

# Devon Carers

You Care, We Care  
Winter 2023

## What's inside:

- Welcome
- Carers Rights Day
- Carers stories
- Carers Skills Workshops
- News and info
- Health and wellbeing
- Peer Support Groups

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**



# 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 free support services for adults caring for people 18 years plus include:

**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: **www.nhs.uk**

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**.

**Carers Skills Workshops:** We offer online and face-to-face sessions, view them in this magazine or visit:

Online workshops: **https://devoncarers.org.uk/support/training/online-training/**

Face-to-face workshops: **https://devoncarers.org.uk/support/training/face-to-face-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. All information correct at time of going to press.

We would love your thoughts on our new-look magazine!  
Email us at: **online@devoncarers.org.uk**

# Carer Ambassador wins BBC Radio Devon Make A Difference - Highly Commended Award

Congratulations to Anne Brand, for achieving the Highly Commended Award in the Carer category for the BBC Radio Devon Make A Difference Awards!

As a Carer Ambassador, Anne volunteers her time to help and support other unpaid carers, who would not cope without the work that volunteers like her carry out in conjunction with services from Devon Carers, Devon County Council and Devon Partnership NHS Trust. Andy Hood - Head of Carer Services commented:

“ We're absolutely delighted and pleased for Anne, winning this award in recognition of her years of hard work supporting unpaid carers in Devon. ”



Photo credit: BBC Radio Devon

If you would like to chat about our various volunteering roles including; telephone volunteers, Time for You sitting service volunteers to enable carers to take a break from their caring role for a few hours, or being involved as a Carer Ambassador to help shape the future of carers services, then contact us now. You can make a difference too!

Find out more about volunteering with us:

<https://devoncarers.org.uk/community/get-involved/volunteer-with-us/>

## Covid-19 vaccinations available now for unpaid carers

Did you know that unpaid carers aged 16 and above are now eligible to book their free Covid-19 booster and flu vaccinations via the National Booking Service?

You can either book online at: <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/book-covid-19-vaccination/> or by calling 119 for free or by finding an appointment through the online walk-in vaccination site finder website: <https://www.nhs.uk/nhs-services/covid-19-services/covid-19-vaccination-services/find-a-walk-in-covid-19-vaccination-site/>

For more information visit: <https://onedevon.org.uk/our-work/services-and-support/coronavirus/flu-and-covid-19-vaccinations-for-unpaid-carers/>



# Carers Rights Day Information Fair, Exeter - Thursday 23rd November

Join us to find out about the services which are available to **YOU** at our **Carers Rights Day Information Fair on Thursday 23rd November at Exeter Phoenix, 10am to 4pm.**

Carers Rights Day is a national event which raises awareness of the invaluable role that unpaid carers carry out across the UK. With over 74,000 carers throughout Devon, it is more important than ever to find out about your rights and how **YOU** can be supported while you are looking after someone else.

Carers Rights Day enables carers to find out about their rights to; a Carers Assessment, their identified needs being met, the right not to be discriminated against, to be recognised as a carer, to be included in hospital discharge planning, a right to a break and to register as an unpaid carer with their GP practice to enable them to access health checks and vaccinations.

Do you have questions about what is available to you, what you are entitled to and how to access these services and benefits?

Then join us and speak directly to local helpful and friendly organisations including;

- Devon Carers
- Devon Young Carers
- Citizens Advice
- Time for You sitting service
- Devon & Somerset Fire & Rescue Service
- Devon Carers Hospital Services
- Qwell - Mental Health Support
- Healthwatch Devon
- Recovery Devon
- South West Water
- Exeter Community Initiatives
- Westbank - Health, Wellbeing and Care
- and more!

**Follow us on social media and our website for more details about this event and our smaller awareness stands which will be taking place at Trago Mills, Newton Abbot and Barnstaple Library, North Devon on the day: <https://devoncarers.org.uk/information-and-advice/my-rights-as-a-carer/carers-rights-day/>**





# Carers enjoy tea with a pony!

Exeter Riding for the Disabled Association very kindly offered 'Tea with a Pony' sessions for some of our carers who attend our Peer Support groups and support those living with dementia.

