



Carers Rights Day falls on the 7<sup>th</sup> December this year and details of the events we have planned are listed below. Please do pass the information on to any friends, relatives, neighbours, work colleagues etc. who are carers and could benefit from the advice and information that will be available on the day.

News also of an exciting initiative which has started this autumn...The Rural Carers Project and the Holsworthy Film Society have collaborated to bring a daytime film show once a month to carers, their cared for and people living in the rural community. Please see the back page of this Newsletter for details. For information or any queries regarding the newsletter or its contents please phone Denise McDonald on 01271 372811.



## Carers Rights Day



# Friday 7<sup>th</sup> December 2007

- Each year 2.3

million people become carers.

- Unclaimed benefits for carers now stand at £740 million.
- The support carers provide saves the economy **£87 billion each year.**
- Every day, another six thousand people take on a caring responsibility.

**As one of Britain's 6 million carers come & join us!**

### North Devon

We will be holding a drop in at the Castle Centre, 25 Castle Street in Barnstaple, from 12:30pm - 2:00 pm  
In attendance will be Jill Young from the Department of Work and Pensions, an advisor from the Citizens Advice Bureau & Louise Burgess of N Devon Sitting Service. We are also delighted to announce that Nick Harvey MP will be joining us from 1 pm on the 7<sup>th</sup> and be available to answer questions.

### Torrige

We will be holding a drop in at the 'Torrington 1646' restaurant, South Street Car Park, Torrington from 10:00am - 12:00pm  
In attendance will be Carolyn Moore from Taw & Torrige Caring, Phil Pennington from the Citizens Advice Bureau, and Henry Holmes a Project Coordinator from both the Senior Safety Scheme and the Torrige Garden Scheme.

Tea, Coffee, Mince Pies and light refreshments will be provided for everyone who calls in. We look forward to seeing you!



## Raleigh Carers Group Barnstaple

If you are a carer and would like to meet other carers for support, information and advice, please come along and join us for a chat and a cuppa. We meet 2<sup>nd</sup> Monday in the month 2-4pm at:

Norah Bellot Court,

Vicarage Street, Barnstaple.

For further information contact:

Alison Latham on 01271 370529

or

Debbie White on 01271 341526

## Valuing Carers - New Report - from Carers UK

A new report published by Carers UK and researched and written by the University of Leeds shows that carers save the state £87 billion a year.

This is a rise of 52% an increase of £30 billion on the last figure of £57 billion which Carers UK published in 2002. The value of care is greater than the annual budget for the NHS (£82 billion in 2006/7).

Why have figures gone up?

- The number of carers providing heavy end care has increased
- Local authorities have been cutting back on care so families are providing more
- Higher wages for care workers - although this does not explain the whole increase.

Carers can join the debate on the Carers UK website at: [www.carersuk.org/forum](http://www.carersuk.org/forum)

## Welcome to...

Mark Gierke who is the new Community Team Manager for adult learning Disability Service. Mark is based at Abbotsham Road, Bideford, EX39 3AF and his email address is: [mark.gierke@devon.gov.uk](mailto:mark.gierke@devon.gov.uk)

**U Can Do I.T.** is a charity providing internet training to people who are blind deaf or physically disabled, in your own home by a highly trained police vetted tutor. We can show you how the internet can help you to live a more independent life, further your education and, of course, provide a lot of fun and enjoyment.

The course comprises 10 lessons of 1 to 2 hours duration, given at a time that fits in with your personal commitments. They cost just £1 a lesson for people on low incomes with an affordable scale of charges for those above that level. All you need is a computer which is connected to the internet and if you need specialist equipment or software we can put you in touch with organisations that can advise you.

Contact us today for further information.

Telephone/Minicom 020 7730 7766

Email [info@ucandoit.org.uk](mailto:info@ucandoit.org.uk)

## Castle Cafe...

a friendly and informal café for people with memory problems & their families.

Meeting on the **first Friday of every month** between **10am-12noon** at the:

**Castle Centre, 25 Castle Street,  
Barnstaple, North Devon, EX31 1DR.**

Join us for refreshments and a chat. We provide information & support as well as direct access to health and social care staff.

