



Devon Carers Newsletter

All carers known to Devon Carers receive a quarterly newsletter.

This is a good source of information, news and articles relating to carers.



ENJOY A BREAK WITH A BOOK

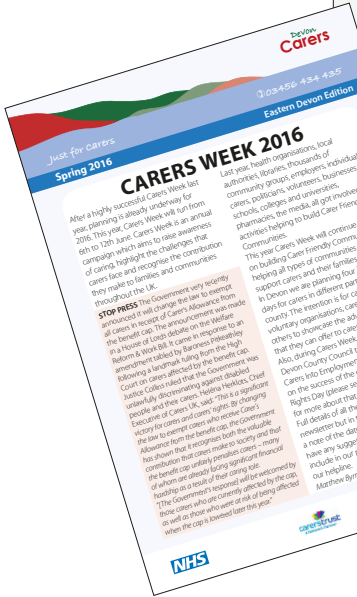
Devon Carers is launching some exciting new Book Break groups for carers across Devon. We would love you to come along to one of our Book Breaks in Taverton, Honiton, Kingbridge, Topsham, Newton Abbot, Exeter, Bideford or Clevedon.

Book Breaks offer carers an opportunity to meet each other in small friendly groups, over a cup of tea and enjoy stories and poems together. Relax and listen while our group leaders read aloud from old Devon stories and poems. Join in if you want to and listen.

Don't miss out on the chance to meet other carers and share your experiences. For more information please contact Christine Addyman on 03456 434 435

self-confident, and self-esteem, increase wellbeing and decrease social isolation. If you like books or just want to try something different, then come along and enjoy the experience with other carers in an informal atmosphere. Devon Carers is a regular reader or listener since school – everyone is invited to come for a taster to see if you like it.

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CARERS WEEK 2016

After a highly successful Carers Week last year, planning is already underway for 2016. This year, Carers Week will run from 6th to 12th June. Carers Week is an annual campaign which aims to raise awareness of carers and highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK.

STOP PRESS: The Government why Secretary of State for Work and Pensions, Iain Duncan Smith, has announced that the Government will make all carers in receipt of Carers Allowance eligible for the benefit. This is a significant step in the history of Carers Allowance. It will mean that carers who are currently ineligible for the benefit can now claim it. This is a significant step in the history of Carers Allowance. It will mean that carers who are currently ineligible for the benefit can now claim it. This is a significant step in the history of Carers Allowance. It will mean that carers who are currently ineligible for the benefit can now claim it.

Local health organisations, local authorities, health trusts, thousands of community groups, employers, individuals, schools, colleges and universities, pharmacies, the media, all get involved in activities helping to raise Carers Week awareness.

This year Carers Week will continue to focus on building Carers Week's reputation for helping all types of carers to get better support. Carers Week is planning four information days for the winter of 2016. Carers Week is planning four information days for the winter of 2016. Carers Week is planning four information days for the winter of 2016.

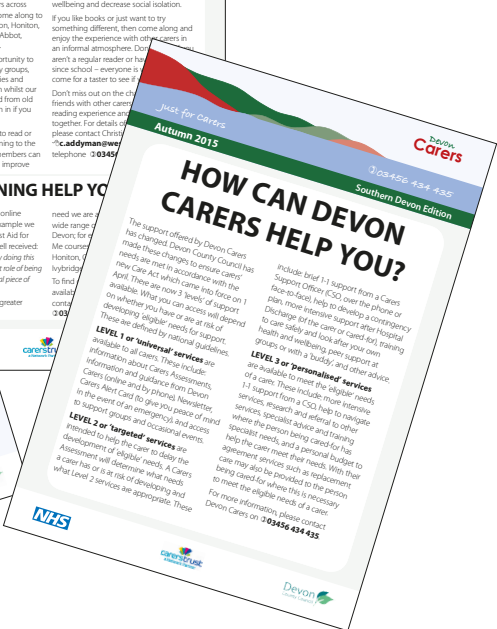
Also, during Carers Week, we will be helping others to promote the advice and support Devon Carers can offer to carers. Devon Carers can offer to carers. Devon Carers can offer to carers. Devon Carers can offer to carers.

TRAINING HELP YOU?

Some of the online training available, for example we have online first aid for carers. This was very well received. We are looking for more knowledge by doing this important role of being a carer. We are looking for more knowledge by doing this important role of being a carer.

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HOW CAN DEVON CARERS HELP YOU?

The support offered by Devon Carers has changed. Devon County Council has made these changes to ensure carers' needs are met in accordance with the new Care Act which came into force in April. There are now 3 levels of support available. What you can access will depend on whether you live or are at risk of developing eligible needs for support. These are defined by national guidelines.

LEVEL 1 or 'universal' services are available to all carers. These include information about Carers Assessments, Carers Allowance and by phone. Newsletter, Carers Act and by phone. Newsletter, Carers Act and by phone. Newsletter, Carers Act and by phone.

LEVEL 2 or 'targeted' services are available to carers who are at risk of developing eligible needs. A Carers Assessment will determine what needs a carer has or is at risk of developing and what Level 2 services are appropriate. These include brief 1:1 support from a Carers Support Officer (CSO), over the phone or face-to-face; help to develop a Carers Plan; more intensive support after hospital discharge for the carer or cared for person; health and wellbeing group support as well as a 'buddy' and other activities.

LEVEL 3 or 'personalised' services are available to meet the 'highest' needs of carers. These include more intensive services, specialist and referral to other services, specialist and referral to other services, specialist and referral to other services.

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