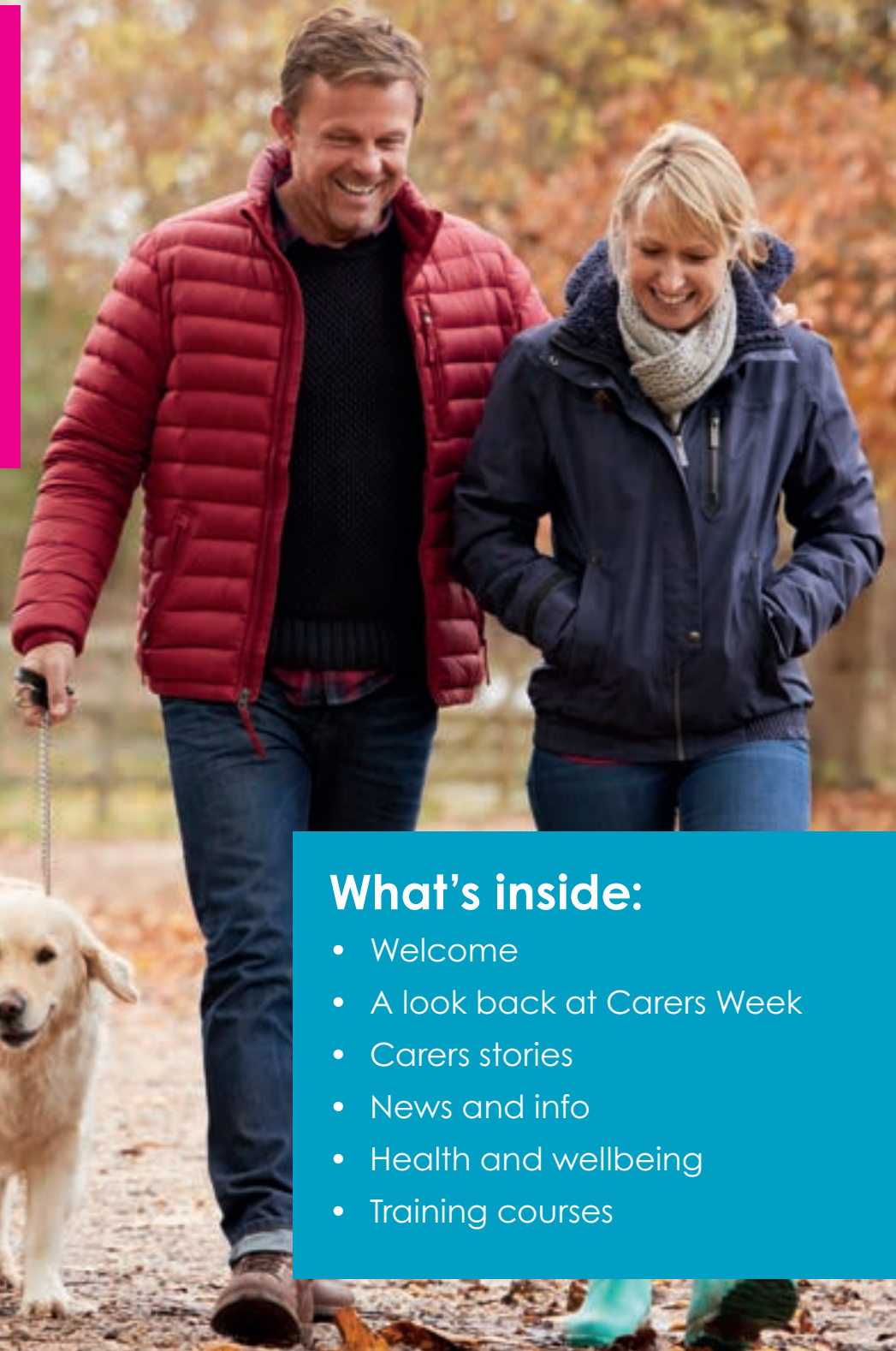




You Care, We Care
Autumn 2022



What's inside:

- Welcome
- A look back at Carers Week
- Carers stories
- News and info
- Health and wellbeing
- Training courses

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



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**. 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**

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.

Strengthening support for unpaid carers

We spoke to Andy Hood, Head of Carers Services for Westbank and Devon Carers to reflect on his first year working with us.

