Saturday, where you can talk to our advisors during these hours **03456 434 435**.

Webchat: with our Helpline during our opening hours by clicking on the 'Ask' button on **www.devoncarers.org.uk** Outside of these hours, automated answers will appear, which may answer your question, if not, our Helpline will answer your query during opening hours.

The Helpline is not able to offer medical advice. For the latest NHS information and advice visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Updated information is available concerning Covid-19 from the Government: **<https://www.gov.uk/coronavirus>**

If you become unwell and are worried about looking after the person you care for, contact **Care Direct 0345 1551 007**.

Website: with up to date information and guidance for unpaid carers: **www.devoncarers.org.uk**

Peer Support: If you haven't already accessed our Peer Support, now is the time to contact us, visit:

<https://devoncarers.org.uk/support/peer-support> or call our **Helpline 03456 434 435**.

Training: We offer both online and face-to-face courses, to view them turn to the back of this magazine or visit:

<https://devoncarers.org.uk/training>

Health and Wellbeing Checks/Reviews (Carers

Assessments): will be carried out over the telephone where possible. We will only make home visits where this is essential, AND an individual risk assessment shows this is safe for carers and staff to do so. During any essential visits, we will observe social distancing, face covering and hand sanitising rules.

Please note: services are provided on behalf of Devon County Council, if you do not want your information recorded on their systems please inform our

Helpline 03456 434 435.

We apologise if you have recently informed us of no longer being a carer and have still received this magazine. We are in the process of working through our deletions and appreciate your patience at this unprecedented time.

Your new Carer Passport is here!

We have worked together with Devon County Council and the NHS Devon Clinical Commissioning Group, to provide every adult carer of an adult, with their own Carer Passport.

What is it?

The Department of Health and Social Care in partnership with Carers UK and Carers Trust, have launched the national Carer Passport scheme to encourage and guide carer organisations across the country to provide you with identification that you are an unpaid carer. It also includes information on support, services and other benefits available to you.

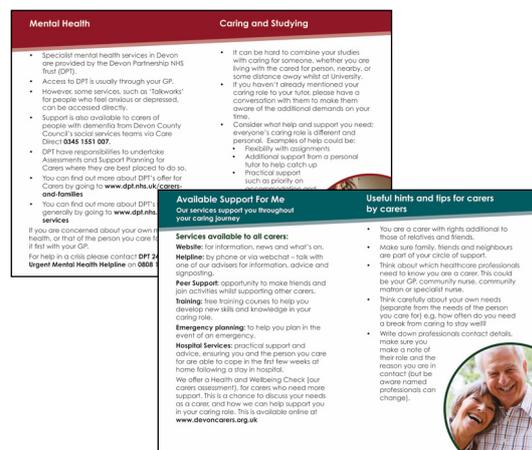
The passport wallet contains a booklet, carer ID card as well as extra space for additional cards, such as your Alert Card.

How will it help you?

The booklet

Allows you to record some basic information regarding you and the person(s) you care for, plus information to help you on a daily basis, as well as for specific situations. For example, there are sections to help if you are a working carer or a student with caring responsibilities.

The booklet also has a tear out slip to be completed and handed to your GP surgery to make them aware of your caring role.



The ID card

The two-sided card identifies you as an unpaid carer, with your name and Devon Carers unique reference number. The card also has the Carer Friendly Devon logo on it. Show this side of the card at any business or organisation that displays the logo to receive discounts, offers and other carer friendly support.

If you have a Devon Carers Alert Card, there is a pocket to keep it in the passport too. Alternatively, you may wish to keep this card in your wallet or purse, to alert others that action needs to be taken to ensure the safety of the person you care for, should you be taken ill, injured or otherwise.

To keep you up to date with the benefits of this scheme, we will feature updates and developments of the Carer Passport in future issues of our magazine which can be viewed online:

<https://devoncarers.org.uk/information-and-advice/magazine/>

We have sent passports out to all unpaid adult carers of adults registered with us, if you have not received yours yet, do contact us, or if you have any ideas about how we could improve the scheme, please email: info@devoncarers.org.uk



Carers enjoy inspiring Carers Week activities

What a wonderful Carers Week we had! To comply with COVID-19 guidance and maximise the number of carers participating in activities, the majority of our 35 events were held virtually. All of our events emphasised this year's theme of, *'Make Caring Visible and Valued'*.

