

Unite Carers in Mid Devon



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Autumn Newsletter

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Autumn Newsletter 2024

A WORD FROM OUR CHAIR

Did you ever hear “A song for the weather” performed by the British Comedy Duo Flanders and Swann? It gives a month-by-month description of the British weather in musical verse, written somewhere about the 1960s I think, easy to find on the internet. It’s funny and may make these grey days seem a bit easier. Gardens seems to like this wet weather, encouraging plants not usually seen until spring, to start showing now. What is going on?

It was good to see so many of you at our AGM on September 20th which I think you will agree was an enjoyable and successful event. We were pleased to welcome Lady Amory as our new patron and to receive a message from Angela Rippon, our other esteemed patron. We were also pleased to welcome Neal Davey, Mayor of Tiverton. Neal expressed great interest in our charity adding that he looked forward to learning more about us.

It was encouraging to hear Andrew’s overview of Unite Carers as he illustrated our recovery following the few difficult years after the pandemic. We are mindful of the part our volunteers played in our recovery and of the support you give to our carers. Your contribution is undeniable. At the AGM several of you signed up to be members of Unite, if there are more volunteers wishing to be members, please ask Sharon or Tracy for a form.

10 years of service to Unite Carers cannot go without comment. Sharon our General Manager has reached that milestone. She was not able to be at the AGM but you all signed a card in recognition of her achievement and her huge contribution to our charity. One of the vital skills our staff have is (almost) knowing each volunteer and carer by name. Any of you dropping by the office or phoning in can be sure of a familiar face and a warm welcome from someone who knows who you are. You won’t have to explain who you are each time. After 10 years Sharon really does know just about everyone, however loosely involved with supporting unpaid carers. A great asset to us all indeed.

Has anyone mentioned the “C” word to you yet? Well, someone has told the local shops, signs are popping up all over the place and if you haven’t booked your office party yet, forget it, so I am told. Seems like only yesterday that we packed the “C”



*Sharon's 10-year
Anniversary Lunch*

decorations away tucking the fairy into her safe space “til next year”. Well next year is almost here now so better start to wake that fairy up. It’s not too soon to say Christmas Pudding or Christmas Cake because they should be made anytime now, unless like me you have “one I made earlier”, like last year, hiding in the larder. That’s the pudding sorted.

Date for your diary: I don’t think you are going to like this one too much. It’s Sunday 27th October - the end of British summer time. Chilly evenings, frosty starts, lights on earlier, less time outside, but there is that extra hour in bed and the extra hours sleep gives us loads of beneficial effects apparently, so the sleep specialists tell us. Let’s embrace it, after all it’s only until 1am on 30th March 2025!! Keep well, keep warm and remember Unite Carers are here for you.

Bernice Philbrick – Chair of Trustees

NEWS FROM OUR SUPPORT GROUPS

Tiverton Forget Me Not Café

This quarter at the Forget Me Not Café we played boules in July, Don Wild was back by popular demand in August, taking everyone along with him on a cruise for a seated exercise and dance session and Liam bought along Liam’s Relics for reminiscence, finishing with a fun quiz, lots of chatter and Denise’s delicious home-made cakes and nice cup of tea (or coffee).



On 15th October Caroline Rigby will be back for some more musical entertainment and participation, Castle School Choir will be joining us again on 19th November while 17th December will be a Christmas themed FMNC.

The Tiverton Forget Me Not Café is for dementia carers and the people they care for and is held on the 3rd Tuesday of each month at the Cherith Hall, Tiverton (located between Tesco and The Tiverton Hotel, opposite what used to be MST). It’s a warm and inviting hall with plenty of free parking.

Tiverton Safe Stop



There’s a new time for our brilliant Tiverton Safe Stop Group – starting at the slightly later time 10.30am until 1pm. Jenny and her Safe Stop team run Safe Stop twice a month, on the 2nd and 4th Wednesday at Cherith Hall, Tiverton. It’s a safe, fun and stimulating environment for the person you care for with a programme of activities and games designed to keep minds and bodies active. If you would like to come along to the group with the person you care for, you are welcome to do that too.