Andy commented “The time has really flown by, and as they say, that's what happens when you are having fun!”



“Devon Carers offers such a vast range of services that it took me a lot of time to fully appreciate all of them and to recognise how much they directly benefit unpaid carers.”

“We've been working hard with our Commissioners at Devon County Council and NHS Devon Clinical Commissioning Group (CCG) to ensure that as many carers as possible across Devon are aware of the support and services which are freely available to them.”

“Working in close collaboration with our Commissioners, has enabled us to extend the Carers Break Fund in 2021/2022, assisting over 1650 carers to benefit from a small grant to help them take a break. Carers have used these funds to enjoy an activity or hobby, or anything else that has helped them to take

some time away from their caring role and to look after themselves, which is so important, even if it was just for a short while.”

“We've also seen our Hospital Services team expand into all four acute hospitals in Devon (Royal Devon and Exeter Hospital, North Devon Healthcare Trust, Torbay Hospital and Derriford Hospital) enabling us to directly reach more carers than before. This service supports carers and those they care for to cope during the first few weeks at home after a stay in hospital, which includes practical help, support, advice, problem solving and signposting.”

“We've seen our relationship with Devon County Council and the NHS Devon CCG go from strength to strength, enabling us to expand more opportunities to support carers in different ways. These include; increasing our popular Robopets fostering and adoption scheme and launching new ways to help carers take up their Covid-19 vaccinations, where they haven't been able to previously.”

“On a more personal note, I've found this to be an incredibly welcoming organisation and service to join. Our fantastic team are committed to supporting carers and they keep them at the heart of everything they do. We have a wonderful group of volunteers supporting our service and Carer Ambassadors working alongside us, who help us find new and innovative ways to ensure carers receive the support they need, we are extremely grateful to them all.”

“ I'm looking forward to the next year to putting our exciting ambitions in place ensuring that even more carers across Devon are able to benefit from accessing our free services and support. ”

carers week

A look back at Carers Week

Carers Week is an annual national campaign that raises awareness of caring, highlights the challenges unpaid carers face and recognises the contribution they make to families and communities throughout the UK.

This year Carers Week asked us all to **'Make caring Visible, Valued and Supported'**. With this in mind we created a vast range of free face-to-face and online events for unpaid carers across Devon to enjoy. From health and wellbeing sessions, information events, bitesized training courses to craft and exercise classes, which took place throughout the week, they were very well received.



One of the week's highlights was working with the National Trust who very kindly offered carers the opportunity to meet over tea and cake at some of their Devon estates.

Paula Clarke, Volunteering & Community Manager for the National Trust on Dartmoor, was delighted to work together with us to support carers. She commented *"With the support and advice from Devon*

Carers, Castle Drogo has become a Carer Friendly Devon Supporter. We value carers visiting the property and estate, as well as being better equipped to support our staff and volunteers who are carers. We were more than pleased to be involved in this year's Carers Week."

Our popular **'Mile with a Smile'** campaign returned where we asked people to walk any distance from a few laps around your garden to miles over Dartmoor, and to submit your distance to cover the 350 mile perimeter of Devon. We are very pleased to announce you helped us to reach our goal, but more importantly you enabled us to further raise awareness of unpaid carers.

We are already planning next year's events and look forward to welcoming you to them.

“ Thank you to all who organised the Carers Week event at Killerton. Excellent afternoon tea and good company, a very pleasant event! ”

Raising awareness of unpaid carers at Devon County Show



Being able to raise awareness of unpaid carers and the services we provide has been such a challenge during Covid, but now we are able to meet people face-to-face again, attending local events such as Devon County Show has become even more important.

Whilst on occasion there were quiet moments during the rain, we had a fantastic and busy few days! We spoke to new and current carers, people who didn't recognise themselves as carers until they spoke to us and carers who just came over to thank us for providing a service which has

helped and eased them through their caring journey. Many spoke to us about how our new Carer Passport and ID card - which identifies them as an unpaid carer - has enabled them to receive offers such as subsidised hospital parking and discounts at local businesses.

We spoke to many businesses and organisations who were interested in our services. They were keen to hear how they could work in collaboration with us, to further strengthen our support for unpaid carers. They were also interested in recognising and assisting carers in the workplace under our Carer Friendly Employer scheme.

