



*You Care, We Care*

**Spring 2024**



## What's inside:

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- Look back at Carers Rights Day
- 25 years supporting unpaid carers
- Carers Skills Workshops
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- 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**

# Carers 'Crafty' Christmas at Killerton House

Once again, our Carer Friendly supporter, National Trust Killerton, kindly offered carers who participate in our Peer Support craft groups, the opportunity to create and showcase hand-made Christmas decorations as part of the Community Christmas Tree display to raise awareness of unpaid carers.

Carers took part in online and face-to-face craft sessions to create bespoke and imaginative decorations for the Devon Carers Christmas tree, which was proudly displayed in the Chapel at Killerton throughout the festive period.

We received very positive feedback from everyone who participated including;



**“ Being involved with the Christmas Tree project gave me the excuse to set aside time for craft activities which I really love but didn't normally get around to doing! ”**

Another one of our carers commented “I made 3D stars, recycled a broken garland into little Santa baubles, tried my hand at macrame trees and snowflakes and needle-felted a few acorn wreaths. It was good to be involved to pay back the help, support and friendship I have received from Devon Carers over the years.”

We would like to thank all of our Peer Support craft group and Killerton House for coming together to create such a beautifully decorated tree and to help us raise awareness of unpaid carers!

**If you would like to join our Peer Support Craft Group and are registered with us email: [peer.support@devoncarers.org.uk](mailto:peer.support@devoncarers.org.uk)**

**If you aren't registered with us yet, you can do so online: <https://devoncarers.org.uk/register-for-support/> or call our Helpline: 03456 434 435.**



# A look back at Carers Rights Day Information Fair

Thank you to everyone who attended our Carers Rights Day Information Fair.

From people just starting on their caring journey to those who have been caring for a long time, we received fantastic feedback that you found it helpful to find out about the services which are available to support YOU, all in one room!

We held the fair on Carers Rights Day which is a national event raising 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.

The theme of this year's Carers Rights Day was: Carers rights: today, tomorrow and in the future. This was an excellent focus as it highlights the rights which carers might not know about including, their right 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.

Andy Hood, Head of Carer Services for Devon Carers commented:

**“ It was wonderful to speak to everyone on the day. Many were carers already receiving our help, but we were also delighted to welcome people who didn't necessarily recognise themselves as unpaid carers who popped along to find out more about us. It was great to be able to register them for our services on the day. They also found it helpful being able to speak to other local organisations who were offering their support services at the same time. ”**

For more information about Carers Rights Day visit: <https://devoncarers.org.uk/information-and-advice/my-rights-as-a-carer/carers-rights-day/> and <https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

# DPT Carers' Strategy launches in January 2024

Devon Partnership NHS Trust are pleased to share the upcoming launch of their revised Carers' Strategy (2024-2027) in January 2024. This strategy has been developed in collaboration with carers, carer ambassadors, and community carer organisations, recognising and addressing the challenges faced by unpaid carers.

Joanna Duke, Together and Carer Lead and member of the Carer Strategy Implementation Steering Group for Devon Partnership NHS Trust commented, "We recognise and value the significant contribution of unpaid carers to both the people they support and our organisation. Carers bring a wealth of knowledge and expertise, making them valuable members of the team, when supporting a person using our services. However, we recognise that the caring role can come with many challenges, and the needs and well-being of carers are often neglected. We are committed to changing this."

She continued: "It is important to us that carers feel their needs are recognised and addressed when they come in contact with our services. The new strategy sets out how we are committed to working with all carers."

They aim to,

- help carers understand what to expect from their organisation,
- advise them of their rights,
- enable them to access available support,
- and inform how they can be involved in the care of the person they support as an equal partner and participate in shaping and improving their services.

