

LOOKING TO MAKE A CHANGE?



At the beginning of this new year perhaps you are a smoker who would like to cut back or even give up for good? Or you might want to aim for a healthier weight but can't find the time or motivation to get active. Whatever your goal, OneSmallStep may be able to help. OneSmallStep is the service set up and funded by Devon County Council to guide and support you through small steps to change. OneSmallStep offers support with

information, advice and guidance available online, by telephone and through coaching. If you would like more information, you can call and speak to the team on Freephone 0800 298 2654 Monday - Friday 9:00am - 6:30pm.

OneSmallStep has also developed a new healthy lifestyle app - "Rally" - which is free to everyone over 18 living in the Devon County Council area. Go to www.onesmallstep.org/rally to register online so you can download this.

NEW ONLINE SUPPORT FOR CARERS

Devon County Council has recently partnered with Carers UK to bring new online services to carers in Devon. Over time the range of support available will increase but right now there are two new training courses and, for those who like to use their smart phones, free access to the 'Jointly' care co-ordination App.

The courses are:

1. 'About Me: building resilience for caring'. This online course aims to help carers identify and find resources, technology and sources of support to prevent caring responsibilities from becoming overwhelming.

2. 'The role of good nutrition in caring for someone' This online course aims to help carers understand the role of nutrition both for themselves as well as the person they are looking after.

The Jointly App makes caring for someone a little easier, less stressful and a lot more organised by making communication and coordination between those who share the care as easy as a text message. To access the courses and free 'Jointly' App please go to <http://bit.ly/DCJointly>. When prompted for an access code, please enter **DGTL8827**. This will allow you to access the online courses and you can go on to access 'Jointly' using the same access code.

A CARER'S STORY

I am a parent carer of a young person with Down syndrome, ADHD and Autism traits, and considerable communication, visual, hearing, sensory and mobility challenges. While my daughter was at school I tried to return to work on various occasions. Back then the system was not at all geared towards helping people in a caring role into any kind of work, except full-time; not possible for me as a lone parent. As my daughter approached 18, I was determined to create a source of income which would allow me to fit working around my caring responsibilities.

Interested in coaching for several years, I decided to train as a coach for people with ADHD, Asperger's and other conditions which often accompany ADHD. Immediately following my training in 2015 I was signposted by a worker at Devon Carers to the Carers into Employment Event held in Exeter. There I was able to make many useful local contacts, to help me in setting up my business, and I was also able to sign up for the Coaching for Carers pilot. Through this coaching, I was able to see more clearly how my roles as carer and business person could fit together.

I am now a qualified accredited ADHD coach, and through my business, Remarkable Difference ADHD coaching, I am helping people from all over Devon, South West England and other countries across the world, to learn to manage their ADHD symptoms and challenges and live to their potential.

Anna Schlapp

WELCOME TO OUR NEW LEAD PRACTITIONER FOR MENTAL HEALTH

Hello, I'd like to introduce myself as the newly appointed Lead Practitioner for Mental Health across Devon. My name is Susan Lock, I am a qualified Mental Health Social Worker and have worked within Community Mental Health Teams in the South Hams and West Devon.

Primarily I am a resource to support Carer Support Officers and Carers who are caring for people with Mental Health conditions/ill health. I will also liaise with mental health services and develop a working link to provide support and advice to carers. I hope to get around to each of the areas and teams over the coming months and look forward to attending some carers groups.

Sue can be contacted through the Devon Carers helpline on ☎03456 434 435.

NEW SUPPORT UNIT FOR PEOPLE WITH MENTAL HEALTH NEEDS

Work has recently started on the construction of Devon's first Psychiatric Intensive Care Unit (PICU) on Devon Partnership NHS Trust's Wonford House site in Exeter.

At the moment, people who require intensive treatment and support for their mental health needs have to travel outside the county – often very long distances. Last year 116 placements were made to a PICU outside Devon.

Construction of the ten-bed PICU, which will support both men and women, is expected to take about a year and the new facility should become fully operational early in 2019.

LOVE TO TALK SPORT?

If you or the person you are caring for love to talk about sport you might be interested to share your sporting memories with other older sports fans at the 'Men's Sporting Memories Group' which meets every Wednesday 10:00am to 12:00pm at Exeter City FC, The Grecian Centre, St James Park, Stadium Way. Enjoy spot the ball, sharing stories, sports quizzes, light games and free refreshments.