Attendees enjoyed tea and cake and spent time with some of the ponies at Oaklands Riding School in Exeter.

Helen Yazhekov, Group Coach with Exeter RDA, said "We're thrilled to be in our second year offering 'Tea with a Pony' sessions at Oaklands stables. The sessions have allowed us to connect with different groups within our community. Most often people living with dementia or similar conditions, but it really is for anyone who fancies a cuppa and a bit of time with a pony, everyone is welcome!"

She continued "The aim of our session is to provide a friendly, meaningful, and fun sensory experience with our horses and ponies. We've found the ponies are great at getting people chatting. It doesn't matter if you have a horsey background, being around them is a great connector."

Our carers who attended the sessions had a fantastic time, they commented:

“ Please thank everyone for our session this morning. We both enjoyed ourselves and found it beneficial. I had never been near a horse let alone touched it! I think my partner had many years ago. He has lots to talk about. ”

“ Please pass on to Helen and the team at RDA how much we enjoyed the time - it was interesting hearing all about the ponies, the stables and the work the RDA does, it was so appreciated! ”

These sessions were really successful and we are hoping we can offer them again next year to carers and the person they support with dementia, in Exeter and surrounding areas. If you would like to be considered for their future sessions, please email: [peersupport@devoncarers.org.uk](mailto:peersupport@devoncarers.org.uk)



## Our latest Caring Out Loud Podcast is now available!

Our Peer Support team chat about the service and how it helps carers to connect with each other.

To listen visit: <https://caringoutloud.podbean.com/>

# Top tips for a less stressful Christmas!

The festive season can be a wonderful time for family get togethers, sharing gifts and catching up with friends, but for carers it can also bring added stress, complication and exhaustion!

**Follow our top tips to help you to look after yourself as well as the person you care for.**



**Ensure you have sufficient medication:** this will reduce your stress levels by not worrying about ordering repeat prescriptions whilst GP surgeries and pharmacies are closed or are operating on reduced hours.



**Take people up on their offers of help:** ask them to peel vegetables, bring buffet food or a dessert, so you don't have to worry about providing it all. People love to be asked to do something practical which can be enjoyed by everyone.



**Speak to friends and family in advance:** you might not be able to host your usual family parties, so work out a compromise. For example, having smaller and quieter gatherings. Prepare people for the likelihood that the person you care for may need time in a quiet space and not to be offended if they do so!



**Treat yourself!:** even if the person you care for doesn't recognise the importance of the day due to their health condition, you can still enjoy some treats! Enjoy some special chocolates or take time out by listening to relaxing music, take a long bubble bath or spend time on a hobby to ensure it is a special time for you as well.



**Create a quiet space within your home:** if you have room, make a space which is cosy with cushions and blankets yet still has a 'Christmas feel' with low sensory stimulation, to give those you care for time to relax when they become tired or need time to themselves.



**Look out for activities that you can enjoy together:** take advantage of a change of scenery by visiting local events taking place over Christmas such as at National Trust properties, gift fairs, walks or even a pantomime!

**For more tips for a less stressful festive season visit:**

**<https://devoncarers.org.uk/top-tips-for-christmas/>**

## Call for Carer Support Groups in your local community!

Caring for someone can be very rewarding but also incredibly lonely and isolating at the same time. But you aren't alone! Many carers feel the same and local Carer Support Groups can provide a safe place to talk to others who understand and share your experiences.

It is incredibly important that carers are able to access face-to-face groups but with Covid-19 many have had to close. The good news is that they are starting to open again and are welcoming new carers, but we need your help to let everyone know where they are taking place!

Do you run a local community carer group? We have a new section on our website where you can promote your group. Simply let us know your carer group's name, when it takes place, where and who can attend ie just unpaid carers, or if people can bring the person they support along with them and we will add it to our page!