She commented;

**“ Our vision is to place carers at the heart of everything we do, nurturing a partnership where they feel valued, respected and supported. To achieve this ambition, we have set out clear milestones for the next three years, focusing on implementing the Triangle of Care across our inpatient and community services. The effectiveness of this strategy will be judged by carers. We look forward to sharing our revised strategy with you in the upcoming months. ”**

For more information on their available resources for families and carers, please visit their website: <https://www.dpt.nhs.uk/resources/carers-and-families>

If you have any questions, please contact Joanna Duke at [joannaduke@nhs.net](mailto:joannaduke@nhs.net)



# Spring into spring by keeping yourself active!

Being active not only improves your physical health but also your mental well-being and can help you cope with the challenges of being a carer. Whether you are looking to improve your fitness - which may also help you to take a break from caring - or you want to keep active with the person you care for, spring into spring with our top tips below.\*



**Keeping active for free:** Sign up for the Carers UK - Carers Active Hub newsletter for regular tips and free wellness exercise videos which you can do on your own or with the person you care for: <https://www.carersuk.org/help-and-advice/your-health-and-wellbeing/carers-active-hub/>



**Looking after your well-being enables more positive relationships with those you care for:** Try the NHS Every Mind Matters - quick Mind Plan quiz for tips to help you deal with stress, anxiety, sleep and to boost your mood. Visit: <https://www.nhs.uk/every-mind-matters/>



**Meet other carers and learn new skills:** Join our friendly Carer Skills Workshops to help reduce stress in our 'Relaxation in nature with mindfulness practices' workshop, or give yourself time to reflect on being a carer in our 'Thoughts, feelings and challenges' sessions, or learn new strategies in our 'How to cope as a carer' workshops. Visit: <https://devoncarers.org.uk/support/carers-skills-workshops/>



**Look after your mental health to help you cope better:** Visit: [www.qwell.io](http://www.qwell.io) which offers free, anonymous and safe mental health and well-being support, including same-day online counselling and support to adults across Devon, Plymouth and Torbay.

\*Before starting any exercise (especially if inside) clear any trip hazards to avoid hurting yourself and keep hydrated. Be aware of your limits, start gently and increase exercise slowly so you don't cause yourself any injuries. If you have health concerns, check with your GP about the type of activities they recommend for you first.

**For more information on looking after yourself visit:** <https://devoncarers.org.uk/information-and-advice/looking-after-me/>



In 2023 we supported 30,000 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](http://www.westbank.org.uk)

[@westbankdevon](https://www.instagram.com/westbankdevon) [@westbankdevonuk](https://www.facebook.com/westbankdevonuk) [@westbankdevon](https://www.twitter.com/westbankdevon)

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

Reg Charity:1119541 | Company No: 6243811



# Mobility scooters require bus travel permit

Did you know that you need a 'permit to travel' to take a mobility scooter on a low-level bus?

The Confederation of Passenger Transport UK (CPT) Scooter Permit scheme provides mobility scooter users with clear guidelines on using their scooters on low-floor bus services adapted to carry wheelchairs and on how to get a permit for travel.

To qualify for a permit, you will need to have a Class 2 scooter\* and will need to contact your local bus company for a free, simple assessment, to ensure that your scooter meets the necessary safety requirements and specifications.

See the CPT Code Leaflet for more information:

<https://ow.ly/R3pH50Q8ny4>

**In Devon, Stagecoach South West have signed up to the scheme and will be offering assessments and issuing permits to those who meet the required specification. If you wish to apply for a permit please contact them directly. For more details visit: <https://www.stagecoachbus.com/help-and-contact/faqs/can-i-take-my-mobility-scooter-or-wheelchair-on-the-bus>**

**If you are hoping to travel on a service operated by a different bus company, you may wish to contact them directly to ask about their policy on mobility scooters. For a list of bus companies visit: <https://www.traveldevon.info/bus/bus-operators/>**

*\*A Class 2 scooter is one constructed or adapted to be incapable of a speed of more than 4mph.*



## 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)

# Celebration of 25 years supp



We are thrilled to be celebrating 25 years of supporting unpaid carers in Devon at Westbank Community Health and Care. Our support has grown from a small group

that started in Exminster, 25 years ago, to the county-wide service (excluding Plymouth and Torbay) we now deliver through our Devon Carers and Devon Young Carers services.