If you would like to find out more information about our services visit: www.devoncarers.org.uk or phone our Helpline **03456 434 435** and chat to one of our advisors.

Are you feeling overwhelmed with caring and working?

Did you know there are currently approximately 5 million people in the UK who are juggling caring responsibilities with work - equating to 1 in 7 of the workforce?* Caring can be physically and emotionally demanding, these tips may help to make your work-life balance a little easier.



Talk to your employer: Are they aware that you have caring responsibilities? Ask what support they can offer you. Keep them updated as your caring role changes, so they can adjust the assistance they are able to offer. Visit Carers UK for tips on speaking to your employer <https://www.carersuk.org/help-and-advice/flexible-working-films>



Accept offers of help from others: Finding the right balance between caring and working can be eased with the help of family and friends. They may not understand how caring impacts your work-life balance and presume you don't need help. Speak to them and accept offers of help rather than struggle on your own.



Speak to your employer about their policies to support you: Working carers have legal statutory rights; to request flexible working, to time off in an emergency and the right to dependent leave. To find out more, visit: www.employersforcarers.org



Chat to your colleagues: Working while caring has benefits such as a chance to socialise, to have a break from caring, or to give you a sense of identity. Your employer may offer opportunities to meet other carers in a support group or they may have a carer champion to speak to.



Managing your own mental health: Juggling work and caring responsibilities can be stressful. This can lead to not sleeping well, not able to manage stress or feel unable to cope at work. Our range of training courses can help you talk to other carers and offer guidance on how to manage. Visit the training course pages at the rear of this magazine.



Request a Carers Assessment: Contact our Helpline **03456 434 435** to request a Carers Assessment to look at your needs as a carer. It is not an assessment of your ability to care but to look at your situation and how your caring role impacts on you and to identify what information and support you may be entitled to.

Would your workplace be interested in finding out more information on becoming a Carer Friendly Employer? For more information visit: <https://devoncarers.org.uk/community/carer-friendly-devon/carer-friendly-employers/>

Caring after a day's work



For Mandy Bailey work isn't over when she completes her eight-hour day as a Housing Support Worker, rather than going home she spends the evening caring for her mum.

At the start of lockdown Mandy's mum, Marina, was diagnosed with moderate stage Alzheimer's. Her ability to live fully independently had slowly eroded before that, with her showing less interest in cooking for herself and taking care of her home.

Mandy gradually began to provide more support, but it's only now with a package of care and Mandy's daily visits that 87-year-old Marina is still able to live on her own.

On the days that Mandy is working a private paid care worker helps Marina in the morning and over lunch. Straight after work, Mandy spends her evenings with her mum, sorting her dinner, medication, chores around the house and helping her get ready for bed. Weekends are spent providing similar help, including shopping and cleaning.

"It's like having two homes to maintain," said Mandy. "It's quite challenging to balance the demands of work with the demands of being a carer. Although you can switch off from work when you get home, you can't switch off from the role of being a carer."

It was after Marina's diagnosis that Mandy realised she needed more support herself. She contacted Devon Carers where they advised her to have a carers assessment. Talking to a Carer Support Officer enabled her to think through how to put some support in place for herself, something Mandy described as "a breakthrough moment."

"It was a validation of the role I was providing," said Mandy. "When you're an unpaid carer you can feel a bit adrift. Being able to talk through my caring role showed me that what I do really matters."

Mandy found attending the Devon Carers Peer Support groups really helpful in being able to share her experience with other carers and hear their stories too. She also received a small grant through the Carers Break Fund enabling her to visit her daughter as a break from caring. Other benefits included participating in online training which she found useful in understanding her mum's Alzheimer's, and she's fostered a Robopet after Marina's cat died recently to help her feel more settled.

Mandy said the recognition from Devon Carers has also helped in her workplace. She now feels more able to raise any caring issues with her line manager and welcomes the extra workplace flexibility, such as being able to take part in the Peer Support sessions on Zoom during her working day.

Her current focus is looking ahead to her mum's increasing needs and how those can be managed in the future.

"I feel we're on the cusp of further change, and I've asked for another carer's assessment and help to complete an escalation plan," said Mandy. "Caring is a dynamic role and things shift, sometimes without warning. It's about recognising that and being prepared and I know Devon Carers are with me on this journey."

