



You Care, We Care  
Summer 2022

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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](http://www.devoncarers.org.uk)

[www.devoncarers.org.uk](http://www.devoncarers.org.uk)  
**03456 434 435**



# we 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](http://www.devoncarers.org.uk). Outside of these hours, automated answers will appear, which may answer your question, if not leave your email address and 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](http://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/support/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.

# Carers Week



Carers Week is taking place across the UK from Monday 6th to Sunday 12th June 2022.

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the

contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

We understand from carers that looking after someone can significantly impact upon all aspects of life, from relationships and health to finances and paid work. Caring without the right information and support can be tough. This year we'd like your help by joining us in raising awareness of unpaid carers across the county. Please help us to identify family and friends who have a caring role to ensure they receive the information and support they need.

## Join in our free events

- In celebration of The Queen's Platinum Jubilee, an 'Introduction to The Royal Collection'.
- Health and wellbeing sessions including, Tai Chi, Laughter Yoga, Reiki, Mindfulness, Yoga, Wildlife and Wellbeing.
- Opportunities to meet other carers over tea and cake (with optional walks) at some of the National Trust estates.
- There will be events such as art sessions, knit 'n' natter and games night.
- Information and advice sessions, along with bitesize 'Thoughts, Feelings and Challenges' workshops and Dementia focused workshops.



## Walk a Mile with a Smile



Our Mile With A Smile walk will return this year – from a few laps of your garden to the top of Haytor, join us in raising awareness of carers as we aim to walk enough miles to cover the 350 perimeter of Devon.

If you have friends, family members or work colleagues who can join you on your walk, the more the merrier and all with a smile! Send in photos of your walk to [online@devoncarers.org.uk](mailto:online@devoncarers.org.uk) and these will be featured on our website.

For more information about all our events during Carers Week please visit [www.devoncarers.org.uk](http://www.devoncarers.org.uk).

To learn more about events happening across the country during Carers Week visit <https://www.carersweek.org>

# Carers Week

## Nicky's Story

When every day is a challenge we take comfort in small things



As carer's there are big challenges we face every day but I've learned to look for small comforts, taking care of myself at the same time as taking care of my two adult learning disabled daughters. This is a recent memory from a typically challenging day.

My eldest daughter was due to have her COVID booster shot and so we went to the vaccination centre. It's busy with volunteers taking medical histories on i-pads. They're a little confused why my daughter doesn't answer the questions

herself, largely because she has no obvious outward sign of learning disability. Without having to explain, the volunteers quickly 'catch on', and take time to gently explain to her what is going to happen. Vaccine done, we wait 15 minutes to make sure all is well thinking that the difficult part of the day was over.

Later my daughter says that her arm and head hurt, by bedtime she's not feeling very well and wants to sleep in my bed so we snuggle up together and watch television until we fall asleep. My very lovely husband is used to being relegated to another bed and never complains but really it's because he knows he'll get a good night's sleep!

I get woken up mid-dream, drunk with sleep but back on duty. My daughter is shaking all over, and her hands and feet are like blocks of ice. She wraps herself around me in a bear hug, terrified, saying 'I'm scared, is it my epilepsy?' After years of difficult to control seizures that have landed her in hospital and which have sometimes nearly taken her life she is understandably traumatised. I comfort her "no, this isn't epilepsy, this is just your immune system reacting in a strong way to the vaccine. This means the vaccine is working, it's not nice but you don't need to worry". She's a little reassured but the uncontrolled shaking is still bothering her, it's going to be a long night.

In my experience when the going gets tough in the middle of the night there is one thing which is guaranteed to restore calm and that is a Cary Grant movie - specifically 'Father Goose'. My daughter fell in love with this film over twenty years ago and the title music has an immediate soothing effect on her. Tonight takes longer than usual for her to drift off to sleep but eventually Cary works his magic once again. I honestly don't know what we'd do without this movie.

