



Welcome to Peer Support

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Barnstaple

Cuppa and Chat – for Carers, Cared for, family and friends

Please meet inside and I will find a table and put a poster on display. This is for Carers and Cared for to allow you to meet other people in the area. For those who want to, why not stay and have tea together.

Unfortunately we cannot fund the drinks and snacks at this time, as the event is not for Carers only.

Where: **The Watergate Inn**
The Strand
Barnstaple
Devon EX32 8LD

When: **Mon 09th March**
April-replaced by 30/3 event see back
Mon 11th May
Mon 01st June

Time: 14.00pm

Cards, Darts and a Cuppa-Carers only

An informal time to chat and a game of cards, darts or even a game of skittles or just have a cuppa.

Where: **Rolle Quay Inn**
Rolle St
Barnstaple
Devon EX31 1JE

When: **Thurs 19th March**
Thurs 16th April
Thurs 21st May
Thurs 25th June

Time: 2.30pm

Cuppa and Chat- Carers only- *NEW GROUP*

Relax with a drink and have a chat. Meet other Carers and have time out. I will find a table in the bar area and have a poster on display.

Where: **The Cedars Inn**
Bickington Rd
Barnstaple
Devon EX31 2HE

When: **Mon 23rd March**
Mon 27th April
May no group bank holiday
Mon 29th June

Time: 14.00pm

Memories are made of this

A café style event for Carers and people with Dementia. Offering a structured programme for those with dementia, enjoy nostalgic memories in a friendly environment.

Where: **Roundswell Community Centre**
(next to Sainsbury's)
Gratton Way
Barnstaple
Devon EX31 3NL

When: **Thurs 19th March-hand/head massage STA**
Thurs 16th April
Thurs 21st May
Thurs 18th June (AM unable to attend sorry)
And every 3rd Thursday in the month

Time: 10.00am to 12.00pm

This event is run by Barnstaple Link Rotary Club. Andrea is hoping to attend to offer support.

www.devoncarers.org.uk | 03456 434 435

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Silver screen-Carers & Cared for

Come and watch a film at the cinema, starting with a hot drink and time to chat. Meet in the Foyer to the right. **Unfortunately, only able to purchase tickets for Carers. If you have a Carers/CEA card bring it along.**

Where: **Scott Cinema**
Boutport Street
Barnstaple
Devon EX31 1SR

When: **Weds 04th March** –Le Man’s 66
Wed 25th March- The Good Liar
Wed 08th April- The Aeronauts

Time: 10.00am to 12.45/1.15pm (film starts **10.30am**)

A reminder there are other Silver screen films held that the Peer Support service are unable to attend due to other work commitments. Please check at the cinema or online for additional films.

Carers Brunch-Carers only-***NEW EVENT***

Come along and meet other Carers over a late breakfast or just relax with a cuppa. This is a chance to meet a small group of Carers with time to chat and meet other people in similar situations. Unable to pre-book tables, so look out for the Devon Carers sign.

Where: **Rose Salterne-Wetherspoons**
9-10 Bridgeland Street
Bideford
Devon EX39 2PZ

When: **Mon 02nd March**

Time: 11am

Bideford

Cuppa and Chat-Carers only

Relax with a drink and have a chat. Meet other Carers and have time out. Table booked downstairs.

Where: **Pannier Pantry at the Custom House**
1 Bridgeland Street
Bideford
Devon EX39 2PS

When: **Wed 18th March**
Wed 22nd April
Weds 20th May
Weds 24th June

Time: 14.30pm

Braunton

Cuppa and Chat-Carers only

A chance to meet other Carers and have a chat over a cuppa. We normally sit in the top bar area, near the toilets, subject to a table being available.

Where: **Williams Arms**
Wrafton
Braunton EX33 2DE

When: **Tues 17th March**

Time: 2.00pm

Where: **Williams Arms**
Wrafton
Braunton EX33 2DE

When: **Thurs 23rd April**
Thurs 14th May
Thurs 25th June

Time: 11am (**Change of time**)

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Chulmleigh

Cuppa and Chat- Carers only- *NEW VENUE*

A chance to meet other Carers and have a chat over a cuppa.

Where: **Chulmleigh Golf Course**
Leigh Rd,
Chulmleigh EX18 7BL

When: **Weds 11th March**
Weds 08th April- light lunch
Weds 06th May
Weds 03rd June

Time: 13.30pm

Holsworthy

I am hoping to attend the Community Coffee mornings at the Memorial Hall, on the dates listed below. So come along and say hello. If this becomes popular, Devon Carers will look at re-establishing Peer Support events in the Holsworthy.

Where: **Holsworthy Memorial Hall**
Manor Car Park
North Road,
Holsworthy
Devon EX18 7DD

When: **Weds 18th March**
Weds 15th April

Time: 10am-12pm

Hatherleigh

Cuppa and Chat- Carers only- *NEW EVENT*

A chance to meet other Carers and have a chat over a cuppa.

Where: **Hatherleigh Community Centre**
Bowling Green Lane
Hatherleigh
Devon EX20 3HB

When: **Weds 04th March**
Weds 01st April
Weds 06th May
Weds 03rd June

Time: 14.00pm

This event is covered by Mid & North Devon staff as on the border and Carers may attend from both areas.

Ilfracombe

Cuppa and Chat-Carers only- *NEW VENUE*

A low key event with a chance to meet other Carers in the Ilfracombe area.

Enjoy an all-day breakfast, cake, or light meal and have an opportunity to meet other Carers.

I will book a table and we will meet inside.