July was a busy month at Safe Stop and Don Wild was back dancing on that cruise ship again with his gentle exercise routines on 10th July, while

Norman and Arthur played a few little ditties for the troops on the electronic bagpipes and drums on 24th July. Don Wild will be back at Safe Stop on 13th November. Thank you Don, Liam, Norman and Arthur for all that you do.

If you would like to find out more about Safe Stop, please get in touch.

A Different Journey – The DJ Group

The DJ Group is for people who may be newly diagnosed with dementia, or who may be in the process of being assessed and are just starting out on their dementia journey. Carers are welcome to come along on their own or in couples, to seek friendship, information and advice from people who have gone through, or are going through similar experiences. On 6th August, Hayley from the Memory Clinic attended our DJ group to meet everyone and Unite now get referrals from the Memory Clinic at the point of diagnosis

New Team to Support the Groups

We have established a new focus group to work on supporting and promoting our Groups at Unite and have two new Trustees to help us with this – Welcome to Janine and Fiona (please see “And In Other News” below for more on Janine and Fiona).

Suggestions for Groups – Old and New

Are you happy with the groups? What can we do better? Or are happy with how things are? Are there any specialist groups that you would like us to look into? A Coffee and Craft Group perhaps, or Carer’s Coffee and Crochet? Any ideas will be greatly appreciated.

NEWS FROM OUR BEFRIENDING TEAM AND OTHER 1:1 SUPPORT SERVICES

Befriending and Telephone Friendship

We’ve recently started an audit of our popular Befriending Service to take what we already do well and make it even better for carers and volunteers, and to help to increase capacity so that we can meet demand. As you may know the Befriending Service recently received a massive boost with a donation from the Devon Community Foundation’s CLASP fund, which now allows befrienders to treat carers to coffee/tea and cake whenever they meet up, helping to break down financial barriers that may exist for some carers when meeting with their befriender.

Unite’s Befriending Service is unique in that once carers are matched with their befriender and the 3-month review period has passed, the relationship remains in place for as long as carer/volunteer would like – it’s not time-limited. Unite Carers are also the only organisation (that we are aware of) that are helping people with face-to-face befriending in Mid Devon. This understandably puts a strain on our team of befriending volunteers and that’s why we are always on the lookout for more.

Can You Help by Becoming a Befriending Volunteer?

Would you like to help someone who may be feeling lonely and isolated in their caring role? Perhaps you have your own experiences of caring for a family member or a friend? If so, please do get in touch with us to talk about becoming a volunteer befriender. We would particularly like to talk to you if you have lived experience of being, or still are, a parent carer or a young adult carer. Thank you to those who have come forward from our request for befriending volunteers at the recent AGM.

Form-Filling and IT Support for Carers

We have a small volunteer and staff team who can help with complicated forms such as Attendance Allowance, Blue Badge, Carer's Allowance and the Household Support Fund for parent carers. We can occasionally help with DLA and PiP forms. We are unfortunately unable to provide support for LPA or give benefits advice, but we can point you in the direction of someone who can. If you need help, please get in touch and we can arrange for one of our form-filling team to help. There is a waiting list, but it's not too long.

We also have IT support available to carers and former carers with our knowledgeable team of IT support volunteers. Please get in touch if you would like help to understand your device, or set-up anything from emails, social media, shopping deliveries on your phones, tablets, laptops or PCs. No waiting list for this one, we can help you immediately.

Counselling For Carers

Our student counsellor Simone has now reached the end of her placement with Unite Carers and will be leaving us shortly, once she has closed to her current clients. We would like to take this opportunity to thank Simone for her professionalism and commitment to Unite Carers and the excellent service she has given to carers, often going above and beyond to help people most in need. Thank you Simone!