The next morning all is still not well but at least we all got a little bit of sleep. With sleep I can function and be the kind of human I want to be, and the kind of carer I need to be. Thanks to small comforts like a favourite movie, I've taken care of my daughter but I've also taken care of myself.

**Devon Carer's offer support and information on how to take care of yourself. Check out the 'looking after me' section of the Devon Carer's website for more information.**

**[www.devoncarers.org.uk/information-and-advice/looking-after-me](http://www.devoncarers.org.uk/information-and-advice/looking-after-me)**

# Top tips to sleep better at night

We understand that as a carer it is not always easy to get enough sleep. Having a disturbed nights sleep can affect you and can make your days feel longer and harder. Here are some suggestions you can do to help make it easier to get to sleep as well as improving your quality of sleep:



## Have you seen the light?

If possible get out and expose your body to natural light to get your rhythm back. Exposure to daylight sends messages to your brain, supporting you when you are awake and telling your body when to sleep.



## Get out the bubbles

Make a date with yourself in the bathroom, ideally 30 to 60 minutes before bedtime; try treating yourself to a warm bath (not hot) with your favourite bath oils, gels or salts, you could turn the lights off or down low.



## Routine

If possible, try going to bed and getting up at the same time each night for a 2-week period. Keep a note of how you slept and your energy levels during the day.



## Electric blue

Blue light reduces the release of melatonin, a hormone that makes us drowsy, and can trick your brain into thinking it is daytime. Eliminate blue light from your bedroom by removing all devices that emit light; you could also use blackout blinds or curtains to reduce the amount of light from outside.



## Write it down

Write down anything you would like to achieve the next day on a pad before going to bed. Keep the pad and pen by your bed; if you wake up, just add that forgotten task or thought to your list.



## Stop clock watching

Worrying that you are not getting enough sleep can itself stop you sleeping. Try not to regularly check the time whilst you are trying to go to sleep. Instead, turn your bedside clock around or move it to the other side of the room.



## Stay awake during the day

When you are tired it's very tempting to nap during the day to catch up on lost sleep. This can do more harm than good by making it difficult to sleep at night. If you are tempted to nap, try doing something else such as making a drink, getting some fresh air or walk around your home.

**Remember whatever you do please make any changes gradually and allow time for things to work.**

Why not join one of our Sleep Workshops delivered by our Training Team? The workshop will enable you look at improving the quality of your sleep patterns and chat through related issues with other carers. For more information on this and other courses, visit <https://devoncarers.org.uk/support/training/online-training/>

## COVID Break Fund extended!

We are pleased to announce that the Carers Break Fund (COVID Relief) has been temporarily extended for carers who have been adversely financially affected in their caring role by the impact of Covid.

The fund provides a small amount of money (£50 minimum but an average of £187) to enable carers to enjoy an activity, hobby or anything else that helps provide time out from their caring role.

The scheme is open to all 18yrs+ carers of adults who haven't had a Carers Break Fund payment in the last 12 months, and who haven't had a carers Health & Wellbeing Check (a carers assessment) that concluded that they have eligible needs in the last 12 months.

This is in addition to the normal Carers Break Fund scheme which is available to carers who have not had a CBF payment in the last 24 months.

## A Year In Review

It's been another challenging year for us all for many reasons, but it hasn't stopped our mission to help carers across Devon feel safe, supported and have access to all the information and advice you need in your caring role.



Over the last 12 months we have contacted:

**27,500 carers**



Our hard working staff and volunteers have completed over

**50,000 phone calls**



We have registered

**5,350 new carers**



We have issued a carers passport to

**24,700 carers**

This year **1650 adult carers** received a small sum of money from the **Carers Break Fund** to enable them to enjoy an activity, hobby or anything else that helps them to get time out from their caring role.

Our Passports help you to be quickly identified as a carer, and can make it easier to have conversations with your employer, educational organisation, GP etc. so they can understand any additional support or flexibility you need. Paired with your Devon Carers ID card, you're able to access a range of benefits and discounts that are available through the Carer Friendly Devon scheme, just one of the ways we're trying to make life that little bit easier.

