



Peer Support March – June 2020

Please find below details of the peer support groups and activities in your area. Our groups are a great way to meet other carers and to give you an opportunity to feel supported in your caring role. Please feel free to come along to any (or all) of the groups and activities that we deliver. If this is your first time joining us and you feel hesitant please give us a call and we can have a chat with you before the group. A full list of all peer support groups and activities delivered across Devon can be obtained by contacting Devon Carers on t: 03456 434 435.

Please contact Vicky Coombes your Peer Support Officer on t: 03456 434 435

Payhemberry

Walk & Talk

Join us for a health walk.
A grade 1 walk, which takes around 30 minutes.
Feel free to bring a flask and have a cuppa with us after the walk.

Where: Hemberry Fort, Nr Payhemberry, EX14 3LA

When: Wednesday 20th May 20

Time: 10.15am-11.15pm

New Group

Crediton

Walk & Talk

Join us for a health walk.
A grade 1 walk, which takes around 30 minutes and we will end up at a local café for a cuppa & chat.

Where: Meet at Town Square, Crediton, EX17 2EE

When: 04th March 20

01st April 20

13th May 20

Time: 9.50 - 11am

New Group Starting March 20

Brunch – *CARER & CARED FOR*

Join us for a brunch or light lunch. Meet other Carers in your area. Carers and Cared for welcome. (We can only cover the cost Of The carer.)

Where: General Sir Redvers Buller, 37 High Street, Crediton, EX17 3JP

When: Thursday 04th June

Time: 10.30am-12pm

Seaton

Walk & Talk

Join us for a health walk.
A grade 1 walk, which takes around 30 minutes and we will end up at a local café for a cuppa & chat.

Where: Meet at Tesco Carpark, Harbour Road, Seaton EX14 2PB

When: Wednesday 29th April

Time: 10.15-12pm

New Group

Ottery

Support Group

A mutual support group for all carers. Speakers, crafts and coffee mornings. Coffee, tea and biscuits available (50p donation) New Members always welcome.

Where: The Station, Mill Street, Ottery St Mary, EX11 1AH

When: Every 1st Monday

Time: 10.30am - 12pm

Tiverton

Walk & Talk

Join us for a health walk.
A grade 1 walk, which takes around 30 minutes and we will end up at a local café for a cuppa & chat.

Where: Haven Center, Age UK,

When: 18th March

15th April

17th June

Time: 10.20am - 11.30am

New Group Starting March 20

Please note there may be occasions when a Peer Support Officer may not be in attendance at a group; these groups will continue to run.

www.devoncarers.org.uk | 03456 434 435

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Westbank Community Health and Care, Farm House Rise, Exminster, EX6 8AT Reg. Charity 1119541. Company No. 6243811. DocVer:062019





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Budleigh Salterton

Support Group

Support group that welcomes all carers, for mutual support, information sharing and external speakers & activities. Refreshments available.

Where: Budleigh Hub
East Budleigh Road
Budleigh Salterton
EX9 6HF

When: Every 3rd Thursday

Time: 2pm – 4pm

Walk & Talk

Join us for a health walk.
A grade 1 & 2 walk, which takes around 30 minutes (longer for grade 2) and we will end up at a local café for a cuppa & chat.

Where: Otterton Mill, Meet at Maunders Hill,
Otterton, Budleigh Salterton, EX9 7JA

When: Wednesday 03rd June

Time: 10.15am-12pm

New Group

Exmouth

Support Group

Welcomes all carers, this friendly group has regular speakers from local support organisations, also Tai Chi, dementia awareness sessions 7 other activities. Refreshments available.

Where: Age Concern, 1 Rolle ST, Exmouth EX8 1HL

When: Every 3rd Friday

Time: 2pm to 3.30pm

Walk & Talk

Join us for a health walk.

A grade 1, 2 & 3 walk, which takes around 30 minutes (longer for grade 2 & 3) and we will end up at a local café for a cuppa & chat.

Where: The Performance Stage, Manor Gardens,
Exmouth EX8 2SW

When: Every 1st Tuesday

10th March

07th April

05th May

02nd June

Time: 10.15am-12pm

New Group Starting March 20

Silverscreen - *CARER & CARED FOR*

Come and watch a film at the cinema, starting with a hot drink and time to have a chat. Meet in the Foyer.

Cared for welcome, but we can only cover the cost of the carer.

Where: Scotts Cinema, Strand, Exmouth EX8 1HP

When: Wednesday 25th March (The Goldfinch)

Wednesday 08th April (The Good Liar)

Time: 10.00am-12.45pm (Film starts at 10.30am)

Brunch – *CARER & CARED FOR*

Join us for a brunch or light lunch. Meet other Carers in your area. Carers and Cared for welcome. (We can only cover the cost Of The carer.)

Where: The Powder Monkey, 2-2A Parade,
Exmouth EX8 1RJ

When: Thursday 11th June

Time: 10.30am -12pm

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Hatherleigh

Support Group

A NEW mutual support group for all carers. Speakers, crafts and Cuppa's. Coffee, tea and biscuits available. New Members always welcome.