The Sporting Memories Foundation supports older people across the UK living with dementia, depression and loneliness by engaging them in social activities and helping them to recall memories of watching or playing sport.

For more information please call Perter Ferlie on ☎01392 255611 or email ✉perter.ferlie@ecfc.co.uk. More information on Sporting Memories can be found at ✉www.sportingmemoriesnetwork.com.

THE SECRET LIFE OF US

A group of more than 50 national organisations make up the 'Disabled Children's Partnership' to help raise awareness of the challenges faced by families caring for a disabled child. 'The secret life of us' is their campaign to bring to life the realities of the challenges disabled children, young people and their families face in living a life many people take for granted.

They are always looking for families to share their stories and anyone interested in supporting their campaigning work can follow the campaign on facebook or twitter or view the website at ✉www.disabledchildrenspartnership.org.uk. If you don't have online access you can also

contact the partnership by post: **Disabled Children's Partnership, C/O National Mencap Centre, 123 Golden Lane, London EC1Y 0RT.**

If you are caring for a disabled child or young person, Contact (previously Contact a Family) have a useful website at ✉www.contact.org.uk and a freephone advice line available Monday - Friday, 9:30am-5:00pm ☎0808 808 3555.

HOME LIBRARY SERVICE



Devon Home Library Service is a free service delivered by the Royal Voluntary Service on behalf of Libraries Unlimited. Books are delivered by volunteers in a variety of formats for those

who can no longer get to the library due to health, mobility or caring responsibilities.

This service can be provided on both a temporary or permanent basis and books are chosen to suit the reader after completing a reader profile. Alternatively books can be ordered on line by the reader and can be kept longer than a normal loan period.

If you, or someone you know would be interested in receiving books via the Home Library Service you can contact Catherine on ☎07786 635163 or e-mail: ✉CornwallDevonHub@royalvoluntaryservice.org.uk. All volunteers are DBS checked.

NORTH DEVON & TORRIDGE

Staff Details (All staff can be contacted through our helpline number on 03456 434 435)

Local Development Manager: Jo Morgan

Countywide Lead Practitioner - Learning Disabilities: Jan Howe

Countywide Lead Practitioner - Older People's Mental Health: Mary Austin

Countywide Lead Practitioner - Parent Carers: Janet Maunder

Countywide Lead Practitioner - Mental Health: Sue Lock

Carers Support Officers: Bryony Maycock, Carolyn Hill, Jo Daykin, Aneta Guzik-Davies, Sarah Ince, Sarah Milton and Alison Farquharson.

Peer Support Officer: Ellie Taylor

Lead Practitioner - Young Carers: Marion Welch

Young Carers Support Worker: Jim Harvey and Zoe Stewart

Welcome to the pages of the newsletter covering events in **Northern Devon**. If you have any questions about anything on these pages, or you would like to submit copy for the next newsletter, please contact Jo, Marion or one of your Carers Support Officers at Devon Carers. These pages can be used for local information and forthcoming events relating to caring. Call ☎ **03456 434 435** or email ✉ joanne.morgan@devoncarers.org.uk.

NEW FORGET ME NOT FRIENDS CAFÉ FOR HOLSWORTHY

The Forget-me-not-Friends Café is coming to Holsworthy. It aims to provide opportunities for people with memory issues and also family and friends of those with dementia to meet up informally for a chat to share experiences. There are activities for those who wish to engage e.g. quizzes, music sessions or just a trip down memory lane in a safe friendly environment. Tea and cakes are provided.

Set up by TTVS (Taw and Torrridge Voluntary Services) the café will be funded through charitable donations. Guest speakers will be invited to some of the sessions.

The Forget Me Not Café will meet 2:00pm - 4:00pm every second and fourth Monday of the month in the Manor Suite at Holsworthy Memorial Hall.

The next meetings will be held 12 February, 26 February, 12 March, 26 March and 23 April.

If you or anyone you know would be interested in receiving more information about the Forget-Me-Not Friends Cafe, please contact Rebecca Poet ☎ **07572 180100** or Trish Burke ☎ **07814 740055**.