Andy Hood, Head of Carers Services commented *"It's amazing to reach such a big milestone and see just how far we have come in delivering support for unpaid carers, as one of the largest services in the country with more than 30,000 people registered with us."*

He said *"I'm incredibly proud of the work we do to help those who support family, neighbours and friends who are ill, frail, or have a disability, mental health or substance misuse issue. Our unpaid carers provide regular support for those who wouldn't be able to cope without their help. This could be by collecting their shopping, popping in to make sure they are okay, or providing emotional support. It doesn't have to be full-time daily personal care, although it often is. Many carers look after someone for more than 50 hours per week, often alongside a full or part-time job, and we are here to support them."*

He commented:

**Devon Carers is an extraordinary organisation - with many of the people who work here being carers themselves.**

**This includes those who joined us because of the high level of service they received during their caring journey and they now want to help other carers who are in a similar position.**

He continued: *"25 years on, we provide a whole raft of support services and we have big ambitions to help even more people. It can take a long time for people to realise they are unpaid carers and even longer to accept this role in their everyday lives. We are making*

- First carer support group started **1998**

- Westbank awarded certificate of commendation in recognition of support for carers **1999**
- Awarded £117,563 to fund a full time Carers Co-ordinator

- Westbank awarded funding for Young Carers befriending service **2000**

- First national Young Carers Festival – attended by Young Carers from Westbank **2001**

- Young Carers Volunteer Befriending service launched **2002**

- Westbank Young Carers expanded into East Devon **2003**

- Devon-wide residential for Young Carers at Bicton College attended by 40 Young Carers **2004**

- Westbank hosts 50 delegates for Young Carers conference run by Young Carers themselves **2005**

- Westbank awarded funding to create an innovative new scheme to give carers a break **2006**

- Westbank wins new carers contract
- Launch of Take a Break scheme
- Celebration of carers service at Exeter Cathedral **2007**

- Launch of Devon Carers Link – single point of contact for carers in Devon, including a newsletter
- Take a Break extended to include Learning Disability carers **2008**

- Carers GP project delivered, including Caring with Confidence programme
- Devon Cares campaign
- Alert card scheme launched **2009**

- 3000+ Health and Wellbeing Checks undertaken
- Devon Carers festival held on Cathedral Green Exeter
- Worked with Devon Care and Repair to deliver over 1200 home safety checks **2010**

# Supporting Devon's unpaid carers

2011

- Launch of Devon Carers Voice – platform for carers to be heard about services
- Second Devon Carers Festival at Cathedral Green, Exeter
- Piloted a single access gateway for carers of all ages

2012

- Awarded contract, renamed and rebranded to Devon Carers
- Launch of carers Hospital Discharge scheme

2013

- Achieved Carers Trust quality award and membership
- First partnership awareness work with the Co-op – held stands at 47 Co-ops
- Launched Young Carers in Schools Resources Packs across Devon

2014

- 1500 carers identified during Carers Week
- Planning began for the implementation of The Care Act 2014

2015

- Take A Break finishes

2016

- Cabinet Office Carers Social Action Fund awarded for Peer Support project
- Department of Health funding awarded to develop Young Carers bullying prevention resource pack
- Awarded 2016 Cabinet Office Centre for Social Action Awards 2016 for Peer Support project

2017

- Awarded Carers Trust Centre of Excellence Award for Adult and Young Carers services

2018

- Awarded Caring Well in Devon contract
- Awarded Young Carers contract
- Won two awards - one for Peer Support and one from the Health Service Journal
- The Princess Royal visits Devon Carers

2019

- 1000 Carer Break Challenge launched
- Carer Friendly Devon launched

2020

- Carers Break Fund launched
- Awarded Helpline Standards Partnership

2021

- Won the Health Social Journal award for our Hospital Service scheme
- Carer Passports sent to all registered carers
- Devon & Somerset Fire & Rescue Service award for referring 1000 carers for a free home fire safety visit

2022

- Young Carers enjoyed Ocean Discoverability Day with the Island Trust
- Devon Carers foster 100 robopets to unpaid carers

2023

- Carer Friendly Devon was Highly Commended at the Exeter Impact Awards
- Awarded Helpline Standards Partnership

*it our goal to reach people earlier on in their caring role, as early intervention can make an enormous difference to their lives."*