The support from other organisations and external facilitators enabled a broad range of events to be provided, including those for wellbeing such as, laughter yoga, Tai chi, Reiki, yoga, a forest therapy walk and the therapeutic and mental health benefits of wildlife in gardens and plants. The leathercraft workshop resulted in some amazing purses and wallets being produced and the other craft themed sessions allowed carers to practise their creativity. Light entertainment was enjoyed with online musical performances by guest musicians; and also in our fun and games sessions.

Award-winning author, Clare Helen Welsh, inspired so many carers to put pen to paper (or fingers to keyboard) to write from personal experience. Clare explained how life's challenges have moved her to write about dementia and living with a critical illness such as cancer. She shared her journey of how writing from within has helped her through hard times, contributing to her emotional wellbeing. She is a wonderful, strong and inspirational young woman.

Our bitesize workshops about caring for somebody with dementia, enabled carers to share their experiences and work with our trainers around the impact of memory and the environment on a person with dementia.

Other carers took the opportunity to experience a taster session in British Sign Language (BSL). This introduction to the fascinating and wonderful language of BSL, was well supported; one highlight, was an older gentleman (in his 90s), signing who he is and what his hobbies are. We are indeed never too old to stop learning!

Date for your diary: Carers Rights Day Thursday 25th November

Whether you are a new carer or have been caring for someone for a while, it's important that you understand your rights and access the support that is available to you as soon as you need it. Many people are taking on more caring responsibilities for their relatives and friends. Each year,

Carers Rights Day helps us:

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

We will be announcing our events for the day in our winter magazine!

Many carers contributed to our virtual pet show, with votes galore being submitted to us via Facebook and email. The pets were all gorgeous and some very amusing, but all have brought joy to so many. We had a fantastic number of photographs sent in for our 'These caring hands made...' and our 'Crafty kindness creations' online galleries. These photos demonstrated the immense range of art and craft skills our carers have, which have produced some stunningly beautiful pieces for us all to admire and are available to view online:

<https://devoncarers.org.uk/community/carers-week/>

'A Mile with A Smile' made a return and began with some of our Devon Carers team pacing around Parke National Trust, under the watchful eye and humorous recording by BBC Radio Devon. The recording was then broadcast across Carers Week as part of the raising awareness of unpaid carers element. Carers, friends, families, other organisations and many colleagues all contributed to us collectively walking the 350-mile perimeter of Devon.



Carers joined in with our popular craft activities.

“ I'd forgotten how much I enjoy being in nature, makes you realise you have to think of yourself as well ”



Carers excited to be taking home their handmade purses after the leathercraft workshop.



Carers enjoyed a socially distanced forest therapy walk.

“ I can't tell you how much better I feel in myself by attending these activities for Carers Week! ”

We are extremely grateful to The Fern Centre at North Devon District Hospital, RSPB, Ermstone Leather, Yoga 2 You, Jules Allan Creating Wellbeing, World Harmony Orchestra, Blooms by Lyndsey, Creative Journeys in Nature, Judy Paice, Clare Helen Welsh and Andrew Jeffery for supporting us in Carers Week 2021.

Carer finds fulfilment as volunteer telephone befriender



Carer and telephone befriender Jo Burgess.

Juggling the demands of being an unpaid carer with the pressures of a full-time job can be very difficult. Work and other life skills can be utilised in a satisfying and productive way outside of the workplace, offering carers a more fulfilling home and work-life balance. Jo Burgess is one such person, caring for her husband Chris, whilst also giving a few hours of her time each month as a volunteer telephone befriender for Devon Carers. Jo had previously combined a busy career as a Planning Officer with her keen interest in outdoor volunteering for the Eden Project and the Duke of Edinburgh Award Scheme. But when Chris was injured at work, resulting in him being registered disabled, unable to work and requiring home care, Jo found it a challenge combining working, caring and being a volunteer. She found support through Devon Carers, attending their Carer Support

Groups (pre-Covid), a carers self-management course, and a moving people safely workshop, and realised she enjoyed talking to other unpaid carers. Life took another difficult turn when both her parents fell ill, which resulted in her dad having to go into respite care. Following a Devon Carers Carer Health and Wellbeing Check, she decided to work part-time and by doing so, began to feel life was more under her control. *“During this time, counselling and regular meetings over coffee and cake with my Carer Support Officer (CSO) were invaluable,”* said Jo. *“Although my husband’s physical health and state of mind are not as we would wish them to be, and the caring responsibilities remain on-going, I am in a much better place than I was.”*

With life becoming more manageable coinciding with further Covid lockdown, Jo was keen to establish a routine and when her CSO suggested becoming a volunteer telephone befriender, it was just what Jo was looking for.