Mandy Bailey was interviewed by fellow carer Jo Earlam.

Devon County Council's Priority for Carers - your views welcomed

Devon County Council has published its Strategic Plan 2021- 2025, which outlines its strategic priorities over the next four years. The Strategic Plan focuses on how Devon County Council “will help the county to recover from the COVID-19 pandemic, build on the resilience of local people and communities to create a fairer, healthier and more caring place, and grasp the opportunity to create a greener, more prosperous and inclusive future for all.”

Within the Strategic Plan there is a specific focus on carers, with a priority to: *“Recognise the importance of carers in Devon and supporting them to manage their caring role and look after their own health and wellbeing”* and *“enabling young carers to learn and develop alongside their caring role.”*

Devon County Council has subsequently begun to determine what would be most effective in practical terms in improving carers' lives across every area of the Council over the next four years. This will include areas such as Highways, as an employer, the Environment, Economy and Library services, as local community leaders - amongst others. It is proposed to have the plan in place by Autumn of this year.

This plan is in addition to the Programme of work that is in place within Integrated Adult Social Care, which already takes into account carers' views, and addresses such matters as developing effective replacement care, giving carers a break, and how social care staff work with carers. Some of the work involved in this Programme will be described in more detail in the Winter edition of the magazine.

Devon County Council would welcome your ideas as a carer as to how you feel the effectiveness of its support for carers can be improved in a practical way across all areas of the Council. If you are not sure of the County Council's responsibilities, the County Council website can be found at <https://www.devon.gov.uk> - or you could ask a local Councillor or at your library. If you can't check, do not worry – we will make what use we can of your ideas, even if they fall outside the Council's responsibilities.

Please do email your ideas to carersstrategy-mailbox@devon.gov.uk, and include your contact details if you are happy to do so. If you do not have access to email, please phone the Devon Carers Helpline, stating you are ringing to put forward ideas on the Devon County Council's Priority for Carers, on **03456 434 435**. It would be appreciated if you would submit any ideas you have by **Tuesday 30th August** to allow time for all the responses to be collated and considered.



Access to subsidised parking at acute hospitals in Devon now requires you to use your Carer ID card. We have sent the Carer Passport with personalised Carer ID cards to all unpaid adult carers of adults registered with us, if you haven't received yours, please contact us: **03456 434 435** or info@devoncarers.org.uk

Reaching out to unpaid carers from diverse backgrounds

Devon Carers are aware that there are a lot of unpaid carers who, for a variety of reasons, are still not accessing the support they need and are eligible for. We are committed to reaching more carers from all backgrounds and have been working with various organisations to enable us to do this.

These include; The Olive Tree's/St Sidwell's Community Centre's Refugee Co-ordinator and Education Assistant Co-ordinator have been working with us to support refugees. The Education Assistant Co-ordinator for ESOL (English for speakers of other languages) is a Syrian refugee herself and is very well placed to help us as an interpreter to enable other refugees to access our services.

Links have also been made with Inclusive Exeter and Sunrise Diversity in North Devon. We worked collaboratively with the Sunrise Diversity English teacher to create and deliver an English language session on Care and Caring for speakers of other languages. She is now also running a hub for Ukrainian refugees in the area and we hope to offer collaborative support to Ukrainian carers living in Devon in the future.

Proud2Be, who support LGBTQ+ people in Devon and beyond, are just one of the many fantastic organisations that we work with and were one of the first to sign up as a Carer Friendly Devon Supporter.

We are learning and utilising the expertise of these specialised organisations as we explore more ways to reach out to carers from diverse backgrounds.

If you or anyone you know would benefit from receiving our support, please contact us. For more information phone our Helpline **03456 434 435** or chat online by clicking on the Ask button on our homepage www.devoncarers.org.uk.

Celebrating Carer Ambassador's support



In the first face-to-face event for nearly three years, we celebrated the support all Carer Ambassadors have shown our service and unpaid carers across Devon, throughout the pandemic.

At an event held at Westbank, Sarah Hicks (CEO, Westbank) Sue Younger-Ross (Joint Carer Lead, Devon County Council & NHS CCG), Catherine St John (Carers Support Manager Social Work Lead, Devon

Carers) all gave speeches and expressed a huge thank you to all the Carer Ambassadors for their hard work and commitment in their volunteering roles.