**For more information visit:** <https://devoncarers.org.uk/community/community-support-groups/>

**To add your group's details email:** [online@devoncarers.org.uk](mailto:online@devoncarers.org.uk)



# Carers stories

## New Peer Support Group suggestion reduces carer isolation

Nickie moved to Devon a few years ago where she provides care and support for her adult son, Mike, who was diagnosed with an autism spectrum condition at 21 years old. She previously volunteered with a pressure group in London which worked towards supported living homes for young autistic people. The group enabled those with low-level support needs to achieve almost independent living - away from the family setting. Finding herself in a similar situation with her son, she moved her family to Devon to find a more suitable home, which included a self-contained apartment where her son could live independently.

Nickie commented *"Whilst settling my family into Devon life, it was also important for me to find other parents of autistic adults, but I was unable to find any local links to do so. This is when I found out about the free services that Devon Carers offered including their Peer Support groups. At that time, pre-COVID, they only provided in-person groups, based on geographical locations, rather than specific groups like autism or mental health."*

*"During COVID, Devon Carers started running groups via Zoom and I found those easier to access as I was then able to talk to carers Devon-wide. These welcoming Peer Support groups helped by enabling me to talk with other carers in similar situations to myself. But in turn, this also highlighted other areas of my life where I felt isolated."*

*"I feel that my family structure is unconventional, and I'm not always comfortable talking about it in a group setting. Cut off from my LGBTQI+ community, I wondered if any other carers might feel similarly and welcome a group without a constant need to choose whether to explain or simply to hide our different family structures."*

*"I knew of many people in the LGBTQI+ world who are living and/or caring in isolation. There are constant concerns that others in the group might not be so welcoming. These are issues not faced by all carers, but they loom large for some of us. I think it is important that the whole person can be accepted and supported in whichever group they attend. Devon Carers were fantastic at understanding and supporting these concerns and were very welcoming in the suggestion to run groups for carers in my position. They set up a group specifically for LGBTQI+ carers and it's such a wonderful relief to feel free to describe my family knowing everyone has accepted their own differences and will understand."*

*"Many LGBTQI+ people are cut off from, or no longer have family to support them, having the opportunity to build a support network that we have chosen, is so important. Devon Carers recognise and encourage people from all backgrounds to find a space to feel comfortable and where they can find mutual support, as we all have one thing in common, we are all unpaid carers!"*

We would like to thank Nickie for writing her story for our readers.

**Why not join one of our Peer Support groups (online and face-to-face) where carers mutually support each other practically and emotionally by sharing knowledge and experiences. From specific groups including autism, dementia and mental health, to craft groups, a games night and even a living room disco, there will be one for you!**

**If like Nickie, you have an idea for a new group, contact us to chat about it, call our Helpline 03456 434 435 or email: [peer.support@devoncarers.org.uk](mailto:peer.support@devoncarers.org.uk), we would love to hear from you!**



# Carers Skills Workshops



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

It is essential to book your place. No booking is guaranteed until you have received confirmation from our training team.

To find out more about the workshop content, please visit: For live, online sessions: <https://www.devoncarers.org.uk/support/training/online-training/> For face-to-face sessions: <https://www.devoncarers.org.uk/support/training/face-to-face-training/>

To book your place or if you have any queries about our workshops email: [training@devoncarers.org.uk](mailto:training@devoncarers.org.uk) with the workshop name, date, your name and date of birth. Please do not contact the venue.