Where: Hatherleigh Community Center, Bowling Green Lane, Hatherleigh, EX20 3HB

When: Every 1st Wednesday

Time: 2pm to 3.30pm

New Group Starting March 20

Silverscreen - *CARER & CARED FOR*

Come and watch a film at the cinema, starting with a hot drink and time to have a chat. Meet in the Foyer.

Cared for welcome, but we can only cover the cost of the carer.

Where: Scotts Cinema, Radway Place, EX10 8 TA

When: Thursday 05th March (Judy)

Thursday 09th April (Pain & Glory)

Time: 10.00am-12.45pm (Film starts at 10.30am)

Sidmouth

Support Group

Support group that welcomes all carers, for mutual support, information sharing and external speakers & activities. Refreshments available.

Where: Trumps Court, East Street, Sidmouth, EX10 8BL

When: Every 2nd Monday

Time: 2pm-4pm

Walk & Talk

Join us for a health walk.

A grade 1 walk, which takes around 30 minutes and we will end up at a local café for a cuppa & chat.

Where: The Observatory, Sidmouth, EX10 0NY

When: Wednesday 06th June

Time: 10.15am-12pm

New Group

Okehampton

Support Group

A NEW mutual support group for all carers. Speakers, crafts and coffee mornings. Coffee, tea and biscuits available. New Members always welcome.

Where: 1 Castle Road, Okehampton, EX20 1HT

When: Every 1st Friday

Time: 10.30am-12.30pm

New Group Starting March 20

Walk & Talk

Join us for a health walk.

A grade 1 walk, which takes around 30 minutes and we will end up at a local café for a cuppa & chat.

Where: Pigs Bridge/Simmons Park, Okehampton, EX20 1EP

When: 17th March 20

14th April 20

12th May 20

09th June 20

Time: 10.30am-12pm

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When: Every 1st Monday

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Honiton

Brunch – *CARER & CARED FOR*

Join us for a brunch or light lunch. Meet other Carers in your area. Carers and Cared for welcome. (**We can only cover the cost Of The carer.**)

Where: The Star Inn, 33 New Street, Honiton EX14 1BS

When: Thursday 18th June

Time: 10.30am – 12pm

Extra Events/Training For Devon Carers

Autism Workshop & Carers Pampering

A one of event for Carers of adult children with Autism. Come along and meet carers with similar experiences.

We will be running a workshop around sensory issues, followed by a buffet and the opportunity to have a head and hand massage.

Where: Pinhoe Jubilee Club, 4 Main Road Pinhoe, EX4 8HS

When: Thursday 30th April

Time: 10.30am-2pm

****THIS IS A FREE EVENT AND HAS LIMITED PLACES, PLEASE LET US KNOW IF YOU WOULD LIKE TO ATTEND****

Forest Bathing

Forest Bathing is spending time in a forest to reduce stress and feel a sense of wellbeing. Join on the beautiful grounds of Ashclyst Forest. Followed by a cuppa & a chat.

More details about Forest Bathing at www.creativejourneys.org.uk

Where: Meet in car park of Ashclyst Forest, Broadclyst, EX5 3LE

When: 14th June 20

Time: 10.30 – 12.30

****THIS IS A FREE EVENT AND HAS LIMITED PLACES, PLEASE LET US KNOW IF YOU WOULD LIKE TO ATTEND****

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Information for Walk & Talk

The walks are led by trained, friendly, volunteer walk leaders who will be sure to give you a warm welcome. If you are a new walker, please arrive 10 minutes before the start time to complete a simple registration form.

All walks are free, all you need are comfortable shoes, loose fitting clothing and waterproofs if wet. And do bring some money if you wish to stop for refreshments afterwards.

Walking is the lowest risk of all physical activities, yet produces massive benefits to physical fitness and mental wellbeing. It is a great way to explore your local area, make new friends and learn more about your immediate community.

Grade 1

This walk is suitable for people who have not walked much before, are looking to be more active, or are returning from injury or illness. They are up to 30 minutes on flat ground or gentle slopes with mainly firm surfaces and accessible to pushchairs and wheelchairs.

Grade 2

This walk is suitable for people who are looking to increase their activity levels. They are between 30-60 minutes and may include some moderate slopes, steps, uneven surfaces and possibly stiles.

Grade 3

This walk is suitable for people looking for more challenging walks and increasing their level of physical activity. They are generally 60-90 minutes and may include steeper slopes, steps, uneven surfaces and stiles.



The CEA Card

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA).

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema.

To apply, the person requiring assistance must be 8 years of age or older and be in receipt of one of the following:

- Disability Living Allowance (DLA)
- Attendance Allowance (AA)
- Personal Independence Payment (PIP)
- Armed Forces Independence Payment (AFIP)

To apply, you will need:

- Proof of eligibility
- A photo
- Payment of £6.00

www.ceacard.co.uk

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