



Carers Week

Monday 10th to Sunday 16th June

Supporting carers to get connected in their communities



www.devoncarers.org.uk
03456 434 435



Carers Week is a fantastic opportunity to celebrate the role of the carer. This year the theme is Getting Carers Connected, so we are doing just that.

We will be delivering a number of events to connect carers with professionals, services and most importantly, each other.

Events during Carers Week include fun activities that can be enjoyed shoulder to shoulder with other carers. They will give you the opportunity to expand your network of carer allies; and provide information about the support and services available to you. There will be plenty of opportunities for you to speak with Devon Carers and Carer Ambassadors for advice and guidance.

The events are spread across the week (including the weekend) to maximise accessibility for all carers. We are also holding live online chats on The Pod. If you aren't available on the day you can add your questions before by signing up: www.devoncarers.thepod.familycarersnet.co.uk/login.php or by downloading the app from Google Play or App Store.

We hope to see you at your local Information Market or giving forest bathing, mindfulness or even horsemanship for health a try!



Where you see this icon there are limited spaces so booking is essential. Please call the helpline on **t: 03456 434 435** to reserve your place.

Eastern Devon
and Exeter

Northern
Devon

Southern Devon
and West

Monday 10th to
Friday 14th June

Information Stand

Awareness and information stand with Devon Carers and Carer Ambassadors on hand to answer any questions you may have.

9am to 5.30pm

**Honiton Surgery, Marl pits Lane,
Honiton, EX14 2NY**

Monday 10th June

Tea, Cake and Chat ☎

A chance for carers to come along to the Dartmoor Community Kitchen Hub for tea, cake and a chat with Devon Carers and other carers.

Session 1: 10am to 11am

Session 2: 11am to 12pm

**Kitchen House Café,
45 Fore Street, Bovey Tracey,
TQ13 9BP**

Information Stand

Awareness and information stand with Devon Carers on hand to answer any questions you may have.

10am to 2pm

**Sainsbury's, Roundswell Business
Park, Gratton Way, Barnstaple,
EX31 3NH**

Carer Connection Event

A community event to showcase organisations and the support available to carers in and around Tavistock. Refreshments provided.

10am to 2pm

**RestAWhile TASS Café, The
Anchorage Centre, Chapel
Street, Tavistock, PL19 8AG**

Killerton House and Gardens Tour ☎

Join us for free entry to Killerton House & Gardens. With a tour by a National Trust volunteer to hear about its history and benefits of volunteering, free coffee and cake.

10.15am

**Killerton House and Gardens,
Killerton, Exeter, EX5 3LE**

Advice and Craft Session

A creative crafts session to promote wellbeing with Devon Carers on hand to answer any questions.

2.15pm to 4pm

**Trumps Court, East Street,
Sidmouth, EX10 8BL**

Tuesday 11th June

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided.

9am to 4pm

Colab Exeter, 3 King William Street, Exeter, EX4 6PD

Information Stand

Awareness and information stand with Devon Carers, and partners, on hand to answer any questions you may have. Refreshments provided.

9.30am to 1pm

Tiverton and District Hospital, Kennedy Way, Tiverton, EX16 6NT

Forest Bathing

Wanders for Wellbeing

Take in this gentle guided walk taking in the atmosphere of the woods or gardens at Dartington. This is a deeply relaxing and playful experience.

10am to 1pm

**Carer special saunter £5
Dartington Hall Estate,
Dartington, TQ9 6EE
Book at: <https://www.eventbrite.co.uk/e/forest-bathing-wanders-for-well-being-carers-week-tickets-57894796896>**

Information Stand

Awareness and information stand with Devon Carers on hand to answer any questions you may have. Refreshments provided.

10am to 1pm

Sainsbury's, New Road, South Molton, EX36 4BQ

Ottery St Mary Raising Awareness Event

Devon Carers and Carer Ambassadors will be on hand to provide information, advice and guidance.

10am to 1pm

Sainsbury's, Hind Street, Ottery St. Mary, EX11 1BW

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided.

10am to 2pm

Age Concern Exmouth, 1 Rolle Street, Exmouth, EX8 1HL

Advice and Craft Session

A creative wellbeing arts and crafts session with Devon Carers on hand to answer questions. Parking available.

1pm to 4pm

Ivybridge Library, Erme Street, Leonards Road, Ivybridge, PL21 0SZ

The Pod: Carers Hour

With Ellie Taylor from Devon Carers answering your questions.

7pm to 8pm

Get your questions in at: <https://devoncarers.thepod.familycarersnet.co.uk/dashboard.php>

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided.

2pm to 4pm

The Hub, Ipplepen Methodist Church, East Street, Ipplepen, Newton Abbot, TQ12 5SU

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided.

3pm to 5pm

Tavistock Library, Plymouth Road, Tavistock, PL19 8AB

Wednesday 12th June

Devon Carers Drop In

Devon Carers and Health and Social Care professionals, will provide information, advice and guidance. Refreshments provided.