Catherine, thankfully, remains with Unite for the time being, providing Counselling For Carers to carers registered with us. Although Catherine currently has a waiting list, once further places become available she will be able to offer an 8-week course of counselling sessions (flexible) which can take place in person at our rooms on No.4 Bridge Street, Tiverton, or virtually by video call or over the telephone. Our CFC service is highly confidential and any notes pertaining to your counselling sessions are held with the counsellor.

We hope to be able to bring on board another counsellor to provide further support to carers soon. If you would like to find out more about our Counselling For Carers service, please do get in touch on 01884 257 511 for an informal chat. Counselling For Carers is a talking therapy offered to you at no charge, however any donations made to Unite Carers will be very gratefully received.

Carers New to Unite

For this quarter - July to September 2024 - we have had 30 new unpaid Carers register with us and 12 new requests for 1:1 Befriending Support. **We warmly welcome you all to Unite Carers.**

NEWS FROM OUR DEVON CARER'S AMBASSADOR FIONA BLADON

The Carers UK website has a Digital Resource platform where you can find e-learning, guides and tools to help you manage your caring responsibilities, alongside work and family responsibilities. It is funded by Devon County Council and includes lots of different resources including financial planning and well-being to technology and more.

To access the digital resources, set up a FREE account by clicking the link below and enter code **DGTL8827** when requested: <https://carersdigital.org/login/index.php>

CARER'S CORNER



Unite Carers at Clare House

If your GP is Clare House in Tiverton, part of Amicus Health, you may have noticed that Unite Carers now has an information table sited in the downstairs waiting room. This is provided to give information to all unpaid carers, regardless of if they are registered with us or not, so please feel free to take anything that you need from the table and give us a call if you need anything more or have any questions, we are always happy to help. Thank you to Sarah and the team at Clare House for helping us to provide this valuable source of information to unpaid carers. We hope to be able to replicate this in other GP surgeries in the local area so keep any eye out for us.

Singing To Remember

Sharon went along to the independently run Singing To Remember group on 5th August and saw lots of familiar faces and met some new ones. Singing To Remember is a fantastic group for people with dementia and their carers and uses song and music to help those with dementia in so many ways. The group is run by Jenny Evans at St James Church, Old Road, Tiverton, weekly, on most Mondays from 2pm-3.30pm and we have no hesitation in recommending it to carers.

New Information Sheets for Carers

We've been sourcing some more in-house information sheets at Unite, based on questions you have been asking us as Carers. We now have information available on: **Carer's Breaks and Respite Care, Referrals to the Bladder & Bowel Clinic** (for assessment for incontinence pad prescriptions), **Claiming Carer's Allowance at State Pension Age** and a **List of Personal Assistants in Mid Devon**. Please do get in touch if you would like us to send any of these to you. You can email info@unitecarers.org.uk or call the office on 01884 257 511.

Swap To Stop (Smoking)

Public Health Devon wanted us to share the following information with you – [Swap to Stop webinar](#), taking place on the 10th of October, 10:30-12:00.

As part of the world-first national scheme, almost 1 in 5 of all smokers in England will be provided with a vape starter kit to help them quit the habit as part of a series of new measures to help the government meet its ambition of being smokefree by 2030 – reducing smoking rates to 5% or less.

Whilst not risk-free, vaping poses only a small fraction of the risks of smoking. This is because there is no combustion with vapes and the vapour produced does not contain the products in cigarette smoke that cause lung disease, heart disease and cancer. Anyone who smokes and who switches to vaping is making a change that results in immediate health benefits.

PARENT CARERS

Autism and Us Parent Programme (Autumn Term 2024)

[Support from the Communication and Interaction Team - Education and Families \(devon.gov.uk\)](#)

Attending the ‘Autism & Us’ parent programme gives parents an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child’s presenting needs, whilst also connecting with other parents/carers. Access is for parents/carers of children and young people who are currently on the assessment pathway and to families who have received a diagnosis.