James McInnes (Cabinet Member for Integrated Adult Social Care & Health Devon County Council) personally thanked all Carer Ambassadors attending the event by presenting them with a certificate of appreciation and sunflowers.

If you are interested in helping to shape the future of carer services in Devon, why not join us as a Carer Ambassador. For more information visit: <https://devoncarers.org.uk/have-your-say/get-involved/be-a-carers-ambassador/>

What would you do in an emergency?



Life can become so busy when we are caring for others that we don't always stop to think about what would happen if there was an emergency and we were not able to care. We spoke to one of our carers who recently found herself in this position.

Judy has cared for her husband John for a number of years and recently the amount of support she provides has slowly increased as his mobility has reduced. Like many carers she was concerned about what might happen if she wasn't able to care for him, which is a very real concern as she has her own health conditions.

Judy contacted us to discuss her concerns. Amongst the support offered, our Helpline Advisor chatted about our emergency plan. Worried about filling in the plan we arranged for one of our support workers to go through it with her. We concentrated on the support needs of John and worked together to complete it. She also completed our supplementary plan that recorded his medication and how she cares for him. To her relief in just over an hour everything was down on paper.

Our support worker also recommended that she complete our Alert Card application form, a card designed to be carried in her purse or wallet.

A handy credit-card size, it identifies you as a carer so if you are in an emergency situation where you are unable to inform people yourself, the card will be used to alert a 24-hour emergency call centre and they will ring your nominated contacts on your behalf.

At Easter Judy contracted Covid, she felt awful but struggled on. After six weeks she didn't feel any better, feeling drained she just couldn't cope any more. She visited her GP, who concluded that she was at the point of carer breakdown exasperated by long-Covid and needed to be admitted to hospital. She was distraught worrying about what might happen to John, and would he get the support without her being there?

They agreed that he would need emergency support and to go into a residential care home whilst she recovered her strength. She was reassured that the telephone numbers for the people who needed to be contacted in an emergency were all recorded with the Alert Card emergency line, so that was one less thing to worry about!

But how would they know what support he needed? She felt too unwell to call the residential home and discuss his needs and then she remembered the emergency plan. She asked her son to send a copy to the residential home with all the details of how she provided his care. Whilst in no way replacing her being there, she felt reassured they would at least know what she did for him in her own words.

The home greatly appreciated the emergency plan which not only covered John's medical needs but helped them to quickly make him feel comfortable and settled in knowing how he likes to be cared for. Confident that John was receiving the correct support, Judy felt able to concentrate on getting herself well for the first time in months.

Judy is now out of hospital and recovering at home. John continues to stay at a residential home, whilst a long-term support package is being put in place. On her discharge, the hospital referred her to the our Hospital Service who are working with her to provide help and advice to support John's return home, once she is well enough.

“ Without the emergency plan, I don't know what I would have done. I couldn't think straight but with the plan in place I knew we would both be looked after. ”

If you would like more information in filling in an emergency plan and/or applying for the Alert Card please visit www.devoncarers.org.uk or phone our Helpline **03456 434 435** and chat to one of our advisors.

Heating your home safely - advice from Devon & Somerset Fire & Rescue Service



With energy prices rising, the fire service knows you may need some help staying warm.

If you need to heat only a small area of your home, a portable heater is more efficient and cost-effective. The fire service recommends an electric oil-filled radiator rather than any other type of heater. Heaters can be a serious fire hazard, they should always be placed (at least one metre) away from curtains, bedding and upholstery and switched off and unplugged before you go out or go to bed.

Candles are not a safe or efficient way to heat your home.