10am to 12.30pm

Function Room at Marshlands, Harbour Road, Seaton, EX12 2LT

Carers Trip to Rosemoor 📞

Entry to Rosemoor for carers to explore the beautiful gardens.

**Meet at reception at either
Session 1: 11am
Session 2: 2.30pm
RHS Garden Rosemoor, Torrington, EX38 8PH**

Carers Walk

A mostly flat, approx. 3 mile walk with coffee in the café at the end. Exact distance and route dependant on numbers.

1.30pm

Parking at Dartington Cider Press car park
Shinners Bridge, Dartington, Totnes, TQ9 6TQ



Honiton Carers Support Group
2pm to 4pm
Honiton Baptist Church,
Chapel street, Honiton,
EX14 1EU

Thursday 13th June

The Pod: Carers Hour

With Citizens Advice answering your questions.

2pm to 3pm

Get your questions in at:

<https://devoncarers.thepod.familycarersnet.co.uk/dashboard.php>

Horsemanship for Health 🐾

An opportunity for carers to experience the wisdom and wonder of being with horses on a wellbeing taster session. Healthy refreshments included. Community bus available from Newton Abbot bus and rail station if required. This event will be outdoors and on rough terrain so appropriate clothing and footwear required.

10am to 11.30am

Horsemanship for Health,
Netherton, Newton Abbot,
TQ12 4RW

(full directions on booking)

Carer Connection Event

A community event to showcase organisations and the support available to

carers in and around North Devon. Refreshments provided and parking available.

10am to 12.30pm

The Royal Hotel, Barnstaple
Street, Bideford, EX39 4AE

Carer Connection Event

A community event to showcase organisations and the support available to carers in and around Kingsbridge. Refreshments provided and parking available.

10am to 1pm

Kingsbridge Library, Ilbert
Road, Kingsbridge, TQ7 1EB

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided.

10am to 2pm

Age Concern Sidmouth,
48 High Street, Sidmouth,
EX10 8EJ

Carer Connection Event

A community event to showcase organisations and the support available to carers in and around Newton Abbot. Refreshments provided and parking available nearby.

10am to 3pm

Newton Abbot Library, Market
Street, Newton Abbot, TQ12 2RJ



Carer Training:

Caring For Carers 🐾

Aimed at carers to help them manage their caring role and stay well. It will help carers to manage stress, look at the impacts of caring and find coping strategies to maintain a better life balance.

10am to 3.30pm

The Matford Centre, Matford
Park Road, Marsh Barton
Trading Estate, Exeter, EX2 8FD

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided.

10am to 4pm

Parklands Leisure Centre,
Simmons Park, Okehampton,
EX20 1EP

Fish, Chips and a Stroll 🐾

A voucher for Fish and Chips to take away (or have in the café if the weather is poor).

5.30pm to 7pm

The Esplanade Fish Bar,
2 The Esplanade, Lynmouth,
EX35 6EQ

Friday 14th June

Information Stand

Awareness and information stand with Devon Carers and partners on hand to answer any questions you may have. Refreshments provided.

9.30am to 12.30pm

Barton Surgery, Barton
Terrace, Dawlish, EX7 9QH

Crediton Community **Connection Fair**

A community event to showcase organisations and the support available to carers in and around Crediton. Refreshments provided.

10am to 12.30pm

Crediton Congregational
Church, High Street, Crediton,
EX17 3LF

Devon Carers Drop In

A coffee, cake and information sharing event for carers. Devon Carers will provide information, advice and guidance.

10am to 12.30pm

**Budleigh Hub, East Budleigh
Road, Budleigh Salterton,
EX9 6HF**

Saturday 15th June

Devon Carers Drop In

Devon Carers will provide information, advice and guidance. Refreshments provided

10am to 12pm

**Honiton Library, 50 New Street,
Honiton, EX14 1BS**

Crediton Diversity Festival

Join Devon Carers at CredFest, Crediton's Diversity Festival. Come and celebrate with us!

10am to 2pm

**Boniface Centre, Church Lane,
Crediton, EX17 2AH**

Carers Walk

A gentle 2-3 mile walk around the nature reserve.

Bring a flask of tea/coffee to enjoy together at the end.

Exact distance and route dependant on numbers.

Parking available at venue.

1.30pm

**Main car park, Stover Country
Park, Newton Abbot, TQ12 6QG**

Sunday 16th June

Cooking Class

Carers can take part in a cooking class with Stella West-Harling at the Dartmoor Community Kitchen Hub. Learn some new skills and have fun in this exciting cooking class.

10am to 1pm

**Kitchen House Café, 45 Fore
Street, Bovey Tracey, TQ13 9BP**

For full information about these events, please visit our website:
www.devoncarers.org.uk or ring our helpline **t: 03456 434 435**

*Call charges: Calls to 0345 cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way by your service provider.