Full programme details and application process below:

No.	Topic	Programme 1	Programme 2
1	Autism overview	Tues 24 Sept - 10 – 12	Thurs 14 Nov - 4.30 – 6.30
2	Sensory	Tues 1 Oct - 10 – 12	Thurs 21 Nov - 4.30 – 6.30
3	Communication	Tues 8 Oct - 10 – 12	Thurs 28 Nov- 4.30 – 6.30
4	Understanding and supporting behaviour	Tues 15 Oct - 10 – 12	Thurs 5 Dec - 4.30 – 6.30

Apply direct by email to: educationlearnersupport@devon.gov.uk

Additionally, the C&I Team will also be offering the following popular themed/topic based workshops, which lead on from the above programmes for themes/topics that may be a priority area for you against your child’s presenting needs:

Topic	Date/Time
Introduction to DIAS (Devon Information & Advice Service + the Ambassador Volunteer Programme)	Thurs 17 Oct 10-12
Autism – Sensory processing + integration	Tues 5 Nov 9.30-12.30
Autism and Girls	Wed 23 Oct 9.30 - 12
Autism – Demand avoidance + PDA	Wed 20 Nov 10 - 12
Autism – Communication (Speaking children – support strategies)	Tues 10 Dec 10-12
Autism – Managing stress + anxiety	Thurs 7 Nov 10-12
Autism – Vulnerability + online safety	Thurs 14 Nov 10-12
Autism – Communication (Non/Limited Speaking children – support strategies)	Thurs 21 Nov 10-12

Apply direct by email to: educationlearnersupport@devon.gov.uk

Once emailed, your booking request will be confirmed and you will be provided with a direct link to the event. Sessions will be delivered online 'live' via the Microsoft TEAMS platform.

Household Support Fund

Household Support Fund issue 5 (HSF5) has now closed until further notice. Successful applications for this issue have been low.

JUST FOR VOLUNTEERS

Expenses

Are you a volunteer that doesn't claim expenses? Firstly, please do, we don't want you to be out of pocket and secondly, if you are a taxpayer you could claim expenses and then gift aid them back to Unite which gives us 25%. Please contact Sharon to find out more.

Volunteer ID Badges

Do any of our Volunteers need a Unite Carer's ID badge? ID badges are particularly important if you are meeting carers for befriending. If so, please do get in touch with us, preferably by email with a head and shoulders picture of yourself, and I will send you a new-style ID badge with a lovely new lanyard.

SeeTec Plus Moving Forward and Wellbeing Event



Unite Carers were invited by Kate Searle, the Disability Employment Adviser at the Department for Work and Pensions/Job Centre Plus in Tiverton to be part of their Moving Forward and Wellbeing Events for customers with health conditions and disabilities. The event took place on Thursday, 26th September at the SeeTec building on Fore Street in Tiverton

The idea of the event was to meet people who have a health condition or disability and to give them the chance to speak with disability confident employers, providers, local support groups and the volunteer sector, in a safe space where discussions can take place around available support and help to move forward, with no pressures or expectations.

Tracy and Fiona attended the first session and Sharon and Tina went along to the 2nd and on the day, we were able to provide assurance and information to carers, the people they care for and also speak to prospective volunteers who may be looking at a way back into employment.

Trustees' Week 4-8 November 2024

Trustees' Week is between 4th-8th November this year and is a time for us to come together to celebrate the achievements of nearly one million trustees across the UK. All of our Trustees are also volunteers and we will be thanking them for giving their time, commitment and effort to our charity Unite Carers in Mid Devon.

Vacancy for a Volunteer Treasurer

Unite Carers in Mid Devon are desperately seeking a Volunteer Treasurer (who may or may not want to be a Trustee) to work with the Board on a voluntary basis. Working in our small charity supporting unpaid carers, you will find this extremely rewarding and be able to make a major impact to a worthwhile cause by working with a dedicated team.

Please visit our website: www.unitecarers.org.uk to gain a full understanding of what we do and the services which we provide.