“I’ve always been a people person, and it fits in well with what else I’m doing and the whole Covid situation. Chatting has always been my thing and I’ve found offering support to other carers an enjoyable experience. I know that it can feel very lonely when you are a carer, so having someone to talk to is important for everyone’s wellbeing. I feel that it is important to give something back, so supporting other carers in this way feels like the right thing to do. My husband also takes pleasure that despite being his carer, I enjoy and get fulfilment from doing things for others. So in that sense he also cares for me.”

“With Devon Carers this is the first time that I have felt part of volunteering in a different way, giving something back to an organisation that has helped me. I feel listened to by my CSO, and I do the listening when I call other carers. As a carer myself I can empathise with others. It helps the carers I’m talking to and it gives me a sense of worth and being appreciated.”

Jo Burgess was interviewed by fellow carer Jo Earlam.

Top tips for accessing free training for carers

Whilst caring for family and friends, we often face situations where we either have minimal experience or aren't prepared physically and/or emotionally. Our short online, real-time, and face-to-face training sessions enable you to talk to professional trainers and other unpaid carers, discover new coping strategies and help you realise that you are not on your own! We spoke to carers about their top tips to others who are considering training sessions.



I'm unable to attend face-to-face courses but can now access training with online

Zoom sessions: Covid-19 has made a massive impact on everyone's lives but not all of the changes have been negative! Devon Carer's new online Zoom sessions have enabled me to attend many helpful and inspiring courses, which I would not have attended otherwise, as I don't drive and live in a rural area.



Speak to your Carer Support Officer (CSO): I was struggling with managing the stress of caring for mum and looking after my own family. So I chatted to my CSO about attending the Managing stress session, she also recommended the Sleep workshop and the Thoughts, feelings and challenges session. The sessions allowed me to talk about my feelings, which helped ease my stress as I was bottling it all up!



Look on Devon Carer's Facebook page for training sessions: I was unable to attend the recommended session, but I liked their Facebook page and now I receive notifications of all the latest courses. One popped up which was relevant to me and I booked via email, so it was really easy, and I'm pleased I did. The session gave me a better understanding of my dad's needs and my own, so now I'm better at looking after both of us!



Talking with other carers helped to put my own challenges into perspective: I speak to my friends about my caring role, but they aren't in the same situation, and it is hard for them to really understand what I'm going through. I found talking to other carers about similar problems enlightening, and it was a safe place where others were empathetic to my situation.



Attending training changed my mindset: I was living in daily conflict with my dad who has dementia. The dementia session gave me different coping strategies, such as stopping questioning and challenging him all the time. It was hard to change my mindset, but when I did, it left us both less stressed and agitated! I would recommend these training sessions to other carers as I have found them extremely beneficial and enabled me to go to bed with positive thoughts, rather than negative ones!

If you would like to find out more about our training sessions, turn to the back of this magazine, or look on our website for our full list of online Zoom and face-to-face courses:

www.devoncarers.org.uk

For more information or to book a course email: **sally.radcliffe@devoncarers.org.uk**

Help us to brighten an unpaid carers day by becoming a telephone befriender

"Catching up with Jane is one of the highlights of my week, it's a break from my caring role and we even laugh"



If you would like to know more about our various volunteering roles and how to apply, why not call our Helpline **03456 434 435** to arrange an informal chat with our Volunteering Lead Practitioner or email: **volunteering@devoncarers.org.uk**

Update from County Councillor James McInnes, Devon County Council



James McInnes, Cabinet Member for Adult Social Care and Health at Devon County Council.

I am very pleased to have the opportunity to introduce myself as the newly appointed Cabinet Member for Adult Social Care and Health at Devon County Council, a post held before the last Local Election by Councillor Andrew Leadbetter.

Some of you may know me as the previous Cabinet Member for Children's Services. Following the appointment of the new Devon County Council Cabinet, Andrew and I exchanged responsibilities and I know he will greatly miss working with carers' issues and particularly the Carer Ambassadors. I am looking forward to that.