## KEY:



Live, online Zoom workshops



Face-to-face workshops at a venue



### 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 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

Tuesday 21st November

2.00pm to 3.30pm

Online on 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. 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

Wednesday 22nd November

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 those 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 27th November

10.30pm to 12.00pm

Online on Zoom

### 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, real-time 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

Monday 4th December

10.30am to 12.30pm

Online on Zoom

### 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 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 5th December

10.00am to 12.00pm

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 live, real-time Zoom 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 23rd January

10.30am to 12.30pm

Online on Zoom

### Looking at the challenges of caring for a parent who has dementia

Are you an unpaid carer of a parent that has dementia, and are you experiencing particular difficulties and problems? In this live real-time Zoom session we will:

- Give you time to identify the issues you are personally facing as a carer of a parent with dementia
- Allow time to come up with strategies and solutions with other carers in the group; that might be of benefit to help resolve the difficulties within your caring role

Wednesday 24th January

2.00pm to 4.00pm

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 29th January

10.30am to 12.00pm

Online on Zoom





## 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 ever-changing situation
- Discuss communication vs connection – mistakes we 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

Wednesday 31st January (part 1)	11.00am to 1.00pm	Online on Zoom
Wednesday 7th February (part 2)		



## Dementia and sleep

Does the person you care for have trouble sleeping?

In this live, real-time 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

Monday 5th February	10.30am to 12.00pm	Online on Zoom
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## Manual handling

It is important to look after your own health when looking after someone.

In this face-to-face session we will:

- Discuss how to protect yourself in terms of back injuries
- Assess the risks involved when manual handling in your care role
- Look at falls, getting in and out of cars etc
- Pick up particular individual manual handling issues that carers might have

Thursday 22nd February	10.30am to 12.30pm	Barnstaple Library, Tuly Street, Barnstaple, EX31 1EL
Thursday 28th March		Exeter CoLab, Wat Tyler House, King William Street, Exeter, EX4 6PD

# News and info

## How have you enjoyed your Carers Break Fund?

Our Carers Break Fund is available for adult unpaid carers in Devon looking after someone 18 years plus to enable them to take a break from their caring role (and who haven't received a payment in the last two years). Hundreds of carers have been able to take advantage of the fund, which has helped them to enjoy a vast range of different activities, hobbies and breaks, in fact anything that helps them take some time for themselves. **For more information visit:** <https://devoncarers.org.uk/information-and-advice/looking-after-me/carers-break-fund/>

**How will you spend yours? Here are some of the ways carers have enjoyed theirs:**



"I spent mine on horse riding! It was wonderful to have a break plodding around on horse back through Haldon Forest."



"I'm looking forward to a few days away with my camera to revive my love of photography"



"Can't wait to get back to the pool and gym, so I can feel a little more me again!"

"I've signed up for an online language course, I can't wait!"

"I'm going to spend it on some plants and some novels to read in the garden!"

"I bought some waterproofs and walking boots so I can get out in all weathers!"



"I love painting so will spend it on new watercolour paints, brushes and paper"

"I've bought a wetsuit so I can go wild swimming"

"I've been saving for a bike, this payment has got me to my goal!"

"This money gives me the incentive and motivation to take my own needs more seriously"

"A neck and back massage is just what the doctor ordered"

Apply now by clicking on 'ask' on [www.devoncarers.org.uk](http://www.devoncarers.org.uk) and request a Carers Break Fund Application form to be sent to you. Alternatively call our Helpline 03456 434 435.



# Carer Friendly Devon supporters making a difference

Our Carer Friendly Devon businesses, organisations and attractions are making a real difference to the lives of unpaid carers and those they support throughout Devon!

Okehampton's first Carer Friendly Devon business, Dogberry & Finch Books, has been highly praised by Carer Ambassador, Jane Taylor, who cares for her husband Gilby, for their efforts in making their lives easier while shopping with them.

Kate McCloskey owner of Dogberry & Finch Books, commented, *"With advice from Carer Ambassador Jane, it was so easy to make my indie bookshop an accessible, welcoming space for everyone in the community, and I'm proud to be Okehampton's first Carer Friendly Devon business. Working practices such as making the bookshop fully wheelchair-accessible and turning off background music for deaf and autistic customers without having to be asked, makes for a very individual and relaxed shopping experience and is a small way for any business to support the amazing work of unpaid carers."*

Jane thanked Dogberry and Finch for being wheelchair friendly and is calling for other businesses across Devon to do the same.