We're really proud of the work Devon Carers has achieved over the last 12 months, but there's so much more to be done. Could you help us? If you know someone who supports a family member, friend or neighbour who couldn't manage on their own without assistance, please direct them to our Helpline on **03456 434 435** or our website **[www.devoncarers.org.uk](http://www.devoncarers.org.uk)**.

# Opportunities for you to learn new skills!



The Health and Social Care Skills Accelerator Programme (HSSAP) is part funded by the European Social Fund (ESF) and provides fully funded training to support and develop people in a caring role, whether caring for a family member or friend or in a paid capacity. From short workshops

to qualifications, face to face training, or online learning there is something for everyone. These courses are designed to give you knowledge, skills and confidence to support you in your role. The courses are delivered by Learn Devon and colleges across Devon, Plymouth and Torbay; they have friendly and knowledgeable teams who can provide you with information and guidance about what course might be right for you. If you would like to know more or are keen to sign up for a course, get in touch with your local college today.

## Learn Devon

Course Title	Details	Dates, location and duration
<b>Digital Skills Refresher</b>	An introduction to the basic functions of Word, Excel and PowerPoint. Perfect if you have some previous experience and need a refresh.	Flexible start dates Available as either an online course or in person Duration: 2 hours
<b>Skills for Wellbeing</b>	An opportunity to learn to how to look for the signs of stress and anxiety, as well as practical coping mechanisms that can help you thrive.	Flexible start dates Online course Duration: 1.5 hours
<b>English for Speakers of Other Languages</b>	If English is not your first language, there is an opportunity to access a range of tailored courses from digital skills to employability techniques	Flexible start dates Available as either online or in person Duration: Can range from 2 hours to 80 hours
<b>Maths and English Skills</b>	An opportunity to refresh your maths and English functional skills. For example, collecting data or managing finances	Flexible start dates Online course Duration: 55 hours

For more information on these courses:  
Website: <https://www.learndevon.co.uk/hssap/>  
Email: [hssap@learndevon.co.uk](mailto:hssap@learndevon.co.uk)



## Exeter College

Course Title	Details	Dates, location and duration
<b>Manual Handling and Basic Life Support</b>	This training builds confidence and skills to provide the most effective and safe care, reducing the risks to self and others when handling and moving people and providing basic life support.	Flexible start dates Available as either an online course or in person Duration: 2 hours
<b>Food Safety and Hygiene</b>	An introduction to the importance of food safety when supporting vulnerable people and how you can reduce risks through the safe practices when preparing, storing and handling food.	Flexible start dates Online course Duration: 1.5 hours
<b>Building Health, Wellbeing and Resilience Units</b>  An option to complete all or individual units, depending on your requirements.	Unit 1 – Unlocking resilience to positively cope with challenges in your role.	Dates: 25th of each month from 3pm – 5pm Online and in person Duration: 4 hours
	Unit 2 – Unlocking barriers when managing your own health and wellbeing	Dates: 26th of each month From 3pm – 5pm Online and in person Duration: 6 hours
	Unit 3 – Unlocking skills to deal with conflict	Dates: 26th of each month From 3pm-5pm Online and in person Duration: 2 hours
For more information on these courses: Website: <a href="https://exe-coll.ac.uk/adults/caring-careers-unlocked/">https://exe-coll.ac.uk/adults/caring-careers-unlocked/</a> Email: <a href="mailto:EllaHymans@exe-coll.ac.uk">EllaHymans@exe-coll.ac.uk</a> Call: <b>01392 400800</b>		