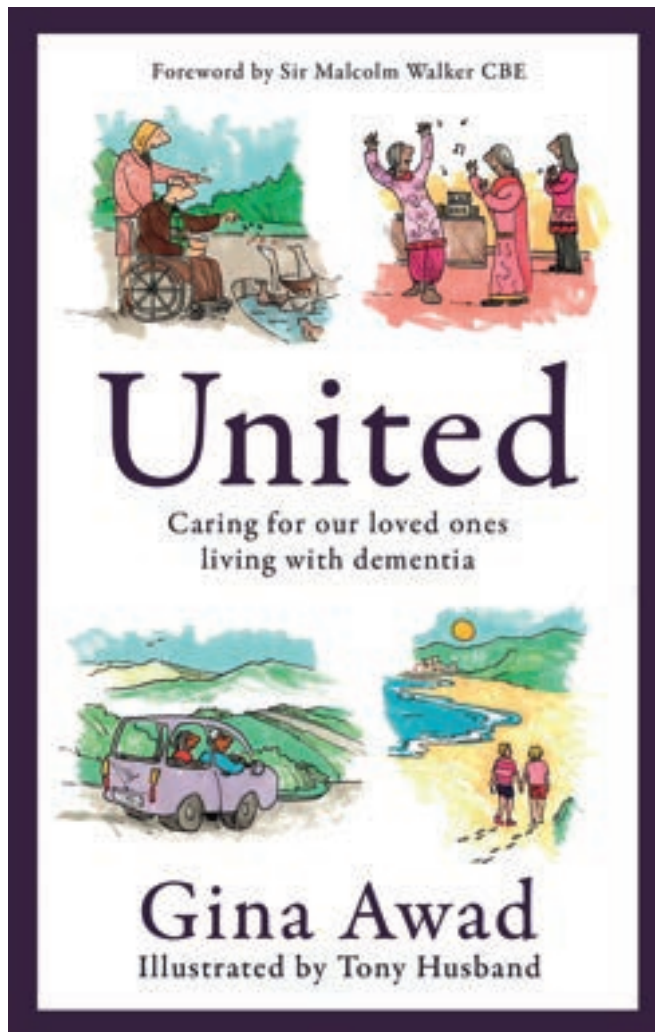
Have your chimney swept before the first fire, and then sweep it at least once a year (and every three months if you're burning wood). Only burn seasoned wood. Other wood may have moisture which can create tar in the chimney. This is highly flammable and can lead to chimney fires.

Electric blankets are a great way to keep warm, but they need to be used with care. Check electric blankets for wear and tear, and always replace after 10 years. Never use wheat bags in a bed.

Book in for a free home fire safety visit - a friendly home fire safety adviser can give you fire safety advice. They'll also provide fire safety equipment (free of charge).

To request a visit, call **0800 05 02 999** or visit dsfire.gov.uk/homesafety. Please quote the code for Devon Carers - **035**.

New book highlights unpaid carers



Front cover of *United. Caring for our loved ones living with dementia* written by Gina Awad.

When those we care for become unwell and can no longer be fully independent the focus is often on those living with the condition, rather than the impact on their carer.

A new moving and beautifully written book called *United. Caring for our loved ones living with dementia* written by Gina Awad, founder of Exeter Dementia Action Alliance, changes this focus by highlighting stories of unpaid carers, alongside those they're caring for.

Gina relates their personal stories, which whilst short, are insightful and universally relatable and award-winning cartoonist Tony Husband brings them to life in a series of deftly drawn images.

The stories reflect on: the impact of receiving a diagnosis, the importance of person-centred care and social inclusion; the power of meaningful engagement, partnerships, peer support and much more. The reviews have been full of praise.

“ A beautiful and moving book that vividly brings home the challenges faced by those with dementia and their carers. ”

Sir Tony Robinson

“ A compelling read, skilfully written with a deep understanding of the condition. The insight and 'tips' were invaluable and many chimed with me as challenges (and opportunities!) I faced with my own mum. An excellent piece of work. ”

Kate Lee, Chief Executive Officer, Alzheimer's Society

Available to order from bookshops and Amazon it includes a reference section with details of organisations providing help and support.

For a chance to win a copy of this book, head over and complete our survey on page 13 for your thoughts about training courses for carers.



Don't forget you have access to free support through Carers UK online resources available via Devon County Council.

Visit https://carersdigital.org/local/iomad_signup/signup.php and when requested for code enter: DGT18827

Competition time! What are your thoughts on our training for carers?