BREAKFAST/SNACK, CHAT AND CUPPA

Where: **The Manor House Cafe**
70 High Street
Ilfracombe EX34 9QE

When: **Tues 03rd March**

Time: 10.30am

Further dates over page

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Ilfracombe continued

*****Further dates for COFFEE, CAKE AND CHAT.**
A chance to meet other Carers and have a chat over a cuppa.

Where: **The Manor House Cafe**
70 High Street
Ilfracombe EX34 9QE

When: **Weds 29th April**
Tues 26th May
Weds 24th June

Time: 11am

Photo- view from Blackwell Cafe



Muddiford-Something different

Cuppa, Fish & Chat- Carers & Cared For- ***NEW EVENT***

A chance to have a cuppa overlooking the water, whilst watching the fish jump through the air. Weather permitting take a short walk around the grounds and enjoy the beautiful, calming scenery, whilst meeting other Carers.

Fancy trying your hand at fishing? Or are you an experienced fisherman or fisherwoman? Why not give it a go. All catch must be taken home, first 2 fish free, rest must be purchased by Carer/cared for person.

Location is wheelchair/mobility scooter friendly.
The Cared for person is the responsibility of the Carer throughout the event due to the location.

Where: **Blakewell Fisheries**
Muddiford
Barnstaple
Devon EX31 4ET

When: **Thurs 09th April**

Time: 1.00pm

South Molton

Cuppa, Cake & Chat-Carers only- ***NEW VENUE, DAY & TIME***

A chance to meet other Carers and have a chat over a cuppa. We will meet inside, there is a no reservation policy at this venue, so there may be a slight delay while wait for a table.

Where: **Corn Dolly**
115A East Street
South Molton
EX36 3DB

When: **Tues 21st April**
Tues 19th May
Tues 23rd June

Time: 1.30pm

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Stoke Rivers Nr Barnstaple

Relaxation in the woods-Carers Only

Try your hand at; whittling, natural dying, walking or look out for the woodland animal residents and do as much or as little as you like. Hot drinks and freshly prepared soup included.

Where: **Hakeford Woods**
Stoke Rivers
Nr Barnstaple EX32 7LB

When: **Thurs 02nd April**
Thurs 07th May
Thurs 04th June

Time: 11.00am to 2.45pm

A reminder Hakeford Woods events are held most Thursday's but unfortunately the Peer Support service are unable to attend, due to other work commitments. Check online/contact Andrea for details.

Glass Art/Jewellery Making-Carers only-*NEW EVENT*

A chance to try either Glass painting or Jewellery making. Followed by a cuppa in the Café and time to chat to other Carers. Time permitting why not take the factory tour, *mobility restrictions due to stairs. We will meet at the main front shop entrance.*

Where: **Dartington Crystal**
Linden Close
Great Torrington
Devon EX38 7AN

When: **Thurs 05th March**
Fri 26th June

Time: 11.30am

RHS Rosemoor Gardens- for Carers & Cared for- 24/03/2020

Back by popular demand, a chance to look around the beautiful gardens. To attend this event, **please contact me**, indicating tickets required.

Tel. 03456 434 435

Email. Andrea.Mules@DevonCarers.org.uk

Initially you will have time to meet other Carers, followed by a walk around the gardens

Meeting at 11.45am in the restaurant (unable to book table, so there may be a slight delay) we will have time to talk and share experiences. Then attendees are free to return to the gardens, or make their way home for a well-deserved rest.

Carers are entitled to a free Cream Tea.

Where: **RHS Garden Rosemoor,**
Torrington
Devon, EX38 8PH

When: **Tue 24th March**

Time: **10.15 for 10.30am**, meet outside the front entrance.

Torrington

Cuppa and Chat-Carers only

A chance for a cuppa, chat and time to meet other Carers. Meet inside the Café, look out for the Devon Carers sign.

Where: **The Puffing Billy**
Station Hill
Great Torrington
Devon EX38 8JD

When: **Tue 10th March**
Tues 07th April
Tues 12th May
Tues 02nd June

Time: 2.00pm

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Barnstaple Spring Event

Carers Pamper & relaxation event- Carers and Cared for

****Free Hand/Head Massage's****
****Gentle Yoga****
****Time to Chat****

A low key drop in event to allow Carers time to come along for a Cuppa, Cake and Chat.

Fancy a treat? There will be an opportunity for a free hand/head massage with wonderful Marion. Carers will be given priority, but if slots available cared for person welcome to enjoy a massage.

Whether you have 15 minutes, or a couple of hours to spare come along for a chat and a soft drink.

Shopping in Barnstaple on that day? Come in and say hello and see what Peer Support is about.

Don't like crowds? Do not worry most events have 4-12 Carers in attendance.

A **Carer Support Officer** will be available to answer any of your questions.

2.30pm YOGA-Why not try **very low level yoga**, with the lovely Sian? An opportunity to look at breathing techniques and time to learn how you can try and give yourself 5 minutes of calm.

There will be **Arts & crafts and board games** set up in case anyone fancies taking part

Feeling nervous?? Bring a friend or family member!!

Where: The Castle Centre
25 Castle Street
Barnstaple
Devon EX31 1DR

Near Queen Anne's Café on the Strand (Old Heritage Centre).

When: Mon 30th March

Time: 13.30pm-16.00pm

Tel. 03456 434 435

Email. Andrea.Mules@DevonCarers.org.uk



Directions

- From High Street
- Turn into Cross Street
- Walk down Cross Street towards The Strand (Lloyd's Bank, Subway in Cross Street)
- Turn right
- The centre is on your right hand side.

Nearest Parking:

Commercial Rd, or the Cattle Market Car Parks

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