## Petroc College

Course Title	Details	Dates, location and duration
<b>Emergency First Aid</b>	An opportunity learn basic first aid skills	Dates: 18/05, 18/06 or 18/07 In person course Duration: 1 full day
<b>Makaton Workshop</b>	Develop your communication skills when caring for a person with learning and communication difficulties.	Date: 11/05 From 3pm – 5pm Online course
<b>Skin Care Workshop</b>	Learn to provide skin integrity support for those that are vulnerable and need care.	Flexible start dates Online Course Duration: 2 hours
<b>Incontinence Care Workshop</b>	Learn and improve knowledge and awareness of all aspects of continence and catheter care.	Flexible start dates Online Course Duration: 2 hours
For more information on these courses: Website: <a href="https://www.petroc.ac.uk/employers/partnership-opportunities/health-and-social-care-skills-accelerator-programme-hssap/">https://www.petroc.ac.uk/employers/partnership-opportunities/health-and-social-care-skills-accelerator-programme-hssap/</a>		

## South Devon College

Course Title	Details	Dates, location and duration
<b>Mental Health Awareness</b>	Raising awareness of the issues surrounding mental health difficulties and developing your knowledge of the rights of those with mental health issues	Flexible start dates Online course Duration: 2 hours
<b>Understanding Complex Dementia</b>	Understanding different type of dementia to best support the person you care for	Date: 20/06 From 10am – 12pm Online Course
<b>Sepsis</b>	Date: 24/06. From 10am-12pm. Online course	
<b>Catheter Care</b>	An opportunity to learn good hygiene, observation, monitoring wellbeing and prevention of issues associated with catheterisation.	Date: 24/06 From 9.30am – 11.30am In person
<b>Manual Handling Awareness</b>	Dates: 25/04 or 26/05. From 10am – 12pm. In person	
<b>Skin Care, Pressure Care and Integrity Awareness</b>	Dates: 25/05 or 24/06. From 1pm – 3pm. In person	
<b>Blood Glucose Monitoring</b>	Date: 02/08. From 10am – 12pm. In person	
<b>First Aid Introduction</b>	Dates: 16/05 or 15/06. From 10am – 12pm. In person	
For more information on these courses: Website: <a href="https://www.southdevon.ac.uk/adult-learning/health-and-social-care-skills-accelerator-programme-hssap">https://www.southdevon.ac.uk/adult-learning/health-and-social-care-skills-accelerator-programme-hssap</a> Email: <a href="mailto:joannehicks@southdevon.ac.uk">joannehicks@southdevon.ac.uk</a>		

## City College Plymouth

Course Title	Details	Dates, location and duration
<b>Skin Integrity Workshop</b>	This workshop will support your understanding of what it is, what to look for and preventative measures. You will be able to provide skin integrity support by learning about preventing pressure ulcers, awareness of moisture lesions and risks of skin tear injury.	Dates: 18/05, 18/06 or 18/07 In person course Duration: 1 full day
<b>Infection Prevention Workshop</b>	This workshop will enable you to understand different pathogens, transmission routes, breaking the chain of infection and why hand hygiene is so important.	Date: 11/05 From 3pm – 5pm Online course
<b>Safeguarding Workshop</b>	Learn to provide skin integrity support for those that are vulnerable and need care.	Flexible start dates Online Course Duration: 2 hours
<b>Communication Workshop</b>	Learn and improve knowledge and awareness of all aspects of continence and catheter care.	Flexible start dates Online Course Duration: 2 hours
For more information on these courses: Website: <a href="https://www.petroc.ac.uk/employers/partnership-opportunities/health-and-social-care-skills-accelerator-programme-hssap/">https://www.petroc.ac.uk/employers/partnership-opportunities/health-and-social-care-skills-accelerator-programme-hssap/</a>		

If you would like to receive regular updates about fully funded training opportunities near you then sign up to our HSSAP e-bulletin [https://public.govdelivery.com/accounts/UKDEVONCC/subscriber/new?qsp=UKDEVONCC\\_1000\\_HSSAP](https://public.govdelivery.com/accounts/UKDEVONCC/subscriber/new?qsp=UKDEVONCC_1000_HSSAP)

## Healthier Devon Helping to prevent diabetes in Devon



Healthier Devon is a programme dedicated to taking action against the risk of developing Type 2 diabetes. Through personalised support, we encourage participants to make sustainable changes to their behaviours and lifestyle to improve their health.