You have told us that training is beneficial to supporting you in your caring role. Help ensure it continues to assist you by filling in our survey, plus be entered into a draw to win a £25 Amazon voucher and a copy of Gina Awad's book: *United. Caring for our loved ones living with dementia.*

Click on the link below to complete the survey online or fill in this page and send to us via Freepost to: **Devon Carers, Freepost RRYT-SASA-HZXZ, Westbank HLC, Farm House Rise, Exminster, Exeter, EX6 8AT.**

<https://kwiksurveys.com/s/ho25BAvh>

1. Have you attended any of our training workshops in the past?

Yes No

2. If yes, please tick if they were;

Online via Zoom Face-to-face at a venue Both

3. If no, please write below what prevented you from attending a workshop in the past;

4. If you have attended training, has it helped you to feel more confident in your caring role? (emotional and/or practically):

1 (no change) 2 3 4 5 6 7 8 9 10 (much more confident)

5. How would you prefer to attend workshops? Please tick all that apply:

Face-to-face at a venue Live, online on Zoom Self-guided online learning

6. Where would you prefer to find information about our courses? Please tick all that apply:

Devon Carers magazine Devon Carers website Social media Email

Other, please state below;

7. What other subjects would you be interested learning about in the future?

Thank you for completing our survey! Please provide the following details if you would like to be entered into our competition:

Full name _____

Devon Carers – Carers ID Card number _____

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 or by calling **03456 434 435.**

Courses supplied by Health and Social Care Training and Education

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 relative or family member 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 please contact the Health and Social Care Skills Accelerator Programme team:

Email: admin.hssap@devon.gov.uk Phone: **01392 383298** (ref. HSSAP)

For the latest Health and Social Care Training visit devon.cc/hssap or sign up to our monthly e-Bulletin for regular updates & offers at devon.cc/hssaptraining

For the latest Health and Social Care Training and Education visit devon.cc/hssap and sign up at devon.cc/hssaptraining



Volunteer opportunities



"I love the thought of being able to offer support to carers. My experience of volunteering with Devon Carers has been so positive and I am pleased that I can help."

Join our volunteer team and make a difference

Volunteering roles:

- Carer Ambassador
- Group supporter
- Carer engagement
- Phone support volunteer
- Admin volunteer
- Hospital Services

For more information call our Helpline **03456 434 435** or email volunteering@devoncarers.org.uk to arrange an informal chat with our Volunteering Lead Practitioner.

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 or if you have any queries about our courses email: training@devoncarers.org.uk with the course name, date, your name and date of birth. Please do not contact the venue.

KEY TO COURSES:



Live, online
Zoom courses



Face-to-face
courses at a venue

Managing challenging behaviour for carers dealing with mood disorders

For many carers dealing with the mental and emotional changes in their cared for, can be the most challenging aspect of their caring.

In this live, real-time Zoom session we will give you the opportunity:

- To meet with others experiencing similar issues
- Discuss ways of coping
- Look at how your own wellbeing can be supported or improved

Friday 2nd September

10.30 am to 12.30pm

Online on Zoom

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 live, real-time Zoom session we will:

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

Wednesday 7th September

10.30am to 12.30pm

Online on Zoom

Relaxation in nature, with mindfulness practices

Would you like to enjoy the beauty of nature whilst learning relaxation and mindfulness techniques?

In this live, real-time Zoom session or 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

Monday 12th September

2.00pm to 4.00pm

Venue address: Stover Woods,
Newton Abbot, TQ12 6QG

Wednesday 23rd November

2.00pm to 3.30pm

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, real-time 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

Monday 19th September

10.30am to 12.00pm

Online on Zoom

Dementia - when the bathroom becomes a battlefield



If you care for someone with dementia, personal care can become a challenge. In this live, real-time 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

Monday 3rd October

1.30pm to 3.00pm

Online on Zoom

Unpaid carers and the menopause



Caring for others can be stressful but with the added mental and physical pressures of the menopause, it can make coping even more challenging.

In this face-to-face session we will:

- Allow you to talk about the issues that you face with the menopause
- Discuss strategies to cope with the identified issues and how this will enable you to cope with your caring role

Wednesday 5th October

10.30am to 12.30pm

Venue address: Exeter Co-Lab,
Wat Tyler House, King William St,
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 range of different techniques to find methods that work for you.

In this live, real-time Zoom or 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 where to get further support and advice

Wednesday 19th October

10.30am to 12.30pm

Online on Zoom

Thursday 3rd November

Venue address: The Manor Hotel,
The Beacon, Exmouth, EX8 2AG

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.