FUNDRAISING – HOW YOU CAN HELP

Tesco Stronger Starts – Crediton

Thank you to everyone who voted with their blue tokens in the Tesco Crediton store. We have been awarded £1,108 to fund our Crediton Carer's Coffee Group, for friendship, guidance, advice and support for all unpaid carers and former carers who may be feeling lonely and isolated. Thank you to

Tesco for not only helping us to fund our Crediton Group but also the Cullompton Carer's Coffee Group and Culm Valley Oasis (£1,500) and given £1,000 for Tiverton too.

Tiverton Soroptimist Beetle Drive

The Tiverton Soroptimist are holding their annual Beetle Drive at St Andrews Church, Blundells Road on **November 15th starting at 7pm**. Tickets prices are: Adults £5.00, Children under 12 £2.50 - raising money for local charities including Unite Carers in Mid Devon and Singing To Remember. Please come along and support this fun and fully inclusive event and raise funds for Unite Carers in the process. You can purchase tickets from Daphne by calling 01884 255942 or from Soroptimist Club members. Also on the night, artist Meg will be bringing her beautiful handmade gifts along for purchase. Cash only for these please.

Co-op Local Community Fund

Unite Carers has been chosen to be part of the next round of the Co-op Local Community Fund. The funding round will start on Sunday, 20th October 2024 and will run for 12 months until 19th October 2025. During this time, Co-op Members will be able to choose Unite Carers as their cause and the more members who choose us, the more money we'll receive. More information on how to choose Unite Carers as your charity coming very soon!

Eyes Down For Charity Bingo!

Join Sharon and Tracy for an evening of Bingo on **Wednesday, 30th October** at the Exe Valley Community Bar and Venue (formerly the Old Heathcoat Social Club) opposite The Racehorse. Doors open at 6pm - Eyes down at 7.30pm prompt. £10 buys you a 10-game book and 2 cash flyers plus £2 worth of draw tickets. A donation from the money raised will be presented to Unite Carers on the evening. Please do come along and support us. We hope to see you there!

If anyone has any fundraising ideas, please do let us know – thank you.

AND IN OTHER NEWS....

Tiverton Museum's Photographic Tiverton Trail

Some of you may have seen posters from the Tivi Museum's Photographic Tiverton Trail around shops and buildings in Tiverton recently, well number 7 on Photographic Trail is based at 2 Bridge Street, now home to us at Unite Carers. The image shows the building when it was occupied by Henson's tailors and outfitters back in 1880 and you can see the image and find out lots more about the history of No.2 and other historical buildings in Tiverton by visiting the link to the Tiverton Museum here: [Henson's Tailors | Tiverton Museum of Mid Devon Life](#)

Welcome To.....

We would like to extend a warm Unite Carers welcome to:

Lady Louise Amory – who joins Unite as our new charity **Patron** alongside Angela Rippon. Some of you may have had an opportunity to chat to Lady Amory at our recent AGM. Thank you for your support Lady Amory – we are all very much looking forward to working with you.

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Janine Stedman – Janine joins our Board of Trustees as **Trustee for Communication and Promotion**. Janine is also part of our new focus group to support and promote the Groups at Unite.

Janine has been a supporter of Unite Carers in Mid Devon for many years before joining the Unite Board of Trustees in September 2024.

Janine has wide ranging experience in community engagement, social care and education roles, both professionally and as a volunteer, while also being the Communications Officer of Tiverton and District Soroptimists. As someone who has been a full-time carer for a parent living with dementia, Janine brings with her a compassionate understanding based on experience and the encouraging message of hope.

Fiona Bladon – Fiona joins our Board of Trustees as **Trustee for Groups and with specialty in dementia**. Fiona is also part of our new focus group to support and promote the Groups at Unite.