With the support of our skilled Wellbeing Facilitators, the Healthier Devon Programme is delivered over two years through 19 personalised sessions.

### **Setting sustainable goals**

We believe that when it comes to improving individual health, one size does not fit all. This is why the Healthier Devon Programme is based on empowering participants to set individual goals. We encourage this with the aim to help participants see the course as a lifestyle change, helping them to sustain the improvements they make, preventing much more than diabetes and improving their long-term overall health.

### **Personalised contact**

One of the ways in which we personalise our programme is by adjusting our contact time to the personal requirements of our participants.

We focus on building personal relationships with participants by spreading the delivery of sessions which are divided into five key areas: Healthy Eating, Physical Activity, Positive Mental Health, Healthy Weight Maintenance and Addressing Barriers.

For more information please visit: [www.westbank.org.uk/healthierdevon](http://www.westbank.org.uk/healthierdevon)



# Mental Health Awareness week (9-15th May)

Mental Health Awareness Week

9 - 15 May 2022

This year the theme is raising awareness of the impact of loneliness on our mental wellbeing – for details of events and activities visit

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

## Competition time

Enter to be in with a chance to win a £30 Love To Shop voucher

Recent reports suggest that the uptake of COVID-19 vaccinations (first, second and first booster) by unpaid carers in Devon is some of the lowest in the country. We'd like to change that and find out how we can help more carers to be vaccinated.

Please complete the following survey to help us understand how we can help carers in Devon to access a vaccine. You can either complete the following questions through the online survey or post your answers to **Devon Carers, Freepost RRYT-SASA-HZXZ, Devon Carers, Westbank HLC, Farm House Rise, Exminster, Exeter, EX6 8AT**

Survey link: <https://kwiksurveys.com/s/o47DsiF0>

1. Which COVID-19 vaccine(s) have you received so far (please tick all you have had)

First  Second  Booster  None of them

2. If you have had a vaccine, how easy did you find:

(Please indicate a score 1-5, 1 for very easy and 5 for very hard)

Booking your appointment  1  2  3  4  5

Walk in appointment  1  2  3  4  5

Travelling to the appointment  1  2  3  4  5

Leaving the person you care for  1  2  3  4  5

If you haven't had any vaccines yet, please tell us why (please select all that apply):

- Unable to travel to get the vaccine
- Unable to leave the person you care for
- Unable to afford the cost of travel
- Dislike injections/unsure of having the vaccine
- Do not want the vaccine

3. Would you like us to help you to be able to access your first or second vaccine? If so, please tell us how and the best way to get in touch with you:

<p>Name:</p> <p>Address:</p> <p>Email:</p> <p>Date of birth:</p>	<p>What help do you need to access getting a vaccine?</p>
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Rules: A copy of the rules for the prize draw are available on our website <https://devoncarers.org.uk/survey-prize-draw-rules/> or on request by email to [online@devoncarers.org.uk](mailto:online@devoncarers.org.uk) or by calling 03456 434 435.



# 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: [training@devoncarers.org.uk](mailto:training@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 face-to-face 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

Monday 11th July	10am to 12.30pm	Exeter Co-Lab, Wat Tyler House, 3 King William Street, Exeter, EX4 6PD
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## 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 live, real-time Zoom 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 26th July (Part 1)	10.30am to 12.30pm	Online on Zoom
Tuesday 9th August (Part 2)		

## Self-care for carers



Caring for someone can be very difficult at times, and it is important to practice self-care. In this real-time Zoom or face-to-face session we will:

- Discuss what is self-care?
- Highlight that you need to be able to look after yourself, to the best of your ability, both physically and emotionally
- Look at how this workshop can help you to care for your cared for person
- Help you to gain a better understanding by learning coping strategies and managing stress levels

Wednesday 13th July	10.30am - 1pm	Honiton Methodist Church, Chapel Street, Honiton
Wednesday 10th August	6pm - 8.30pm	Zoom

## First aid Q&A

Learning basic first aid is essential for every day caring roles to give you the confidence to act in a practical and safe way, should a medical emergency arise.