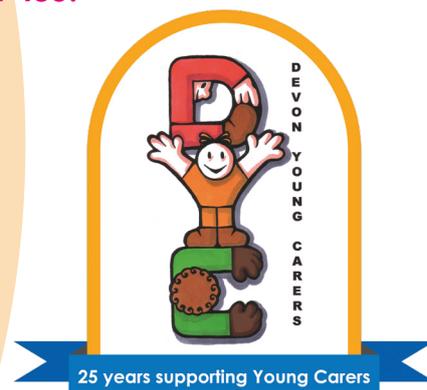
One of our carers, Sally, who has been registered with us since the early days of the service commented;

**“ I can't thank Devon Carers enough for the support they have given me whilst I've been caring for my husband John. Every step of the way they have been there for me, offering advice and information. Their Health and Wellbeing Check clarified the support I needed to make positive changes, including attending their courses where I've not only learnt new skills, but also made a lot of long-standing friendships with other carers. My life would have been very difficult without them. ”**

*We are looking forward to celebrating this achievement over the next year with several events planned. Andy continued, "We're proud of all we have achieved so far, but we know there is even more we can do. We are looking forward to what we can achieve with carers in the next 25 years."*

**Whether you are new to caring or are a long way through your journey, contact us for advice, information, a Carers Assessment, Carer Skills Workshops, Peer Support, carers passport, quarterly magazine, emergency planning forms, carer support or Carers Break Fund and more!**

**Visit: [www.devoncarers.org.uk](http://www.devoncarers.org.uk) and click on 'ask' to chat online or call our Helpline 03456 434 435.**



# 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

### 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

Tuesday 13th February	10.30am to 12.00pm	Online on Zoom
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### Relaxation in nature with mindfulness practices



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

Monday 19th February	1.30pm to 3.00pm	Online on Zoom
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### 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

Wednesday 21st February	10.00am to 12.00pm	Online on Zoom
Thursday 11th April	10.30am to 12.30pm	

### 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

### How to cope as a carer



Would you like to learn some hints, tips & strategies on “How to cope as a carer?” In this live, two part real-time Zoom session we will:

- Part 1 - Look at self-care which will cover eating, exercise, sleep, alcohol and smoking
- Advice on being organised, rewarding yourself, taking time for yourself (and why not to feel guilty about it)
- Advice about getting the best out of the NHS and other sources of practical help
- Part 2 - Coping mentally and emotionally looking at feelings of guilt, resentment, anger, negativity, loneliness, loss (of the person they were before and the future you thought you were going to have).
- Looking at help, accepting help (not just saying I am fine) and advice on managing unhelpful suggestions, from other people when you are busy contending with a caring role

Monday 26th February (Part 1)

10.00am to 11.30am

Online on Zoom

Monday 4th March (Part 2)

### 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

Thursday 29th February

2.00pm to 4.00pm

Online on Zoom

### Looking at the challenges of caring for someone with a chronic illness or hidden disability



Do you find that your caring role, goes unrecognised by the majority of people as you look after someone with a chronic illness or hidden disability?

In this live, real time Zoom session we will look at:

- Problems that arise from people not realising how difficult your caring role can be
- Strategies and solutions with other carers in the group, that might be of benefit to help resolve the difficulties within your caring role

Tuesday 12th March

10.00am to 12.00pm

Online on Zoom



### Reminder to apply for your Carers Break Fund!

Apply **NOW** for our Carers Break Fund if you are an adult caring for someone 18 years plus (and haven't claimed in the last two years). The end of the financial year is approaching and we still have funds available to enable you to take time out from your caring role. With an average of £187 being given, you could use it for a gym membership or exercise classes, to help with a hobby, to pay towards a night away, or you could restock your garden with spring plants, or towards technology to keep in contact with family or friends.