*Free internet access for information.*

Contact N Devon Carers Link **01271 372811**

## Flexible Breaks Grant

Remember all carers who are members of the Carers Link are eligible to apply for a Flexible Breaks Grant. The grant can be used for any purpose that the carer feels would give them a break from their caring responsibilities. The North Devon Panel considers applications on a monthly basis, so do take advantage of this opportunity.

For more information on the FBG phone Anna or Sadie on 08456 431341.

## Devon Carers Chat Room - Meet other people who care

The Devon Carers Online Group is now up and running. The group has been developed by the Devon Rural Carers Project and is open to all carers in Devon. The group aims to provide carers in Devon with opportunities to share experiences, encourage and befriend one another. The Group provides a chat room and discussion board, both available 24/7. Carers can chat live or post issues for discussion onto the discussion board. In order to make the site effective, it is suggested that if possible carers arrange with other carers what time they will be online. If there are no carers online, however, carers can post their issue or message on the discussion board for other carers to respond to. For further details please go to:

[www.teigncvs.org.uk/carers](http://www.teigncvs.org.uk/carers)

We would like to encourage carers to participate in the Online Group, share experiences, make friends and provide support to one another. If you are a carer please join the group or if you have any questions, then please contact Jo Pickering on 01626 203050 or email [ruralcarers@teigncvs.org.uk](mailto:ruralcarers@teigncvs.org.uk) for further information.

## PPI Forum update

The North Devon Healthcare PPI Forum received a number of responses from carers when they requested experiences of discharge procedures in the summer. All the issues raised have been passed anonymously to the Trust so that they can work to improve the areas where problems occur. The Forum is encouraged that the Trust has set up a Project Board to look at the whole discharge procedure and work is ongoing to improve the many aspects that impact on an effective discharge such as pharmacy delays, transport, effective communication and information, community services etc. A member of the Forum sits on this board and is able to feed into planning and discussions and monitor the

progress of each work stream. There is still a lot to do and we still need to know when things go wrong so that they can be addressed quickly. Thank you for responding and let's hope things are gradually improving. Dates of future meetings are:

**Wednesday 5<sup>th</sup> December (PCT Forum)**

**10:30am - 12:30pm Barnstaple Library.**

**Tuesday 11<sup>th</sup> December 10:30am -**

**12:30pm Castle Centre, Barnstaple.**

**North Devon Healthcare PPI Forum AGM**

**Tuesday 12<sup>th</sup> February 2008 10:30am -**

**12:30pm Cedars Hotel, Barnstaple.**

All venues are accessible and refreshments are available. For more information please

contact **Rebecca Keeling on 01237 424000.**

## Improving the lives of people with Learning Disabilities in Mid and North Devon...

### ...Can you help?

The learning disability Health and Social Care Partnership that commissions and provides services for people with learning disabilities across the country has engaged the British Institute of Learning Disabilities (BILD) to help introduce a quality measure to improve the lives of eleven people living in Mid and North Devon. A team of reviewers are spending time with these individuals to gain an insight of life at home as well as how they spend time in their local community. You can find out more about BILD Total Quality Network review by going to [www.bild.org.uk](http://www.bild.org.uk)

We would like to invite you to hear about this first review and contribute to the resulting action plan. We are hoping that this event will be of interest to a wide range of people in the community who we feel can make a positive impact on improving the life and community inclusion of local people with learning difficulties. The workshop will be at: *The Old Heathcoat School Community Centre, 81 King Street, Tiverton, EX16 5JJ* from 10:30am – 1:00pm on Wednesday 28<sup>th</sup> November 2007.