This live, real-time Zoom session we will:

- Offer a Q&A session for first aid related questions
- Guide you in what to do when approaching the scene of an emergency/first aid situation and decision making to manage the situation effectively

Thursday 30th June	10.30am to 12 noon	Online on Zoom
Wednesday 3rd August		

## 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

Tuesday 14th June	10am to 12.30pm	Barnstaple Library, Tuly Street, Barnstaple, EX31 1EL
Thursday 7th July		Exeter Co-Lab, Wat Tyler House, 3 King William Street, Exeter, EX4 6PD

## 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

Wednesday 29th June	10.30am to 12.30pm	Barnstaple Library, Tuly Street, Barnstaple, EX31 1EL
Wednesday 20th July		Exeter Co-Lab, Wat Tyler House, 3 King William Street, Exeter, EX4 6PD

## Thoughts, feelings and challenges for carers of people with dementia ONLY

Have you ever given yourself the time to sit and think about your thoughts and feelings on being a carer? In this face-to-face 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

Tuesday 28th June	10am to 12.30pm	Cumberland Grange Care Home, Cumberland Way, Exeter EX1 3ZU
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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

Thursday 23rd June	2pm to 3.30pm	Online on Zoom
Tuesday 14th June	2pm to 4pm	Rock Park, 1881 Ladies Mile, Barnstaple EX32 9AQ
Tuesday 12th July		Long Timber Woods, Station Road, Ivybridge, PL21 0AJ
Tuesday 2nd August		Simmons Park, Okehampton EX20 1PW

## Dementia and Sleep

Does the person you care for have trouble sleeping?

In this 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

Tuesday 24th May	10am - 11.30am	Online on Zoom
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## Ex-carers: Looking for a way forward

Are you an ex-carer no longer caring due to bereavement? This three-part course had been devised to support you.

In this face-to-face session we will:

- Part 1 - Give you the opportunity to discuss your thoughts, feelings and challenges. Look at the things you face, and through shared conversation with other carers find strategies that may help.
- Part 2 - Guided by the trainer we will look at feelings that you as an ex-carer may be experiencing. It considers which feelings are entirely normal whilst going through the bereavement process. We will look at what professional help and support is available if needed.
- Part 3 - Look at the way forward. What do you want to do as an ex-carer? Accepting that life has changed; looking at ways to try and find more enrichment in your life.

Part 1 - Wednesday 1st June	10.30am - 12.30pm	Cumberland Grange Care Home, Cumberland Way, Exeter EX1 3ZU
Part 2 - Wednesday 8th June		
Part 3 - Wednesday 15th June		

## Sleep Workshop

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

In this face-to-face session we will:

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



Wednesday 22nd June

10.30am - 12.30pm

Courtenay Centre, Kingsteignton Road,  
Newton Abbot TQ12 2QA

## Dementia - when the bathroom becomes a battlefield

If you care for someone with dementia, personal care can become a challenge.

In this online Zoom session we will:

- Look at the environment factors
- Chat about which clothes are easier to get dressed in
- Discuss pain and discomfort the person with dementia may feel
- Talk about the importance of language and routine
- Look at easier ways to clean teeth and shave
- Talk about Agnosia - not recognising faces
- Discuss why people with dementia maybe fearful



Wednesday 25th May

10am - 11.30am

Online on Zoom

## Living alongside self-harm (understanding self-harm) Part 1 & 2

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:
- 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:
- 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



Tuesday 19th July (Part 1)

6pm - 7.30pm

Online on Zoom

Tuesday 2nd August (Part 2)

**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 by Westbank Community Health and Care: Registered Charity No 1119541 Company limited by guarantee Registered in England No 6243811. Devon Carers, Westbank, Farm House Rise, Exminster, Exeter, EX6 8AT.