Andrew was keen on having the best support possible for unpaid carers in Devon and has given me a good handover briefing to help me get started. He chaired the Carers Partnership Steering Group until March this year, the first time this had been done by the Cabinet Member, and we can

see how helpful this has been in making progress for carers, so I am keen to do the same. I hope that you will agree this shows that the Council gives a very high degree of importance to carers.

National research indicates that 81% of carers are caring more intensively now than before the pandemic, and 80% of carers who needed a break have been unable to take one. This reflects what carers in Devon are telling us. In greater numbers than ever, carers have worked harder to keep the people they care for safe and well; where they needed to, they helped them get their vaccination, and then when invited, they got their own vaccinations as well to continue to keep them safe. In doing this, we acknowledge that carers have been critical to the vaccination programme and helping communities and society open back up.

Carers are a huge priority for me, one of the two pillars of social care alongside care workers. I want our services to be the best we can achieve to help carers stay well, and resilient. I am so proud that the Council was part of the partnership that won the Health Services Journal Award for the Hospital Services provided by Devon Carers and I want to see more success like that. Alongside carers, I am also giving priority to making sure we have enough of, and the right care workers, to provide the services so needed by people in Devon, and to provide the replacement care many unpaid carers need to be able to take a break.

I can't promise you that improvements will come quickly or easily, after the unprecedented challenges we have been facing, but I can promise you that we will do all we can to deliver the support that carers need.

A handwritten signature in black ink that reads "James McInnes".

The future of accessing a break from caring

Devon County Council is very aware that as in the rest of the country many unpaid carers have not been able to access replacement care (respite) during Covid-19. They also know that before the pandemic, the options available weren't always what carers and the people they support wanted and needed. During the lockdown, some carers have found new ways of taking time out, but some have not. Some carers may have found it harder to balance work and caring, other commitments, or getting to medical appointments etc. Devon County Council want to know more.

Sue Younger-Ross, Joint Carers Lead, Devon County Council told us:

"We are keen to understand how carers, and the people they support, experience how Devon County Council staff, Care Direct Plus and Community Teams, work with them when they are assessing their needs and planning support. As we focus on responding to needs going forward, we are talking with carers about what would make the difference for them and their families. You can join this conversation by letting us know your views on the following questions. You do not have to answer them all to participate, but the more you tell us, the more you will help us get it right. We will review what you tell us, which will help to shape future services. This will be published in a later edition of this magazine."

- 1. What specific things would make it easier for you to access replacement care?**
- 2. What additional types of replacement care would you value and use that are not available to you now?**
- 3. What would be the best possible replacement care look like for you and the person you support? How would you benefit from it?**
- 4. When we are working with the person you support, how well do you feel they take into account your needs as a carer? How could this be better?**
- 5. When we are working with the person you support, how well do you feel you are involved in planning for their support? How could this be better?**
- 6. When we are working with the person you support, how well do you feel they make the most of their ability to be independent? What could be better?**
- 7. How well do you feel supported to make the most of the capacity for independence of the person you support? How could this be better?**
- 8. Please tell us what the main needs of the person you care for relate to (for example, Learning Disability, Dementia) and whether they are under or over 65 years of age.**
- 9. Anything else you'd like to tell us?**

Please email your answers to: carersstrategy-mailbox@devon.gov.uk

If you do not have email, please write your answers and send them FREEPOST to:

Freepost RRYT-SASA-HZXZ, Devon Carers (Replacement Care), Westbank HLC, Farm House Rise, Exminster, Exeter, EX6 8AT.

Have you visited our refreshed Devon Carers website?

To us, carers are at the heart of everything we do. We are continuously looking at ways we can improve our service, acting upon advice and feedback from carers and professionals, and this includes our website. We have received very positive feedback since it was launched but as it grows, we need to ensure it still provides the right support at the right time for our unpaid carers, in an easily accessible way.

Therefore, after listening to carers views, we have redesigned our homepage with a new, fresher appearance. This includes an easier to navigate search facility to enable you to find the correct information and advice you need to support you in your caring role. You are also now able to register yourself online for our free services. Watch out for more exciting additions in the future! Take a look if you haven't done so yet and let us know your thoughts by emailing online@devoncarers.org.uk www.devoncarers.org.uk

Winner of our blanket draw reflects on her caring role



Rose Gander's mum Olga very pleased with 'her' crochet blanket.

A winner from our crocheted blankets draw tells us of her mother's delight to receive it and how it holds special meaning for her.

