



Peer Support March- April 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 Andrea Bomanson your Peer Support Officer on t: 03456 434 435

Exeter

Cuppa and Cake – Afternoon

A long-running group for Carers, all Carers welcome.

Where: Patisserie Valerie, 194 High Street, Exeter EX4 6NS

When: Mon 02.03.20
Mon 06.04.20

Time: 1pm to 3pm

Cuppa and Craft - Exeter

Bring your craft projects along and chat whilst crafting. Refreshments provided. Come to Reception and ask for Sandi.

Where: CoLab Wat Tyler House 3 King William Street Exeter EX4 6PD

When: Tue 03.03.20
Tue 07.04.20

Time: 2pm to 4pm

Cuppa at the Museum

Come and meet up at the Café in the Museum. We will first meet up for a drink at the café and then take a wander around the museum.

Where : RAMM, Queen St, Exeter EX4 3RX

When Tue 10.03.20
Tue 14.04.20

Time : 11am-12.30 pm

Silver Screening

Come and watch the film and have a hot drink. Meet in the Foyer at 13:45. The film will start at 14:00

Where: Odeon Cinema EX4 3AT

When: Tue 17.03.2020
Tue 21.04.2020

Time: 1:45 pm to 4pm

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.

Neighbourhood Café Meet Up

Come and meet up at a neighbourhood Café. **Venues will alter**, so please check venues.

When and where:

- **The Daisy Café**, Fore Street, Heavitree. Tuesday 24th March 1:30- 3pm
- **Café at 36**, 36 Cowick street, EX4 1AW Tuesday 28th April, 1:30-3pm

Evening drink and chat

A long-running group for Carers of people with mental health difficulties, all Carers welcome.

Where: Mill on the Exe

When: Thurs 26.03.20
Thurs 23.04.20

Time: 6.30pm to 9.30pm

Facilitated by Mel Jeffery, Carers Mental Health Support Officer. Phone: 07976781301

Please make contact with Mel before coming to the group.

Topsham

Cuppa and Craft –Topsham

Bring your craft projects along and chat whilst crafting. Limited parking available.

Where: Nancy Potter House Nelson Close Topsham EX3 0DX

When: Mon 23.03.20
Mon 27.04.20

Time: 1pm to 3pm

www.devoncarers.org.uk | 03456 434 435

Devon Carers can be reached on a single point of access telephone helpline for carers 03456 434 435.

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.

Devon Carers is a project of Carers+, a consortium of Action East Devon, Colab Exeter and Westbank, the lead agency.

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