Fiona has extensive experience of working as a volunteer, not only with Unite Carers where she facilitates the DJ Group, supports the Forget Me Not Café, represents Unite Carers at the Eastern Locality Unpaid Carers Partnership and is a 1:1 Befriender. She also volunteers as a Carer Ambassador for Devon Carers, the Devon Partnership Trust, Devon Integrated Care Board and with other local and regional groups that identify, support and represent unpaid carers. As an advocate for carers Fiona contributes to the Devon Carers' Strategy and has given presentations at carer awareness training workshops to staff at hospitals in Torbay and Exeter. She is part of Exeter University Patient and Public Involvement Group (dementia research) and currently, representing the voice of carers by working with Devon Partnership Trust in the creation of the Devon Dementia Strategy.

Fiona tells us that she was a full-time carer for her mum-in-law and her father, both of whom had dementia and she quickly learnt first-hand about dementias and how difficult and isolating a caring role can be. She says: I am delighted to be a Trustee with Unite Carers with a particular focus on dementia and peer support groups. These support groups are such special places; it is a joy to see a smile on someone's face, where before there had been anxiety or hopelessness.

Simone Thompson – Simone joins our Board of Trustees as **Trustee for Fundraising**, working alongside Sharon and Andrew Grzesinski, to bring money into the charity, to allow us to keep supporting unpaid carers through our groups and services.

Simone has extensive experience of working in lots of different sectors. She was in marketing for many years before happily moving to the voluntary sector. Formerly CEO of TTVS, based in Bideford,

Simone has experience of supporting carers and leading charities. TTVS is an organisation that delivers voluntary and community support in Torridge and North Devon through a diverse range of projects that includes Young Carers Connected, Help At Home and Financial Inclusion.

Thank you to Simone, Janine and Fiona for coming on-board. I know that everyone at Unite Carers feels immensely privileged that you have joined us.

And we sadly say goodbye to:

Paul Fitzmaurice – Paul sadly left our board of Trustees in July this year after serving the Board well for nearly 2 years in the role of Trustee of Governance. We would like to take this opportunity to thank Paul for his help and guidance and wish him a very happy and peaceful, but, no doubt, active retirement. Thank you Paul.

Unite Carers AGM

As already mentioned by Bernice, we held our AGM at the Hartnell Hotel on Friday, 20th September and it was wonderful to see so many of you in attendance and what a lovely afternoon it was too; enjoying a delicious cream tea in the sunshine, even though rain had been forecast. We would like to thank our Patron, Lady Amory and the Mayor of Tiverton Neal Davey for joining us on the day and to Angela Rippon for the lovely video message that she sent. Incidentally, if you would like to see this message from Angela, it's on our website www.unitecarers.org.uk or the Unite [Facebook](#) page, as are our 2023/24 Annual Report and Accounts.

We would also like to extend our special thanks to Andy Grzesinski for his excellent presentation and to Margaret Phillips, our volunteer who stepped into the breach at very short notice when the planned speaker was unfortunately very unwell on the day and unable to attend. Thank you, Andy and Margaret.

Become a Unite Member

We also spoke about becoming a member of Unite at the AGM and many of you took the opportunity to sign up on the day. If anyone would like to know more about becoming a member of Unite Carers, we would be happy to chat to you. In short, it's completely free to become a member and doing so gives you voting rights and a sense of belonging to an organisation that you care about and shares your values. Please call the office on 01884 257511.

Sharon's 10-year Anniversary of working for Unite Carers

On 30th September 2024, Sharon reached a memorable milestone – she had been working for Unite Carers in Mid Devon, supporting volunteers and carers, for 10 years! This loyalty and dedication could not go unmarked and so in recognition of this Sharon was treated to an Italian (lunch) with wine, of course, and presented with gifts of flowers, a St Justin from Cornwall Heartbeat necklace (Cornish Tin to represent 10 years), silver hoop earrings, a card signed at the AGM and, well more, wine – Villa Maria Sauvignon Blanc to be precise. We would all like to say thank you to Sharon for all

that you have done over the past 10 years, particularly for your determination to keep the charity's head above water during the pandemic, despite all the odds, and for always being there for everyone. Thanks Sharon. This quarter's Spotlight is on YOU Sharon Trerise!

And finally...

Spotlight On! – In this edition we turn the spotlight on: Sharon Trerise



I can't quite believe I have been with Unite Carers for a decade and the "spotlight" is on me!