An incredibly pleased carer Rose Gander told us "We'd like to thank the carer who made and donated the blanket. My Mum, Olga is 91, has vascular dementia and is very frail. She has had five falls since January, and two hospital admissions. She loves her blanket so much it seems to be with her all the time. Everyone admires it and mum being once a lifelong knitter and crochet maker, now believes it was one of her own creations and tells everyone so!"

"As she is heading towards a time when life changes may have to be made, such as considering a care home, I recognise my own feelings of grief and loss. How hard it is to let other people take on my role as carer and the likelihood of having to sell her home which once was also my home."

"I was an only child and grew up very close to mum who had a challenging life. Leaving home for a profession and marriage made me become independent as I cared for my own family. When our children left the nest, my renewed relationship with my parents soon became one of an unpaid carer. At first, supporting my dad who was the carer for mum and then after his unforeseen death, as carer for mum, possibly the most challenging life situation after having children."

"Mum and I have gone through several stages in a newly shaped relationship and luckily are getting to the other end now with tenderness and love renewed. Yes, there is sadness, but also moments of joy as she finds a chance to become a woman in her own right. Not a wife, mother or grandmother, but an individual who people appreciate for herself and all her quirks. As she would say, "it's not all bad and I just have to get on with it". I hope I am like that when I am 91."

Crafting group make miniature woolly hats to support Age UK

Carers who attend our Peer Support craft groups on Zoom were only too happy to assist Age UK by taking part in Innocent Smoothie's The Big Knit!

Since 2003, Innocent Smoothies and Age UK have worked together to raise money to provide much-needed services and support to older people. The Big Knit campaign which has proved extremely popular in the past, will run again in 2022. They have asked avid knitters across the UK to create and supply miniature woolly hats to pop on top of their bottles and for each one sold they will donate 25p to the charity.

Carers from the group commented *"This has been a wonderful activity to be involved in. Between us we've made over 100 woolly hats of different designs and colours, all of which will support our local Devon Age UK charity. It is*



surprisingly addictive and easy to do by using up scraps of wool, which would not be used otherwise."

The group come together around a shared interest in craft, art and making. They have lots of fun while supporting each other, and they are looking forward to contributing to more community projects!

If you are interested in joining one of the many Peer Support groups and can offer mutual support to other carers, do contact peer.support@devoncarers.org.uk for more information.

If you would like to contribute to The Big Knit visit: <https://www.thebigknit.co.uk/> but hurry the deadline is 01/10/21.

Some of the wonderful woolly hats carers have made for The Big Knit and Age UK.

Robopet fostering scheme brightening carers' lives

We have been overwhelmed with the feedback received from carers who have taken part in our Robopet fostering scheme. Studies on Robopets, when placed with dementia patients, suggest that time spent with them lowered levels of agitation and depression*. We asked carers who were involved in the scheme what their experiences were.

Nigel Sampson, is absolutely thrilled with the difference it has made to him and his wife's lives. He told us *"Our Robodog Murphy has been extremely therapeutic for Janette, who was diagnosed with dementia five years ago. It is wonderful to see the pleasure it brings her. She takes it with us on our outings and delights in showing others and I enjoy hearing her conversations with it throughout the day."*



Elaine Stevens, enjoys seeing her husband interact with Milo the Robodog throughout the day. *"He picks it up and puts it down and is so enamoured by it, and I'm delighted with how it holds his attention by talking and interacting with it."*

Carer Ambassador Lynne Wright found that their Robocat Cosmo arrived just at the right time when she was feeling low and anxious. She told us *"It made me laugh (something I've not done for a while) when I first opened it. Every time I walked past, it meowed at me and made me feel less lonely. Unfortunately, my husband Adrian ended up in hospital and then in a care home. This was obviously a great concern for me, but it helped that every time I visited him, I could see through the window that he had the cat next to him on his trolley as company!"*

Janie Lovera and her husband Nesta are thrilled with their new Robocat family member. Janie commented *"He is a wonderful distraction, and has transformed our lives. Our mornings used to be quite boring but now he keeps us entertained and amused."*

We can't wait for the fostering to become an official adoption!"

For more information or to apply for the scheme, please visit <https://devoncarers.org.uk/robopet-fostering-scheme-to-aid-people-with-dementia/> contact our Helpline **03456 434 435** or chat online by clicking on 'Ask' on our homepage www.devoncarers.org.uk

* NIHR Applied Research Collaboration South West Peninsula 'What are the effects of Robopets on the health and wellbeing of residents of care homes. A systematic review of qualitative and quantitative evidence.'

online training courses



Carers have told us training courses are very beneficial to supporting them in their caring role. We have devised a series of online, real-time and face-to-face courses, where you can learn in the comfort of your own home, or in a Covid-secure venue.