In 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 20th October

10.00am to 11.30am

Online on Zoom



Living alongside anxiety disorders

There are a wide range of anxiety symptoms and people can exhibit different behaviours at different times, which can make it hard to understand. This two-part workshop offers an opportunity to explore anxiety disorders openly and safely, in a small group. We look at ways we can help and care for someone, and importantly, take time to explore ways we can take care of ourselves.

In this face-to-face session we will:

Part 1 - Understanding anxiety disorders:

- Give an overview of different anxiety disorders, including Generalised Anxiety Disorder, Obsessive Compulsive Disorder and Post-Traumatic Stress Disorder
- Discuss the link between trauma and anxiety disorders
- Look at experiences and perspectives of a person with an anxiety disorder

Part 2 - Responding to anxiety disorders:

- Give you supportive ways of responding to and caring for a person who has an anxiety disorder
- Discuss how to help when someone doesn't want to be helped
- Chat about looking after ourselves as carers (self-care tips and techniques)
- Identify further help, support and resources

Wednesday 26th October
(Part 1)

10.30am to 12.30pm

Venue address: The Beehive,
Dowell Street, Honiton, EX14 1LZ

Wednesday 9th November
(Part 2)



Carers Rights Day

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!



How to cope as a carer

Would you like to learn some hints, tips and strategies on how to cope as a carer?

In this live, real-time Zoom session we will:

Part 1

- Look at self-care covering eating, exercise, sleep, alcohol and smoking
- Give advice on being organised, rewarding yourself, taking time for yourself (and why not to feel guilty about it)
- Talk about getting the best out of the NHS and other sources of practical help

Part 2

- Chat about coping mentally and emotionally
- Discuss feelings of guilt, resentment, anger, negativity, loneliness, loss (of the person they were before and the future you thought you were going to have).
- Talk about looking for help and accepting help (not just saying I am fine)
- Give advice on managing unhelpful suggestions, from other people when you are busy contending with a caring role

Friday 4th November (Part 1)	10.30am to 12.00pm	Online on Zoom
Friday 11th November (Part 2)		



Thoughts, feelings and challenges

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

In this live, real-time Zoom or 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

Thursday 8th November	2.00pm to 4.00pm	Online on Zoom
Thursday 13th November	10.30am to 12.30pm	Venue address: Dartmoor Lodge Hotel, Peartree Cross, Ashburton, TQ13 7JW

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!

Are you looking to meet and chat with other carers?

Why not join one of our friendly Peer Support Groups (online or face-to-face) where carers mutually support each other by sharing knowledge, experiences, practical and emotional support, as well as interests and hobbies. See below for our groups running in August and September. All places on these groups need to be booked to attend. To refer yourself to our Peer Support service call our Helpline **03456 434 435**. Once referred, if you have any queries about our groups email peer.support@devoncarers.org.uk

We are constantly adding new locations and dates, so please look out for our latest updates on social media, email and letters in the post.

Face-to-face Groups

North Devon	To be advised		
West Devon	Tuesday	09/08/2022	2.00pm - 4.00pm
East Devon	Wednesday	31/08/2022	2.00pm - 4.00pm
South Devon	Thursday	15/09/2022	2.00pm - 4.00pm
Exeter	Thursday	29/09/2022	2.00pm - 4.00pm

Online Zoom Groups

Games Night	Tuesday	02/08/2022 & 06/09/2022	7.30pm - 9.00pm
Autism Group	Wednesday	03/08/2022 & 07/09/2022	10.30am - 12.00pm
Dementia Group	Monday	08/08/2022 & 12/09/2022	10.30am - 12.00pm
	Wednesday	17/08/2022 & 21/09/2022	2.00pm - 3.30pm
Mental Health Group	Wednesday	10/08/2022 & 14/09/2022	12.00pm - 1.00pm
	Wednesday	24/08/2022 & 28/09/2022	12.00pm - 1.00pm
Male Carers	Wednesday	10/08/2022 & 14/09/2022	2.00pm - 3.30pm
Craft Group	Thursday	11/08/2022 & 08/09/2022	11.00am - 12.00pm
	Tuesday	23/08/2022 & 27/09/2022	7.30pm - 9.00pm
Parent with Dementia Group	Thursday	18/08/2022 & 15/09/2022	7.30pm - 9.00pm
Open Group	Thursday	25/08/2022 & 22/09/2022	10.30am - 12.00pm

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