I joined Unite in September 2014 on a 12 month contact to cover the Office Administrator's maternity leave. At the time I was also working in finance for Devon County Council's local care home Charlton Lodge in Tiverton, having for many years worked as a Customer Services Manager's Personal Assistant at a large insurance company.

Sadly, Charlton Lodge closed in 2015, the Office Administrator didn't return from maternity leave, and I became a permanent member of staff for Unite Carers. Over the years I have worked as an Activities Co-ordinator, along with my colleague Tracy, working with young carers on our Kids Who Care project. I took on more hours and became Office Manager.

In December 2021 I was promoted to General Manager - a role which is very varied and I enjoy the different aspects of the job – covering the office, supporting volunteers and carers, accounts and annual report and AGM, attending our groups and (dare I say?) fundraising!

I have many special memories of the colleagues, volunteers and carers I have worked with over the last 10 years. My claim to fame is that Bernice and I had breakfast with Sophie – Duchess of Edinburgh at Coldharbour Mill and of course who can forget my new friend and Patron Angela Rippon?

My surprise 10-year anniversary meal, presents and especially the lovely messages in my card are very much appreciated – and the photo sums me up perfectly!

Thank you to everyone for all your invaluable hard work in your various roles, with a special mention for the other half of "Shacy" – Sharon and Tracy – your very own Birds of A Feather!

Contact Us: Unite Carers in Mid Devon

Tel: 01884 257511

Email: info@unitemd.org.uk

website: www.unitecarers.org.uk



Unite Carers Support Groups Autumn 2024

Who's it for?	Group Name	Location	With	Day in month	Time
All Carers	Bampton Carers' Coffee Group	Bridge House, Bampton	Denise	1 st Thursday	10.30 am - 11.30 am
All Carers	Crediton Carers' Coffee Group	Crediton Coffee Co, The Square, Crediton	Tracy	3 rd Thursday	11.00 am - 12.30pm
All Carers	Cullompton Carers' Coffee Group	John Tallack, Cullompton	Jean	2 nd Wednesday	10.30 am - 12 noon
All Carers	Tiverton Carers' Coffee Group	Unite Carers, 4 Bridge St, Tiverton	Denise & Fiona	4 th Tuesday	2 pm
All Carers and Former Carers	Uffculme Support Group	Locations change monthly – Please call the office	Jackie	4 th Monday	12.30 pm
Cared-for-people	Tiverton Safe Stop Group	Cherith Hall, Tiverton	Jenny	2 nd and 4 th Wednesday	10.30 am - 1 pm
Carers of adults and teens 16+ with additional needs	Carers of Adults and Teens with Additional Needs	Unite Carers, 4 Bridge St, Tiverton	Jenny	3 rd Wednesday	10.30 am - 12 noon
Carers of school-aged children with additional needs	Let's Unite at Number 4	Unite Carers, 4 Bridge St, Tiverton	Jenny	1 st Wednesday	9.30 am - 11.30 am
Dementia Carers	Culm Valley Oasis	Padbrook Park, Cullompton	Audrey & Veronica	3 rd Monday	2.30 pm - 4 pm
Dementia Carers	Exe Valley Oasis	Unite Carers, 4 Bridge St, Tiverton	Denise & Fiona	2 nd Thursday	10.30 am
Dementia Carers and Cared-for-people	A Different Journey Support Group	Unite Carers, 4 Bridge St, Tiverton	Fiona	1 st Tuesday	10.30am – 12 noon
Dementia Carers and Cared-for-people	Tiverton Forget Me Not Cafe	Cherith Hall, Tiverton	Denise & Fiona	3 rd Tuesday	2 pm - 3.30 pm
Former Carers	Tiverton and Cull Ex-Carers Lunch Group	Locations change monthly – Please call the office	Veronica	1 st Tuesday	12 noon

PLEASE CALL THE UNITE CARERS OFFICE TO REGISTER - 01884 257511