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: <https://devoncarers.org.uk/support/training>

To book your place email: sally.radcliffe@devoncarers.org.uk with the course name, date, your name and date of birth.

KEY TO COURSES:

 Online Zoom courses

 Face-to-face courses

Assertiveness

Would you like to become more assertive in how you communicate with people? This workshop will give you practical skills and tools to help you become more assertive. In this live, online Zoom session we will:

- Help you understand why we communicate the way we do
- Eliminate resentment in your communication
- Give you practical skills to speak out
- Talk about how to deal with confrontational people
- Help you to eliminate the need for others' approval
- Discuss how to take control of your life and your choices
- Set boundaries without confrontation or guilt

Wednesday 8th September

10.00am to 12 noon

Online on Zoom

📺 Dementia and effective communication

Caring for people with dementia can be difficult as we see them struggle with everyday tasks. But to communicate with the person you care for more effectively, we need to improve our own interpersonal skills. In this live, online Zoom session we will:

- Look at five different types of dementia
- Discuss problems with communication and how to avoid miscommunication issues
- Chat about problems experienced by asking questions

Tuesday 14th September	10.30am to 12 noon	Online on Zoom
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🐾 Relaxation in nature, with mindfulness practices

Would you like to enjoy the beauty of nature whilst learning relaxation and mindfulness techniques? In this face-to-face session we will:

- Include a guided meditation
- Give you strategies to help you let go of your worries and find peace and joy in the moment
- Offer you time to reflect and share your experience with others

Wednesday 15th September	2.00pm to 4.00pm	Bakers Park, Newton Abbot, TQ12 1LP*
Tuesday 19th October	10.30am to 12.30pm	Okehampton Castle, Castle Lane, Okehampton, EX20 1JA*
Wednesday 10th November		Ashclyst Forest, Killerton Estate, Broadclyst, Exeter, EX5 3LE*

* In the event of poor weather, we will notify you a week before as these will revert to online Zoom sessions.

📺 Living alongside self-harm

Caring for someone who has a self-harming behaviour can be distressing for both you and the person you care for. It can take many forms including: self-injury (cutting, overdosing, etc), eating disorders, risk taking behaviour, drug and alcohol misuse. It can be stressful to live alongside, hard to understand and difficult to know how to help. In these live, online Zoom sessions we will:

Part 1: Understanding self-harm

- Look at possible causes of self-harming behaviour
- Discuss the spectrum of self-harming behaviour and its link to mental health
- Chat about the experiences and perspectives of a person who is self-harming
- Talk about the impact of attitudes to self-harm, and the stigma surrounding it

Part 2: Responding to self-harm

- Suggest supportive ways of responding to and caring for a person who is self-harming
- Chat about how to help when someone does not want to be helped
- Discuss looking after ourselves as carers (self-care ideas and techniques)
- Identify further help, support and resources

Wednesday 15th September (Part 1)	6.00pm to 7.30pm	Online on Zoom
Wednesday 29th September (Part 2)	6.00pm to 7.30pm	Online on Zoom

Managing stress

Caring can be rewarding but also stressful at the same time. We will look at stress, its causes, symptoms, and a variety of ways of limiting its effect. We will use a variety of techniques to find methods that work for you. In this face-to-face session we will:

- Discuss the awareness of stress, its symptoms and how it affects us
- Develop an understanding of mindfulness and resilience
- Equip you with coping strategies to help you manage stress
- Identify the point when further assistance may be needed
- Guide you on what to do if they are feeling overly stressed and where to get further support and advice

Tuesday 21st September

10.30am to 12.30pm

Courtenay Centre, Kingsteignton Road, Newton Abbot, TQ12 2QA

Looking after you: Looking after your relationship

Are you getting your relationship 5-a-day? This two-part workshop will explore the changing nature of carers' relationships; with the cared for, family and friends. In this face-to-face session we will:

- Look at relationships over time - an everchanging situation
- Discuss communication vs connection - mistakes people make
- Chat about your family history and how you relate
- Manage conflict, crisis, and change
- Discuss forgiveness with family and friends
- Look at loneliness within a relationship
- Plan for an uncertain future and going forward

This workshop will be informative and fun, with no requirement to share personal stories, in a safe and supportive environment.