She commented *"The bookshop clearly advertises that their business is wheelchair accessible and provides a ramp which allowed my husband to access the shop easily to purchase a book without any extra fuss. There are even seats available if someone needs to sit down. Such simple and inexpensive actions can make such a difference to carers and those they support."*

Seaton Tramway, one of our Carer Friendly Devon attractions, very kindly hosted a day offering free travel for unpaid carers registered with us.

Nicola Stone, Director, Learning, Activity and Interpretation Manager commented, *"We were delighted to be able to offer carers a special day of free travel on our trams on 22nd September, enabling them to enjoy a day to themselves travelling on our heritage trams through the beautiful Axe Valley. This was in addition to our normal offer for carers, which allows them to travel free of charge when accompanying a cared-for person. We would like to thank all those who took advantage of our offer and look forward to working with Devon Carers again to offer more special days at the Tramway in 2024."*

**We're asking businesses, organisations and attractions to consider what they can do to make life a little easier for unpaid carers and those they look after whilst using their services, with our Carer Friendly Devon scheme.**

**Could you join us and make a difference? Find out more: <https://devoncarers.org.uk/community/carers-friendly-devon/>**



# Health and wellbeing

## Devon County Council respond to your views

In our previous magazine, Joint Carers Lead, Devon County Council, Sue Younger-Ross asked for carers' thoughts on the most effective way to reduce loneliness and your views on the decrease in reported unpaid carers in the Census.

She commented, *"We are very grateful to all the carers who took time to answer our questions and we are considering all responses carefully."*

We asked two questions: What actions can we take to reduce social isolation? Why do you think the Census said there were fewer carers than we expected?

### **With regards to actions to reduce social isolation, you highlighted:**

- Funding for breaks.
- Free or subsidised (concessionary) access to hobbies and swimming/exercise/craft classes. Can Learn Devon extend their offer?
- Sitters to allow the carer to go out. Expand the Time for You sitting service.
- More activities for the people carers support.
- Encourage neighbours to take more interest and increase community involvement.
- Replacement care (day, respite breaks).
- Increase local small groups, e.g. Memory Cafes where carers and the person they support can go together, and the carer gets a break while their person has something to do.
- More phone calls and visits at home; walking breaks and trips out.

### **What we are doing:**

Carers' Breaks payments are available for those who meet the scheme criteria. Where carers have (Care Act 2014) eligible needs, Direct Payments can be made where these are the best means of meeting those needs. This feedback helps us understand their value.

We are working to find ways to improve access to exercise facilities for carers. We will talk with Learn Devon and other partners who may be able to help with classes for hobbies, crafts, and more activities for the people carers are supporting.

We are working to make the Time for You sitting service available across Devon.

We are working to increase the impact of 'Carer Friendly Devon' to boost community support for carers and support from employers.

Replacement Care is one of our top two priorities in our Carers Strategy (the other being reducing carer isolation itself). We are working on several projects to improve access.

We will consider the other suggestions in developing the Carers Support Service.

One carer suggested that we should include tips on maintaining relationships and social networks in information for new carers. We will look at doing so.

### **With regards to actions to your thoughts on the Census finding a decrease in unpaid carers, your responses included:**

#### **Concentration of caring:**

- Carers talked about the longer-term effects of Covid-19. For example, you described increased illness generally, people only just starting to visit again, people switching off to cope with their own problems. One carer said that Covid put a strain on the marriage of relatives who used to help but have now split up and can no longer do this.



- Cost of living - people cannot afford to care but must work more.
- Others are afraid of Dementia.
- Difficulties in self-identification as a 'carer'
- Use of the term 'carer' e.g. 'clapping for carers'.
- Health professionals ignoring carers at hospital appointments.
- There are fewer prompts, or reasons to self-identify, because of changes to services.

