



News for Carers in Mid-Devon

Spring/Summer 2018

Patrons: Angela Rippon O.B.E. and Neil Parish MP

Message from Roy Grantham, Chair of Trustees

“Hard Brexit, soft Brexit, Trumps come, Trumps go, but there will always be carers looking after their loved ones and those carers will always need support which is where Unite with it’s army of dedicated volunteers plays it’s part. Spring gives us hope for rejuvenation and in that spirit Unite wishes our carers the very best in the year now emerging from the cold into what we hope will be warm sunny days”.



Updates from Unite Carers

Unite Carers will be celebrating 15 Years of **Caring for Carers** and you are all welcome to join us at our AGM to be held 2.30 on **Friday 15 June** at the Fishermans Cot, Bickleigh.



Hear from the staff team about the wonderful range of activities and support that has been provided this year and chat to other carers over a delicious cream tea sitting by the picturesque riverside.

This year we will be privileged to welcome our local MP, **Neil Parish** and Devon County Councillor, **Polly Colthorpe** .

Spaces are limited so don't miss out, please call the office on **01884 257511** to book yours.

Carers - Paperwork getting on top of you?

Would you appreciate some help and support? We have volunteers who would be able to assist you organise and manage your paperwork more effectively. Please contact the office and ask to speak with Lara Pope.

Crediton News

New day for the Crediton Carers' Café.

The Crediton Carers' Drop-in Café at the East Town Café (East Street Crediton, EX17 3AZ) has changed days to the second Monday of the month, still from 1.30 -3:00 pm. Do pop in for a cuppa and a chat, no need to stay the whole time. Christina from Unite will be there.

New Volunteers

We have four new volunteers in the Crediton area and we will be matching them soon with carers as part of our befriending scheme. If you would like a befriender please do contact Christina Dymond in the office on **01884 257511**. If you, or anyone you know, is interested in volunteering please also get in touch

Memory Café

The memory café at the Old Station Café has ended but there is now a Memory Café every Tuesday from 3.00 - 4.30 pm at Age Concern Crediton, (The Lady Mills Centre, Deep Lane, EX17 2BX). The new policy will be that carers are asked to stay with the person they care for. It is run by Age Concern supported by Crediton Dementia Alliance. For more information contact **Brian Shingford 01363 772657**.

Useful Services

Everyone is welcome at the Mid Devon Mobility Community Hub

Open from 10.30 am -1.00 pm every weekday, except Wednesdays, offering a range of activities helping to combat loneliness and isolation. Fully accessible, refreshments available and transport can be provided on request.

Something for everyone, why not pick up a timetable to see what's happening this month.

Run by Tiverton & District Community Transport Association
Multi-Storey Car Park, Phoenix Lane, Tiverton EX16 6NB
Tel: **01884 242099** Offices are open: Monday - Friday 9am - 4.30pm

The National Trust offer a **FREE** "Admit One" card for disabled visitors which allows them to take a companion with them, not necessarily the same person each time. The disabled person can be either a member or a visitor. To obtain a card ring **01793 817400** or visit www.nationaltrust.org.uk/days-out



Age UK Mid Devon - The Haven Centre, Tiverton



A fun, active, social environment for those in later life who wish to remain independent and healthy, no two days are the same with their varied programme of activities. Refreshments are available throughout the day, and a two course lunch is provided for more information. Tel **01884 251213**

Men in Sheds

The Shed is all about social connections and relationships, built around practical work. Men and women aged fifty and over are welcome, regardless of their experience or skill level – so can either share some of the knowledge they already have or pick up new skills. Supervised by a qualified joiner, projects will include building items in wood (garden furniture is planned, as well as smaller items such as planters), repairs, cleaning and restoring tools. Projects will then be made available for sale, in order to raise funds for more materials and make the Shed self-sustaining. Our Shed officially opened in January, so currently work is about fitting and kitting it out.



Sessions run every Tuesday and Thursday from 1:30 am to 4:30 pm at the Haven Centre, Broad Lane, Tiverton. It costs £5.00 per session, including refreshments and materials. There is currently no need to pre-register - people can just come on the day and join in.

Drink Wise Age Well is an over 50's service working across Devon. We support people to make healthier choices about their drinking and reduce social isolation within our communities.

What can Drink Wise Age Well help with?

- One to one support for anyone who would like to make changes to their alcohol use
- Support for family, friends and carers affected by a loved one's drinking
- Courses and activities to reduce social isolation
- 6 week wellbeing course 'Live Wise Age Well'



We are funded by the National Lottery, so all aspects of the service are free of charge. If you would like some more information or to access the service, please contact our office on **0800 304 7034** or email devon@drinkwiseagewell.org.uk
Website: www.drinkwiseagewell.org.uk

Lifeline Alarm Service - Help at the press of a button

24 hr, 365 day monitoring service that provides peace of mind for people who feel at risk in their own homes—and the people who care for them.