'AUTISM-FRIENDLY' HAIR SALON APPOINTMENTS



Colorseum Hair Salon in Bideford is launching 'Autism and Hypersensitive friendly Wednesdays'. These will be held on the first Wednesday of every month. There will be no music playing, dim lighting, a lighter touch

and no loud electrical gadgets used. There will also be light touch massage on offer (various treatments available).

If you or someone you care for would find this approach helpful, please contact Colorseum on ☎01237 471583 for details. Updates and more information are also available from their Facebook page.

CARER'S VIEW ON 'SOUND IT OUT'

Thanks to Elaine for telling us about her experience of 'Sound it Out' in Barnstaple: *"My Husband, who has Vascular Dementia, loves music so we attend the 'Sound it Out' music therapy sessions at Christ Church in Bear Street on the 2nd and 4th Tuesdays of every month, 10:00am - 12:00pm. We start with drinks and cake and general chit-chat, we then do some gentle exercises to loosen up our bodies. Percussion instruments are distributed (my husband always chooses the noisiest one he can find!!) we then have a singing and percussion session for an hour, which is led by a trained music therapist who often plays her flute to accompany our singing. We generally have old favourites but some new songs are included occasionally. Everyone thoroughly enjoys the morning which is then rounded off with more refreshments if required."*

'Sound it Out' is aimed at people with memory loss and there is no cost to attend though people can make voluntary donations towards refreshments. For further information please contact ☎01271 321574 or 📧liveathome.barnstaple@mha.org.uk.

'MEMORIES ARE MADE OF THIS' GROUP FOR BARNSTAPLE

Memories are Made of this is a new structured programme of monthly activities for people with dementia and their carers.

Organised by Barnstaple Link Rotary Club, it is designed to complement the existing memory cafes in the area and aims to support people to 'enjoy nostalgic memories in the company of kindred spirits and improve your memory skills in a friendly environment'. Sessions take place every third Thursday of the month, 10:00am - 12:00pm, at Roundswell Community Centre (next to Sainsburys).

Further information available from John Silver at 📧ajohnsilver@btinternet.com, ☎07943 412021.

ACCESSIBLE ARTS FOR ALL



The Plough Arts Centre in Torrington is currently fundraising for support to make its backstage and dressing room areas more accessible to disabled performers. It already hosts a weekly theatre group for adults with disabilities and would like to make sure its dressing rooms can be more inclusive to all performers. The Prism Theatre group for adults with disabilities meets on Tuesdays 10:30am - 12:30pm at a cost of £3.50 per session. If you would be interested in finding out more or booking a place, please contact Sophie Evans on ☎01805 624624 or 📧sophie@theploughartscentre.org.uk.

KEEPING YOUR HOME WARM

If you have been finding it difficult to stay warm this winter you might be interested in Cosy Devon's Local Energy Advice Programme (LEAP). This is a free service providing advice, support and energy saving measures to households that are finding it difficult to keep their home warm and comfortable. A highly-trained LEAP helper will carry out a home visit and deliver support. This can include:

- Installing a range of simple measures (radiator panels, LED light bulbs, draught proofing for doors, windows and letterboxes, cylinder jackets, pipe lagging);
- Organising the installation of a new heating controller where it is inadequate or broken;
- Identifying larger energy efficiency measures that would improve the property where further funding is available (e.g. insulation or replacement boiler);
- Looking at the potential for savings from switching energy supplier and help the resident to switch if required;
- Checking whether the resident wants income maximisation advice and organising this.

Those eligible for the scheme include people in receipt of certain benefits, carers receiving Carers Allowance, those living with physical, sensory or learning disabilities, people who are recently bereaved and people living with a long term medical condition. To find out if you or the person you are caring for might be eligible for support please contact LEAP on ☎**0800 060 7567** or visit their website at 🌐**www.applyforleap.org.uk**.

NEW 'FOREST BATHING FOR CARERS' WALKS

Following the success of last year's trial 'forest bathing' sessions for carers, more walks have been arranged:

- **Friday 23 February, 11:00am-1:30pm/2:00pm, East Devon (venue tbc).**
- **Tuesday 13 March, 10:30am-1:00pm/1:30pm, Mamhead Obelisk, near Mamhead, Haldon Forest.**
- **Saturday 21 April, 11:00am-1:30pm/2:00pm, Great Plantation, near Bovey Tracey**

For further information and to book a place, please contact Devon Carers on ☎**03456 434 435** or e-mail 📧**susie.plunkett@devoncarers.org.uk**. You can also check out our new Forest Bathing website: 🌐**www.forestbathingforcarers.wordpress.com**.

