



News for Carers in Mid-Devon

Autumn/Winter 2018

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

Message from our Chairman, Roy Grantham

Another Autumn is upon us and we're still not out of the EU. Of course, caring goes on whether we're in Europe or not. In fact a recent survey by Carers UK found there were 6.5 million unpaid carers looking after family members or friends in the UK so our Unite carers are part of a large band of worthy warriors working to support loved-ones. Keep well all of you this winter and **remember we're here to help**.

In the meantime think of: golden, crisp leaves falling softly from almost bare trees, lifting and falling in a hushed gentle breeze, slowly dropping to the soft cushioned ground.



Useful Information for Carers

We hope you find this helpful, but we wish to say we don't necessarily endorse one provider over any other.

Hearty, Homemade, Meals on Wheels

Lee & Sue and their team of thirteen run an independent catering business to provide **ready to eat**, or ready to heat, freshly prepared, nutritious lunches, mainly, but not only, for the elderly community in Tiverton and surrounding areas delivering **seven days a week** with a smile. A main course costs £5.95, a pudding £1.95 and sandwiches £2.00. You don't have to have one every day, just when you need one.



Tasty, homemade meals from their kitchen in Tiverton **cooked fresh every day and delivered hot and straight to your door**. Just think, no more frozen meals, shopping, or preparation and definitely no more cooking on your part.

If you would like to try one of their delicious meals, or find out more about their service and delivery times in your area.

Please ring them on 01884 256102 Office hours 7 am to 1 pm or Email homemademeals15@gmail.com

Foot health Helen is a local Foot Health Practitioner who has for over 20 years worked with the elderly. Six years ago she noticed that less and less elderly people were able to access foot care through the NHS so she decided to re-train to offer affordable, professional treatments for elderly folk in our area.

She is fully qualified and insured in all aspects of foot care with a special interest in diabetic feet! Reduced rates for elderly people and discounts for groups.

For more information ring 07454510573.
Helen Jones S.A.C.dip FHPP S.A.C.dip FHPT





Is a new home care service, as part of the **Somerset Care Group**, their customer-focused service in and around the Tiverton area.

A not-for-profit organisation we aim to promote and maintain independence, supporting customers to stay in touch with the people, places and things important to them. Having local staff gives them a greater understanding of the local area. They operate in small areas of between 5 to 8 miles radius, limiting the number of staff and customers, ensuring better continuity of care, giving their customers greater say and flexibility in the support they receive to live their lives the way they wish. Whether that's a hand with getting the weekly shop, support around the home, keeping active, pursuing hobbies or providing company on trips out and about. Rather than charging by the hour, **My Willows** looks at the overall picture of what you want to achieve and creates a bespoke package.

To learn more about **My Willows** call **0800 0902 312** or email enquiries@mywillows.org.uk

Are you concerned that a loved one may wander?

The **Herbert Protocol** is named after a war veteran of the Normandy landings who lived with dementia. It encourages carers, family members or friends to collate information in advance on those who are vulnerable onto a form that can be given to the police if they go missing. Vital details such as:

- Medication required
- Mobile numbers
- Places previously located
- A photograph



This aids the police by reducing the time taken in gathering this information and speeds up the search. Go to www.devon-cornwall.police.uk/advice/missing-persons and follow links to the **Herbert Protocol**.



Making a difference

Carers Trust believes in a world where the role and contribution of unpaid carers is recognised and they have access to the quality support and services they need to live their own lives.

Offering a wealth of useful information and advice on its web pages, **Carers Trust** also delivers small grants (Up to £300) that carers across the UK tell us have changed their lives.

Working with **Devon Carers** (who submit the applications on behalf of carers provided they meet the criteria) carers over 16 have been supported, whether they need an essential household item such as white goods or a bed, a break from caring, minor home repairs or the chance to join in support activities with other carers and get valuable peer support.

Check out the **Carers Trust** website www.carers.org or ring **Devon Carers** on **0345 6434435**



NEW LOCAL BEFRIENDING & SITTING SERVICE - covering Tiverton and surrounding areas.

DBS checked and Insured. Ring **Pat** on **01884 256374/07816 578927** for more information, rates etc

Helping Local People furnish their Homes

Turntable is a furniture re-use charity that collects donated furniture, carpets and domestic appliances to pass on in Exeter and surrounding areas. Turntable does not sell the furniture it is given and only passes it on for a standard charge to families and individuals that are referred by local social and support workers.



If you have any unwanted household items that are in good, clean condition or you are in need of furniture yourself, please give them a call on **01392 202032**. Alternatively, visit their website: www.turntable.org.uk

Moving Together Devon Ltd is a social enterprise aimed at older and less able people, who either know their home is unsuitable for them and need to move or would like help adapting their current property if that would be more suitable for their long term needs

They will help as much or as little as each individual needs. They offer practical and emotional support, ranging from helping find a new home, sorting belongings, dealing with other professionals, right through to moving in. Equally they will support those who wish to consider adaptations by providing information and advice to enable the individual to make an informed choice on the suitability of their home in the long term.

For a free consultation anywhere in Devon call 01392 273067 www.movingtogetherdevon.co.uk



Mid-Devon Messenger - Talking Newspaper for the Visually Impaired

Do you, or someone you know, have difficulty reading the newspaper? The Mid Devon Messenger can help keep the visually impaired up to date with local news and views, what's on, and family announcements, etc. They operate a totally FREE service, offering a weekly recording (on memory stick) of news from the local paper, PLUS the free loan of a simple device on which to play it.

To trial this free service, without obligation, contact Helen McIntosh on **01884 855464**

Seated Exercise Class every Tuesday 10 am to 11 am with coffee after.

Run by Age Concern at the Haven Centre, Broad Lane, Tiverton, It costs £5, and there's no need to book. **Tel 01884 251213**
It doesn't matter if you haven't done any exercise before, it is suitable for both men and women, people living with dementia, Parkinsons and other conditions.



Fun and sociable, wear casual clothes and comfortable shoes.

Exercise improves strength, posture and coordination reducing the risk of falls.



**Mid Devon
Mobility**
Connecting Communities



Is the new name for the Tiverton & District Community Transport Association and now offers a large range of services as well as all its traditional transport schemes - including a **Day Trip Club** at weekends from Tiverton and Tuesdays and Thursdays from Crediton.

Telephone Tiverton **01884 242099** or Crediton **01363 773303**

Carers' Support Groups - Times and Places - Autumn/Winter 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	Cherith Church Tiverton NEW VENUE	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	Crosse & Beale 41 Bampton St NEW VENUE	3rd Wednesday of every month (Facilitated by Clare Moughton from Devon Carers)	10:30 am - 12 noon
Tiverton Social Meeting re: Parkinsons	All Carers and those affected by Parkinsons	Old Heathcoat School Community Centre	Last Tuesday of every month (In conjunction with Parkinsons UK)	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
Crediton Carers Café	All Carers	Costa Coffee, Crediton	2nd Monday of every month	2.00 pm - 3.30 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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