Help can be summoned anywhere in your home, even in the garden! As well as falls, the service helps to prevent people from distraction burglary or bogus callers.



Press a button on the unit or on a remote pendant which can be worn around the neck or on a wristband. Someone will check on your welfare and, even if the operator can't hear you, they will never leave a call unanswered. In an emergency they will ring the person you have chosen to be contacted or an appropriate emergency service.

Run by the **Mid Devon District Council** it is available to all Mid Devon Residents. There is a small installation fee and a competitive quarterly charge.

Lifeline Alarm Telecare - also available are a range of non-intrusive sensors that can alert the control centre without a button being pressed, detecting smoke, floods, carbon monoxide, falls, extreme temperatures and medication reminders. All designed to help people remain safely in their own homes for longer and provide **peace of mind for carers**.

For more details or a free demonstration in your own home ring **01884 234383**

Care Direct 0345 155 1007 run by **Devon County**
the first port of call for advice and information on a range of
as

Staying independent Equipment Support for carers	Community support Personal care Blue badges and much more ...
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pinpoint

Council is
topics such

Open 8 am to 8 pm weekdays, 9.am to 1 pm on Saturdays or check out www.pinpointdevon.co.uk

DISCplus offer information and advice to all families with a child or children with additional needs.



Contact details for specialist support services
Local support groups
Charities and Trusts which you may apply to for funding
Accessible holiday services
Suppliers of specialist equipment, sensory toys and clothing

Search on line, check out their Facebook page [virg.in/DISCplus](https://www.facebook.com/virg.in/DISCplus) or ring Amanda Smithson on **01392 384459**

Breaking News - From April 1st, DISCplus will be known as Signpostplus - with the same useful information.

Government help for Carers

Carers are to benefit from a £1.5m fund that will help them return to work in the private sector. Home Secretary, Amber Rudd, who also has responsibility for women and equalities, said it was “truly striking” that nearly nine out of ten people are not in paid work because they are caring for the home or family.

National Insurance Credit

Thousands of carers of disabled people not already claiming could be missing out on valuable right which would help them build a bigger state pension. If you are receiving carers allowance or some other benefits and are not already claiming national insurance credit check this out with your benefit provider.

Information on how to claim the Carer's Credit can be found at gov.uk/carers-credit. If you are unsure you may wish to check with your local Citizen's Advice Bureau..

Carers' Support Groups - Times and Places - Spring/Summer 2018

Group	For	Venue	Date	Time
Exe Valley Oasis	Dementia Carers	Lodge Hill Hotel Tiverton	2nd Thursday of every month	10.30 am - 12 noon
Tiverton Forget-me-Not Cafe	Dementia Carers and Cared For	Pine Lodge Tiverton	1st and 3rd Tuesday of every month	2.00 pm - 4.00 pm
Tiverton Carers Lunch Group	All Carers	Tiverton – various venues	2nd Tuesday of every month (facilitated by Susanna Venner from Devon Carers)	1.00 pm
Tiverton Affinity Support Group	Parents of children who have Autism or on their pathway	Tiverton Fire Station	1st Wednesday of the month 2nd Wednesday of the month	10 .00 am - 12 noon 1.00 pm – 3.00 pm
Tiverton Parents of Teenagers/Adults with Additional Needs	Parent Carers	Old Heathcoat School Café Tiverton	3rd Wednesday of every month (Facilitated by Clare Moughton from Devon Carers)	10:30 am - 12 noon
NEW - Tiverton Social Meeting re: Parkinsons	All Carers and those affected by Parkinsons	Old Heathcoat School Community Centre	Last Tuesday of every month	2.15 pm - 3.45 pm
Bampton Oasis Group	Carers of people with Dementia	The Swan Bampton	Weekly — every Tuesday (Apart from school holidays)	10.30 am - 11.30 am
Uffculme Support Group	All Carers	The Community Room, Uffculme	4th Monday of every month	2.00 pm - 4.00 pm
Culm Valley Oasis	Dementia Carers	Culm Valley Integrated Centre, Cullompton	3rd Wednesday of every month	10.30 am - 12 noon
Cullompton Mental Health Carers Support Group	Mental Health Carers	The Hayridge Cullompton	1st Wednesday of every month (Facilitated by Lorraine Mee from Devon Carers)	10.00 am - 12 noon
Cullompton Carers Coffee Group	All Carers	Cullompton— Various locations	4th Wednesday of every month	Mornings
NEW - Crediton Carers Café	All Carers	East Town Café, Crediton	2nd Monday of every month	1.30 pm - 3.00 pm

This newsletter is now available from the Unite Website at www.unite-carersinmiddevon.org.uk Please let us know if you would like to receive an email copy or you no longer wish to receive a copy at all. **Every copy sent electronically saves 80p** in print and postage costs to spend on Carer support.

UNITE Carers in Mid Devon, 2 Bridge Street, Tiverton, Devon, EX16 5LY

Open weekdays from 10am to 1.00pm + answer phone

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