DRIVING SAFER FOR LONGER

For many people, a driving licence is an important symbol of independence. Cars make it easier to go shopping, get to appointments, keep in touch with friends and attend social events without having to rely on others.

While some older drivers may be able to continue driving well into their 80s and 90s it's important for them to regularly assess their driving and make adjustments if necessary. The ageing process can affect a range of skills essential to driving – including eyesight, memory, decision-making and reaction times. Because this process is usually gradual, it can be difficult for the driver to notice and take action to address any potential problems.

As well as offering individual driver 'health checks' (for a fee) to anyone that feels this

would be beneficial, the Devon Travel Academy can deliver free workshops to community groups. Sessions will be tailored to the needs of the group but topics covered could include health, eyesight, medical conditions, Highway Code, the challenges facing drivers today, advice on aids to driving and some speed and hazard awareness. Participants will be given a free DVD and a workbook.

If you would be interested in finding out more please contact ☎**01392 444773**, e-mail: ✉**drivers@red1ltd.com** or see the website at ✉**www.max-driver.co.uk**.

CARERS IN DEVON NEED YOUR HELP – could you be a Carer Ambassador?

Our team of Carer Ambassadors (CAs) has recently helped us with events for Carers Rights Day. Following a survey by Devon County Council of carers who are in contact with the council, our CAs have also worked with commissioners to develop an action plan for areas of improvement.

We are now recruiting additional CAs – who will receive regular support and training – to help us to help even more carers. The role is very diverse, and CAs can get involved in activities which include:

- Acting as “friends” to carers where they have no-one else to speak for them or to help them find their way through services;
- Contributing to working groups or boards, and to staff training and recruitment.
- Arranging or attending community events eg during Carers’ Week to identify carers and promote information and services.
- Promoting the role of Carers and their needs

in their everyday life, eg. as patients of their own GP Practices through patient participation groups.

Matthew Byrne, manager of Devon Carers, said *“Carer Ambassadors are volunteer carers and former carers who use their lived experience of caring to improve life for carers in Devon. They play an invaluable role in helping us to promote carer awareness and support, to identify carers, and to ensure that they know how and where to get help. And of course they are the best people to represent carers’ perspectives and views to community organisations, statutory services and commissioners.”*

If you would be interested in finding out more please contact Lesley Willmott by email ✉**lesley.willmott@devoncarers.org.uk** or call ☎**03456 434 435**.

BE HEARD!

If you’re living with dementia, or caring for someone who is, the University of Exeter Medical School needs you! With a rapidly expanding program of research on dementia and care, the Medical School is eager to ensure that all its research is informed by real-world needs and experience. People with dementia and their carers are being invited to have a say on ground-breaking research, via the Centre for Research on Ageing and Cognitive Health Patient and Public Involvement Group. A broad range of research projects are being developed, spanning everything from genetic testing to gardening programs and you can have your say in regular group meetings or via email.

To join the group, or find out more, please contact Dr Siobhan O’Dwyer ✉**s.odwyer@exeter.ac.uk** or telephone ☎**01392 722402**.