For more information visit: <https://devoncarers.org.uk/information-and-advice/looking-after-me/carers-break-fund/>

### Sleep workshop



Do you have trouble sleeping? This workshop will enable you look at improving the quality of your sleep patterns to chat through related issues with other carers. 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 13th March

10.00am to 12.00pm

Online on Zoom

### 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

Thursday 14th March

10.00am to 12.30pm

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

Thursday 25th April

Exeter Community Centre, 17 St. Davids Hill, Exeter, EX4 3RG

### 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

Wednesday 20th March

2.00pm to 4.00pm

Online on Zoom



## New Caring Out Loud Podcast coming soon!

To listen to our current podcasts visit: <https://caringoutloud.podbean.com>

If you would like to suggest topics for future episodes, please email: [caringoutloud@westbank.org.uk](mailto:caringoutloud@westbank.org.uk)

### 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

Friday 22nd March

10.30am to 12.00pm

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 live, real-time Zoom 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

Thursday 4th April

10.30am to 12.30pm

Online on Zoom

### How to use your IT devices



Do you have a tablet or laptop that you would like to use, but lack the confidence to do so? In this small group workshop you will receive individual tutored support, to help you use your device more confidently. In this face-to-face session we will:

- Allow you to bring your own IT device and discover how to use it to communicate with friends and family (through email or video call) or to search the internet
- Explore the topic that you want to be able to master, for example; online shopping

Tuesday 16th April

10.00am to 11.30am  
(Carers to request their preferred  
1 hour time slot)

Exeter Community Centre,  
17 St. Davids Hill, Exeter, EX4  
3RG

### Dementia and food



If you care for someone with dementia food and eating can sometimes be an 'issue'. In this live real time zoom session we will:

- Discuss and learn why people with dementia can have issues around eating
- Look at strategies to try and make eating easier and healthier

Monday 22nd April

10.00am to 11.30am

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

Tuesday 30th April (Part 1)	10.30am to 12.30pm	Online on Zoom
Tuesday 14th May (Part 2)		



### 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

Friday 3rd May	10.30am to 12.00pm	Online on Zoom
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### Dementia & the environment

People living with dementia can be affected by environmental factors.

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

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

Monday 13th May	10.00am to 11.30am	Online on Zoom
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## 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 look out for our latest updates on social media, email and letters, or get in touch for our latest schedules.

### 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.

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

**March:** Bideford / Bovey Tracey / Chulmleigh / Crediton / Exeter / Exmouth / Ilfracombe / Ivybridge / Killerton House / Okehampton / Sidmouth / Totnes

**April:** Barnstaple / Cullompton / Exeter / Exmouth / Kingsbridge / Newton Abbot / Okehampton / South Molton / Torrington / Totnes

**May:** Bideford / Chulmleigh / Crediton / Exeter / Ivybridge / Okehampton / Ottery St Mary / South TBC/ Tiverton

### 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	06/02, 20/02, 05/03, 19/03, 02/04, 16/04, 07/05, 21/05	7.30pm - 9.00pm
<b>Autism Group</b>	Wednesday	07/02, 06/03, 03/04, 01/05	10.30am - 12.00pm
<b>Dementia Group</b>	Monday	12/02, 11/03, 08/04, 13/05	10.30am - 12.00pm
<b>Mental Health Group</b>	Wednesday	28/02, 27/03, 24/04, 22/05	12.00pm - 1.00pm
<b>Mental Health (evening Group)</b>	Tuesday	13/02, 12/03, 09/04, 14/05	7.30pm - 9.00pm
<b>Male Carers</b>	Wednesday	14/02, 13/03, 10/04, 08/05	2.00pm - 3.00pm
<b>Craft Group</b>	Thursday	08/02, 14/03, 11/04, 09/05	11.00am - 12.00pm
	Tuesday	27/02, 26/03, 23/04, 28/05	7.30pm - 9.00pm
<b>Parent with Dementia Group</b>	Thursday	15/02, 21/03, 18/04, 16/05	7.30pm - 9.00pm
<b>Open to All</b>	Thursday	22/02, 28/03, 25/04, 23/05	10.30am - 12.00pm
<b>Living Room Disco</b>	Thursday	01/02, 04/04	7.30pm - 9.00pm
<b>*Neurological Conditions</b>	Thursday	08/02, 14/03, 11/04, 09/05	6.30pm - 8.00pm
<b>LGBTQ+</b>	Monday	22/04	10.00am - 11.00am

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

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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.