Carers also wrote about other painful situations, including experiences of statutory services or as Parent Carers. These have been passed to the appropriate teams at Devon County Council to consider.

Your views on The Census survey where the question may not have been clear enough are also being used to help us in our future work.

**Sue commented:**

*Thank you to everyone who took the time to respond to our questions. They enable us to understand your experiences and they are actively helping us in our work to shape the future of carers' services across the county.*



**In 2022 we supported 27,000 unpaid carers across Devon.**

**As a Charity, we rely on donations and grants to help us run our services.**

**There are many ways you can support us: donate, volunteer, or leave a gift in your will.**



**www.westbank.org.uk**

 @westbankdevon  @westbankdevonuk  @westbankdevon

Westbank, Farm House Rise, Exminster, EX6 8AT | 01392 824752

Reg Charity:1119541 | Company No: 6243811





## Are you looking to meet and chat with other carers?

Why not join one of our friendly Peer Support groups (online and face-to-face) where carers mutually support each other practically and emotionally by sharing knowledge and experiences. To express your interest to attend any of these groups call our Helpline on **03456 434 435** who will refer you to our Peer Support team. For any queries once you have registered for the service, please email: **peer.support@devoncarers.org.uk**. All places need to be booked in advance with our Peer Support team. 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 Peer Support Groups

Please find below towns where the groups take place to see which is most convenient to you. Once you have spoken to the Peer Support team, they will send you updates on dates, times and venue addresses.

**November:** Bideford / Bovey Tracey / Exeter / Exeter – Neurodivergent Carers / Exeter – Wonford / Exmouth / Okehampton / Sidmouth / South Molten / Torrington / Totnes

**December:** Barnstaple / Braunton / Exeter – Wonford / Ivybridge / Killerton / Newton Abbot / Okehampton / Teignmouth

**January:** Bideford / Crediton / Exeter / Exeter – Neurodivergent Carers / Exeter – Wonford / Exmouth / Kingsbridge / Tiverton / Totnes

**February:** Barnstaple / Cullompton / Exeter / Exeter – Wonford / Dawlish / Ilfracombe / Ivybridge / Newton Abbot / Okehampton / Ottery St Mary / South Molton

### Online Zoom Peer Support Groups

Please find below dates and times when these online groups take place to see which is most convenient to you. Once you have spoken to the Peer Support team, they will send you updates on availability.

<b>Games Night</b>	Tuesday	07/11, 21/11, 05/12, 16/01, 06/02, 20/02	7.30pm - 9.00pm
<b>Autism Group</b>	Wednesday	01/11, 06/12, 10/01, 07/02	10.30am - 12.00pm
<b>Dementia Group</b>	Monday	13/11, 11/12, 15/01, 12/02	10.30am - 12.00pm
<b>Mental Health Group</b>	Wednesday	22/11, 31/01, 28/02	12.00pm - 1.00pm
<b>Mental Health (evening Group)</b>	Tuesday	14/11, 12/12, 09/01, 13/02	7.30pm - 9.00pm
<b>Male Carers</b>	Wednesday	08/11, 13/12, 10/01, 14/02	2.00pm - 3.00pm
<b>Craft Group</b>	Thursday	09/11, 14/12, 18/01, 15/02	11.00am - 12.00pm
	Tuesday	28/11, 23/01, 27/02	7.30pm - 9.00pm
<b>Parent with Dementia Group</b>	Thursday	16/11, 14/12, 18/01, 22/01	7.30pm - 9.00pm
<b>Open to All</b>	Thursday	30/11, 25/01, 29/02	10.30am - 12.00pm
<b>Living Room Disco</b>	Thursday	07/12, 01/02	7.30pm - 9.00pm
<b>*NEW Neurological Conditions</b>	Thursday	11/01, 08/02	7.30pm - 9.00pm

\*Group for carers of people with neurological conditions such as MS, Parkinsons, Huntington's, MND etc.

**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 printed on sustainably sourced paper using vegetable-based 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.