Tuesday 28th September (Part 1)

10.30am to 12.30pm

CoLab, 3 King William Street, Exeter, EX4 6PD

Tuesday 12th October (Part 2)

Dementia and the environment

People living with dementia can be affected by environmental factors.

In this live, online Zoom session we will:

- Look at the environmental factors that affect people with dementia
- Discuss problems with depth perspective e.g. why a person can't see the food on their plate/patterned carpets
- Talk about stored and working memory
- Discuss the importance of routine and sleep

Thursday 30th September

2.00pm to 3.30pm

Online on Zoom

Stay updated on social media!



Look out for our regular posts on Facebook and Twitter to keep you up to date with the latest news!

Basic first aid skills

Caring for someone can be a worry if the person you care for suddenly becomes ill or has an accident. This practical and interactive session will focus on life threatening conditions. In this face-to-face session we will:

- Inform you of how to safely approach a scene
- Complete a casualty assessment, place someone in the recovery position and understand why we do it
- Perform CPR and treat a choking casualty safely and effectively
- Discuss common injuries; bleeds, fractures and burns
- Give you time to ask Q&A's

Friday 15th October	10.00am to 12.30pm	Yeo Dale Hotel, 124 Pilton Street, Pilton, Barnstaple, EX31 1PG
Friday 19th November	10.00am to 12.30pm	The Ockment Centre, North Street, Okehampton, EX20 1AR

Thoughts, feelings and challenges

Have you ever given yourself the time to sit and think about your thoughts and feelings on being a carer? This session is available as a face-to-face and as an online Zoom session. We will:

- Give you space to talk about your thoughts and feelings on being a carer
- Allow you to explore the challenges you face and look at strategies to help you manage those challenges

Thursday 14th October	10.30am to 12.30pm	Headway Devon, X Centre, Commercial Road, Exeter, EX2 4AD
Tuesday 23rd November		Online on Zoom

Sleep workshop

Do you have trouble sleeping? This workshop will enable you look at improving the quality of your sleep patterns to chat through related issues with other carers.

This session is available as a face-to-face and as an online Zoom session. We will:

- Allow an informal discussion to identify sleep problems
- Find solutions that carers need to get a good night's sleep

Tuesday 5th October	10.30am to 12.30pm	Online on Zoom
Thursday 18th November	10.30am to 12.30pm	Headway Devon, X Centre, Commercial Road, Exeter, EX2 4AD

Dementia and sleep

Does the person you care for have trouble sleeping? In this live, online Zoom session we will:

- Discuss the importance of sleep and what happens to sleep patterns for someone with dementia
- Look at how sleep varies when we age
- Chat about which food and drink can affect our sleep
- Offer strategies to help improve sleep patterns

Wednesday 20th October	10.30am to 12 noon	Online on Zoom
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📌 Caring for carers

When you are caring for others, it can become easy to forget about your own health and wellbeing, but it is important that you don't! In this live, online three-week Zoom course we will:

- Help you to manage your caring role and to stay well
- Discover what type of carer you are and how it impacts on your caring role
- Help you identify and manage stress
- Look at the effects of caring and find coping strategies
- Create a contingency plan, to give you peace of mind when anything unexpected or urgent happens

Thursday 21st October, 28th
October and 4th November
(3 week course)

10.00am to 11.00am

Online on Zoom

📌 Different types of dementia

Caring for someone with dementia can be worrying but understanding the different types of dementia and how it can affect the people we care for, can be extremely helpful. In this live, online Zoom session we will:

- Look at the different types of dementia
- Discuss causes and risk factors for those living with dementia
- Consider what dementia is, it's not just an issue of poor memory
- Chat about physical and cognitive problems and how they can affect people with dementia

Tuesday 9th November

2.00pm to 3.30pm

Online on Zoom



Carers Alert Card

FREE service for unpaid carers

Carers often worry about what might happen to the person they care for, should something unexpected occur.



Our free Alert Card is designed to identify someone as an unpaid carer, so if they find themselves in an emergency situation unable to tell people they have someone at home who is dependent on them, the card will be used to alert a 24-hour emergency call centre that the cared for person may need help.



Devon and Cornwall Police recognise our card as identification for being an unpaid carer.

For more information: www.devoncarers.org.uk/alertcard

www.devoncarers.org.uk | 03456 434 435