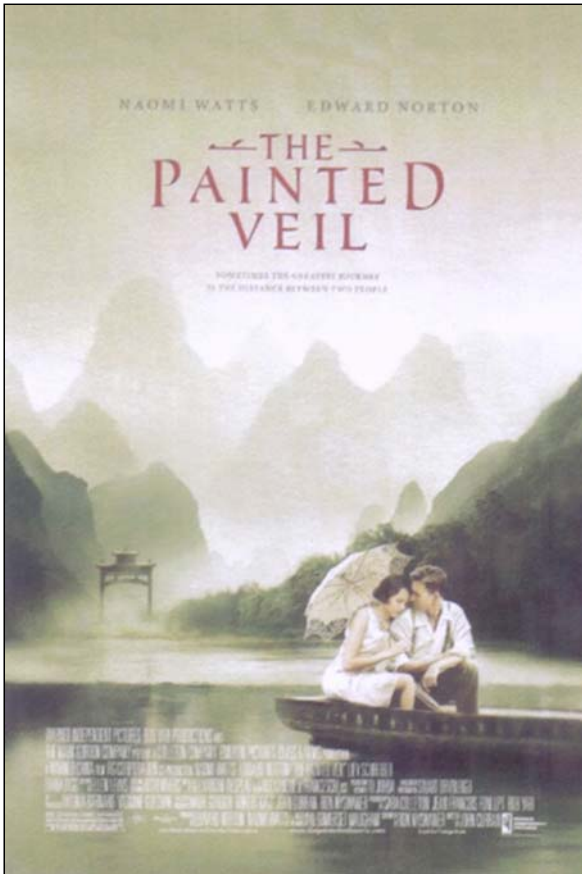
Please confirm with me if you are able to attend. We hope that you will stay and join us for lunch.

**J. Ellen Sanford**

**Head Occupational Therapist: 01392 208373**

This newsletter is produced in conjunction with Carolyn Moore, Carer Support Worker / Torridge Sitting Service Coordinator, Taw & Torridge Caring, The Volunteer Centre, 14 Bridgeland Street, Bideford, EX39 2QE. Telephone 01237 424477. Email [carolynttc@torridgecvs.org.uk](mailto:carolynttc@torridgecvs.org.uk) and Louise Burgess, Sitting Service Coordinator for North Devon, Castle Centre, 25 Castle Street, Barnstaple, EX31 1DR. Telephone 01271 372250. Email [louisette@torridgecvs.org.uk](mailto:louisette@torridgecvs.org.uk)

# The Painted Veil



Holsworthy Memorial Hall

Friday 23<sup>rd</sup> November

Doors open 1.30pm

Film: 2pm-4pm

£3.50 each

Refreshments available

This film event is a collaboration between the Rural Carers Project and the Holsworthy Film Society to provide special monthly day time screenings to bring carers, their cared for and the rural community together to befriend one another and enjoy a film. We hope to make this a regular occurrence so please come along and join the fun.

A love story - based on the novel by W. Somerset Maugham

## Free Carers Training / Workshops in North Devon with St John Ambulance

- Are YOU caring for someone at home?
- Are YOU struggling to cope?
- Are YOU feeling under pressure?

If you answered yes to one or more of these questions then St John Ambulance Devon Can help YOU

### **Course content will include:**

*Introduction to caring, safer moving and handling, First Aid at home, stress management, prevention of falls, managing continence & coping with memory loss*

The Carers Support Programme Course will run on 11<sup>th</sup> February & 25<sup>th</sup> February and 3<sup>rd</sup> March & 10<sup>th</sup> March 2008, from 10.00am – 1.00pm followed by a free lunch.

The venue will be the Castle Centre Hall, 25, Castle Street, Barnstaple EX31 1DR

To book a place contact Denise McDonald on 01271 372811.

*If you would like to discuss course content contact:*

*Emma Healey at St John Ambulance –Devon*

*Tel 01392 822646 Email [emmahealey@devon.sja.org.uk](mailto:emmahealey@devon.sja.org.uk)*

For more information on any article in this Newsletter, or to join our mailing list please contact:- Denise McDonald, Carers Link Project, The Castle Centre, 25 Castle Street, Barnstaple. Telephone 01271 372811.

Email [ndevoncarerslink@hotmail.com](mailto:ndevoncarerslink@hotmail.com)

Project of the North Devon Citizens Advice Bureau, Charity Reg. number 1096671 Company Reg. number 4377290