Also available in large print or digital formats. Please call ☎03456 434 435

CARER SUPPORT GROUPS

BARNSTAPLE Alex Link Centre (for carers of someone who has a mental health problem)	Mon 19/02, 19/03, 16/04	11:00am - 1:00pm	Carolyn Hill ☎03456 434 435
BRAUNTON SQs Braunton	Thu 15/03, 19/04	10:30am - 12:30pm	Mary Austin ☎03456 434 435
CARERS OF PEOPLE WITH DEMENTIA Litchdon Medical Centre, Newport Road, Barnstaple	Mon 26/02, 26/03		
HALWILL CARERS GROUP Halwill Baptist Church Hall	Monthly on a Thursday - contact for details	3:00pm - 5:00pm	Barbara Dalton ☎01409221328
HATHERLEIGH CARERS GROUP Hatherleigh Community Centre	Please contact Beverly Dore for details		Beverly Dore ☎03456 434 435
NORTHERN DEVON FAMILY CARERS GROUP (For Carers of someone with a Learning Difficulty)	Tue 13/03, Mon 14/05 Please contact for time and venue		Ann Deadman ☎01237 441604
PARKINSONS UK CARERS SUPPORT GROUP Torridge Branch, Ethelwynne Brown House	Quarterly meetings on a Wednesday. Please contact Keith Hughes for details.		Keith Hughes ☎01237 475168
SPACE 4 U Holy Trinity Church Hall, Barbican Terrace, Barnstaple EX32 9HQ	Every Wednesday	1:00pm - 3:00pm	Sarah Milton ☎03456 434 435

OTHER SUPPORT GROUPS AND INFORMATION

BARNSTAPLE MEMORY CAFE Barnstaple Library	Fri 02/02, 02/03, 06/04	10:00am - 12:00noon	Anne McKiernan ☎memory.cafe@northdevoncab.org.uk
BARNSTAPLE MEMORY CAFE Pilton Church Hall	Fortnightly Wednesday	2:00pm - 4:00pm	Louise or Sue ☎01271 342188
BIDEFORD REMINISCENCE SESSIONS FOR OVER 60S Bideford Library	2nd Wednesday of the month	2:00pm - 3:30pm	Bideford Library ☎01237 476075 Sophie Evans TTVS ☎01237 459337
FORGET-ME-NOT FRIENDS GROUP Holsworthy Memorial Hall (Everyone welcome, especially people affected by memory loss.)	Every 2nd and 4th Monday of the month	2:00pm - 4:00pm	Rebecca Poet ☎07572 180100 Trish Burke ☎07814 740055
NORTH DEVON FORUM FOR AUTISM COFFEE MORNINGS Roundswell Community Centre, Barnstaple	Every 4th Thursday of the month	10:00am-12:00pm	☎info@ndautism.co.uk ☎07923 481332
MEMORIES ARE MADE OF THIS Roundswell Community Centre (structured programme for those with dementia-partners, carers welcome.)	3rd Thursday of the month	10:00am - 12:00pm	John Silver ☎07943 412021 Mike Warner ☎01598 710613
MUSICAL MEMORIES The Vision Centre, Slade Ilfracombe	Fortnightly Tuesday – please contact for details	2:00pm – 4:00pm	Margaret ☎01271 882927 or Hazel ☎01271 863 944
NORTHAM MEMORY CAFE Northam Hall	3rd Friday of the month	10:00am - 12:00pm	Sophie Evans ☎01237 459337
SEE HEAR CENTRE 19A Alexandria Road, Barnstaple	All day drop-in every Tuesday, 9:00am - 4:30pm. Contact ☎01271 373236 See Hear on Wheels monthly visits to Hartland, Bideford, Braunton, Ilfracombe, Winkleigh, South Molton		
SOUND IT OUT (Supporting people with memory loss and their carers) Christ Church, Bear St, Barnstaple	Tue 27/02, 13/03, 27/03, 10/04, 24/04	10:00am - 12:00noon	Sally Blackmore ☎01271 321574
SOUTH MOLTON MEMORY CAFE The Amory Centre	2nd Thursday of the month	10:30am - 12:30pm	Anne McKiernan at ☎memory.cafe@northdevoncab.org.uk
TORRINGTON MEMORY CAFE Methodist Church	Once-twice a month on Thursday – contact for details	10:30am - 12:30pm	Pauline Page ☎01805 625969
TorrAGE runs social and activity groups for older people in Torridge and South Molton. Please contact TorrAGE on ☎01805 622666 or see their website at ☎www.torrage.org.uk for more details.			

Please call ☎03456 434 435 or e-mail ☎northern@devoncarers.org.uk for more information or if you would like to contribute to a future newsletter. This newsletter is made from FSC certified paper and printed using vegetable inks. Published on behalf of Carers+ by Westbank: Registered Charity No 1119541 Company limited by guarantee Registered in England No 6243811. Devon Carers, Westbank, Healthy Living and Community Care Centre, Farm House Rise, Exminster, Exeter, EX6 8AT.

