

Welcome to Peer Support

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 tel: 03456 434 435.

Please contact the Peer Support Officer's below for South and West Devon on tel: 03456 434 435 - Alison Richards and Catherine West

*** 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.**

Ashburton

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: The Old Library Restaurant North Street Ashburton TQ13 7QQ

When: 1st Wednesday of each month
Wednesday: March 4th, April 1st, **May 6th*** & June 3rd

Time: 10.30am to 12.00pm

Bovey Tracey

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Kitchen House Café 45 Fore Street Bovey Tracey TQ13 9BP

When: 2nd Tuesday of each month
Tuesday: March 10th, April 14th & May 12th & June 9th

Time: 10.30am to 12.00pm



On Tuesday 10th March we will have a Volunteer Speaker from Action on Hearing Loss where you can find out more information on all aspects of hearing loss and the

support that is available including local services. All Carers are welcome to attend the session in Bovey Tracey from 10.30 – 12.00noon.

Where: Kitchen House Café 45 Fore Street Bovey Tracey TQ13 9BP

Bovey Tracey

Walk, Talk and a Cuppa

Join us for a walk around the Parke Estate followed by a hot drink in the Home Farm Café.

Where: Parke National Trust Estate, Bovey Tracey TQ13 9JQ

When: 1st Tuesday of each month from May to Sept: **May 5th*** & June 2nd

Time: 11.00am to 12.30pm



Brixton

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out. Please meet in the Conservatory area at the back of the restaurant.

Where: Otter Nurseries Chittleburn Hill Brixton PL8 2BH

When: 2nd Thurs of each month
Thursday: March 12th, April 9th, **May 14th*** and June 11th

Time: 10.30am to 12.00pm

www.devoncarers.org.uk | 03456 434 435

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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.

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

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Buckfast Abbey – Booking Essential

Guided Tour

Why not join us for a guided tour of the Lavendar, Sensory, Physic and Millennium Gardens at Buckfast Abbey followed by coffee and cake. Meet outside the Grange Restaurant. **BOOKING IS ESSENTIAL as limited number of tickets – please contact me.**

Where: Buckfast Abbey Buckfastleigh TQ11 0EE
When: Tuesday 19th May 2020
Time: 11.00am to 1.00pm



Dartmouth * NEW GROUP

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Meet at Coffee Couture 1 Flavel Place Dartmouth TQ6 9NE
When: 4th Monday of each month
Monday: March 30th (last Monday in March), April 27th, no May Meeting & June 22nd. At the June meeting we will have a morning of Arts and Crafts in the Green Room at The Flavel Centre.
Time: 10.30am to 12.00pm

Dawlish

Cuppa, Chat and Walk

Join us for a cuppa and a chat, followed by a gentle short walk along the seafront.

Where: Meet at the Café at the Strand Community Centre 32 The Strand Dawlish EX7 9TP
When: 4th Tuesday of each month
Tuesday: March 24th, April 28th, May 26th & June 23rd
Time: 10.30am to 12.00pm

Dawlish

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Community Meeting Room Dawlish Hospital Barton Terrace Dawlish EX7 9QH
When: 3rd Monday of each month
Monday: March 16th, April 20th, May 18th & June 15th
Time: 2.00pm to 3.30pm

Ivybridge

Walk, Talk and Cuppa

Join Ivybridge Walk and Talk Group for a Level 2, 60 minute walk. www.walkingforhealth.org.uk. Please meet inside the Leisure Centre. The group meet every Tuesday, but Peer Support will be present on the 2nd Tuesday of each month.

Where: South Dartmoor Leisure Centre Ivybridge PL21 0SL
When: Tuesday: March 10th, April, 14th, May 12th* & June 9th
Time: 9.45am for a 10.00am start followed by a hot drink

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Ivybridge

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: The Watermark Library Erme Court Leonards Road Ivybridge PL21 0SZ
When: 3rd Thursday of each month
Thursday: May 19th, April 16th, May 21st & June 18th
Time: 1.00pm to 2.30pm

Ivybridge – Booking Essential

Working with leather – for male carers

Why not come and make a small wallet card holder. You will be hand punching holes in the leader, hand stitching, riveting and finally embossing your initials. All materials and tuition are provided by Ernestone Leather. **BOOKING IS ESSENTIAL – please contact me as there are only four places available. A further course will be arranged for September.**

Where: The Clay Factory Redlake Trading Estate Ivybridge PL21 0EZ
When: Wednesday 10th June 2020 and a further date in September 2020 tbc
Time: 2.00pm to 4.00pm

Kenton

Cuppa, Chat and Walk

Join us for a cuppa and chat followed by gentle walk around the Powderham Estate.

