

# Just for Carers

008456 434 435



### Helpline 08456 434435

- •Open Monday to Friday 8am to 6pm; Saturday 9am to 1pm.
- •Call the helpline to contact a Carer Support Worker.
- •Information on all our services, signposting and advice.
- •All application forms from this number.
- Refer by phone or email to carersplus@westbankfriends.org (with carer consent)



#### **Newsletter**

- •The newsletter is issued quarterly and is a good source of information.
- •Newsletters can also be viewed and downloaded from www.devoncarers.org.uk



#### Website

- •Access to lots of information online about Devon Carers and the services provided.
- •Links to other organisations that may be of help.
- •Book a Carer Health and Wellbeing Check.
- •www.devoncarers.org.uk



### **Hospital Discharge**

- •Access to one to one support following discharge from hospital.
- •Support, Advice, problem solving & signposting from a support worker.
- •Refer by phone via the helpline or email to carersplus@westbankfriends.org (with carer consent)



### **Carer Support Workers**

- •Support & advice in the home, over the phone or in a neutral place.
- •Call Devon Carers to be put through to a Carer Support Worker.
- •Talk to the Carer Support Worker over the phone or book an appointment to meet with them.



#### Carers Support Groups

- •Support groups and clinics with a Carer Support Worker in or around local GP Surgeries.
- •Dates and venues for groups can be found at www.devoncarers.org.uk



### **Alert Cards**

- •A card for the carer to carry to ensure the person they care for gets help if something unexpected happens, 24 hours a day, 7 days a week.
- •Phone Devon Carers for an application form.

# **Health & Wellbeing Checks**



- •Free appointment to check on health, stress levels & mental health.
- •Discuss opportunities for support in the caring role.
- •Costs for up to 2 hours care can be claimed back to enable attendance.
- •Call Devon Carers to find out where checks are available.



#### **Training**

- •Free training for personal development or to aid in the caring role.
- •Call Devon Carers or speak to a Carer Support Worker to find out about upcoming courses.
- •A training advisor is available to discuss the courses on offer and make bookings.

# TAB (Take a Break)



- •A sitting service to give carers time off from caring.
- •39 Vouchers per quarter (approximately 3 hours a week).
- •Phone Devon Carers to register.
- •Devon Carers will send vouchers and a list of care providers in the area.



### Flexible Breaks Grant

- For help towards a holiday, or for hobbies or leisure activities.
- •Phone Devon Carers for an application form.
- •The application will be processed within 10 working days.
- •One application can be made in any 12 month period.

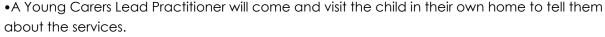


Young

# **Young Carers**







- •They will receive a newsletter and information about activities.
- Drop-in sessions and school clubs.

# **Bright Futures**









- •One to one support with a transitions worker.
- •Signposting to other agencies.
- •New peer support groups.
- •Access to specialist activities/training to build confidence, develop key life skills and have fun.

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#### **Devon Carers Voice**



**Bright Futures** 

- •Be part of Devon Carers Voice and have a say about local services for carers
- •Involvement can be as little as completing questionnaires or as much as attending meetings.
- •Regular carer Forums, a good way to meet other carers and have a say.
- •To register your details call Devon Carers, email carersplus@westbankfriends.org or talk to a Carer Support Worker.