Where: Meet at the Orangery Restaurant Powderham Country Store Kenton EX6 8JE
When: 1st Tuesday of each month
Tuesday: March 3rd, April 7th, May 5th & June 2nd
Time: 1:30pm to 3.00pm

Kingsbridge

Cuppa and Chat PLEASE NOTE CHANGE OF DATE AND VENUE FROM APRIL

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Costa Coffee The Promenade Kingsbridge TQ7 1JD on Monday, March 9th from 11.00am to 12.30pm
NEW: Activities 115 Fore Street Kingsbridge
When: 4th Thursday of each month.
April 23rd, May 28th & June 25th. At the June meeting we will have a morning of Arts and Crafts available including card making and glass painting.
Time: 10.30am to 12.00pm

Newton Abbot

Cuppa and Chat

Relax with a drink and have a chat.
Where: Lemon Jelli Bistro 45 Queen Street Newton Abbot TQ12 2AQ
When: Last Thursday of each month
Thursday: March 26th, April 30th, May 28th & June 25th
Time: 2.00pm to 3.30pm

Salcombe * NEW GROUP

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.
Where: Redfern Health Centre Shadycombe Rd Salcombe TQ8 8DJ – Conf Room
When: 2nd Wednesday of each month
Wednesday: March 11th, April 8th, May 13th* & June 10th
Time: 10.30am to 12.00pm

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Tavistock

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: The Bedford Hotel 1 Plymouth Road
Tavistock PL19 8BB

When: 1st Monday of each month
Monday: March 2nd, April 6th, May 4th* &
June 1st

Time: 10.30am to 12.00pm

Teignmouth

Cuppa, Chat and Walk



Join us for a cuppa and a chat, followed by a gentle short walk along the seafront.

Where: Meet at the Café inside the Pavilions
Den Crescent Teignmouth TQ14 8BG

When: 1st Wednesday of each month
Wednesday: March 4th, April 1st, May 6th &
June 3rd

Time: 10.30am to 12.00pm

Teignmouth

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: Meet at the Alice Cross Centre 1-3 Bitton
Park Rd Teignmouth TQ14 9BT

When: 2nd Wednesday of each month
Wednesday: March 11th, April 8th, May 13th
& June 10th

Time: 10.30am to 12.00pm

Totnes

Cuppa and Chat

Relax with a drink and have a chat. Meet other carers and have time out.

Where: China Blue Café Station Road Totnes
TQ9 5JR

When: 3rd Thursday of each month
Thursday: March 19th, April 16th, May 21st &
June 18th

Time: 10.30am to 12.00pm

Totnes - Carer & Cared for, family or friend- Booking Essential

South Devon Railway



Why not join us for a trip on the South Devon Railway from Buckfastleigh to Totnes. **Please contact me indicating the number of tickets and if you need wheelchair access.**

Where: Meet at Buckfastleigh Station TQ11 0DZ

When: Tuesday 9th June 2020

Time: Meet at 10.10am at the Station entrance.

The train leaves at 10.30am and arrives in Totnes at 11.00am where we will have refreshments at the Rare Breeds Centre Café before returning on the train at 1.00pm arriving back in Buckfastleigh at 1.30pm.

Wembury * NEW GROUP

Cuppa and Chat – Carer and cared for, family or friend

Relax with a drink and have a chat to other carers. The cared for person, family or friend is welcome to attend.

Where: The Odd Wheel Knighton Road Wembury
PL9 0JD

When: 4th Tuesday of each month. Thursday:
March 24th, April 28th, May 26th & June 23rd

Time: 1.30pm to 3.00pm

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