

# Unite Carers in Mid Devon



## Spring Newsletter 2025

Welcome to our  
Spring Newsletter

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### A WORD FROM OUR CHAIR

#### Do you ever wonder if you make a difference?

There is so much going on in our world today, making huge differences to us as individuals and not always welcome differences either. Climate change, the cost of living, public transport, a struggling health service, politics, the list goes on.

Since COVID our lives have changed in ways we could never have imagined. But what hasn't changed is the kindness and generosity of our supporters who make a huge difference to us.

Our funders continue to supply financial support - **They make a difference.** Local businesses donate catering supplies for events - **They make a difference.** Local people support our events - **They make a difference.** The Trustees make sure that the charity is functioning properly - **They make a difference.** The staff ensure smooth delivery of our services - **They make a difference.** The Members who support our events - **They make a difference.** Our volunteers, without whom we could not deliver our services, who are the backbone of Unite and without their support we would fold - **They make a difference.** And for carers and their families who receive our services - **Unite makes a difference to them.**

And of course you make a difference. **Thank you all for making that difference.**

On March 30<sup>th</sup> our clocks leapt forward into spring. We must all be pleased to have moved on from the incessant wet weather into a sunny period. For how long? Well, let's just enjoy the sun while we have it - It makes a difference.

This morning, I heard on the Radio that swallows are beginning to arrive heralding the return of spring across Europe. They are a true marvel of nature having flown about 6000 miles to get here. We must welcome them and hope they also indicate a good summer ahead. That would really make a difference.

**Bernice Philbrick – Chair of Trustees**



*Our volunteer Maureen came into the office with a donation to Unite Carers. Thank you Maureen, you are very kind.*

## NEWS FROM AROUND THE GROUPS

### Tiverton Forget Me Not Café



This quarter at the Forget Me Not Café (memory café) we were entertained by Liam's Relics for reminiscence in January, while Caroline joined us in March with music and movement and brought along a selection of instruments for everyone to have a go at playing.

The Tiverton Forget Me Not Café is held on the 3<sup>rd</sup>

Tuesday of each month at the Cherith Hall, Tiverton (located between Tesco and The Tiverton Hotel, opposite what used to be MST). The Café is for Carers and the people they care for. It's a warm and inviting space with plenty of free parking. Please come along and see us, we would be delighted to meet you.



### Tiverton Safe Stop Social Group



A busy start to 2025 at the Safe Stop Social Group this quarter. In January we held a New Year celebration party to ring in the new year. There was lots to think about and do in February's session including reminiscing with Liam's Relics, while in March, Don Wild visited the group to deliver a fun-filled seated exercise and dance session. With Don's playlist of songs and tunes from days gone by, especially tailored for people with dementia, Don and the gang soon had everyone singing, moving and dancing along. Thank you Don and Liam for

once again entertaining the troops. Also, a big thank you to Sharon and the rest of Jenny's Dream Team for holding the fort.

Sadly, we have come to the difficult decision to close our Tiverton Safe Stop Group and the last session will be on Wednesday, 9<sup>th</sup> April. The decision to close the group is a result of a combination of things – our wonderful group facilitator Jenny is stepping down and a drop in the number of people going along to the group has meant that it is no longer sustainable. Everyone who currently goes along to the Safe Stop Group are very welcome to our Forget Me Not Café (please see above).

### Carers of Adults and Teens (16+) with Additional Needs Group

In light of the current climate, our parent carers have told us that they would like someone to come along to their next group to hold a session on coping with worries and anxiety – breathing exercises

and practicing mindfulness for instance. This can then be shared with the young people and adults that they care for. With this in mind, Simone Phillips, Therapeutic Counsellor and volunteer for Unite Carers has agreed to come along to the next CATAN group on Wednesday, 16th April. If you would like to join us, the group is held at No.4 Bridge Street, Tiverton, starting at 10.30am until 12 noon.

## **Parent Carers' Groups**

We have two coffee groups supporting parent carers – **Let's Unite at No.4** for carers of school-aged children and the **Carers of Adults and Teens (16+) with Additional Needs** group. Jenny Tower has been running these groups for Unite Carers for a long while now and the time has come for her to scale things back a bit and take a well-deserved break from groups. Jenny will remain as a busy Befriender for Unite and is also our Designated Safeguarding Officer. So, we are looking for someone to help facilitate these two parent carers groups, just once a month, particularly if you already attend or if you have knowledge and/or experience of caring for someone with additional needs. Please get in touch with the office if you think you may be able to help. Thank you.



**We would like to take this opportunity to say a massive thank you to Jenny for her kindness and the dedication and energy she has given to carers. We are so grateful that you will remain as a volunteer befriender and as Designated Safeguarding Officer - your knowledge and expertise is vital to Unite. Thank you Jenny.**

## **The Different Journey Group (DJ Group)**

The DJ Group provides friendship and support, alongside hope and laughter, for people newly diagnosed with dementia. As well as the main group, which runs on the 1<sup>st</sup> Tuesday of each month, the DJ Group have a monthly social group outing to a local venue for a meal together.

On 2<sup>nd</sup> April, Dr Cathy Alexander from the University of Exeter visited the DJ Group to talk to couples and individuals about dementia care research, inviting people to tell her what they would like to know about dementia care research and to find out what is important to them. Research in dementia care aims to improve care by focusing on approaches that place the people living with the condition at its centre. The research is wide-ranging, for example, from primary care support, to home care services, to supporting activities.

You can find out more about the research that has been happening and also about events in the local area for the National Festival of Applied Dementia Research by clicking on the link below. There is also a short video available to watch:

[DEM-FEST 2025 DEM-COMM Festival Events.pdf](#)

## **Possible New Groups – Willand**

Would anyone be interested in a new Carer's Support Group in Willand? If so, please do get in touch with us regarding this or any other ideas you may have for new groups.

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

### **Befriending and Telephone Friendship**

We have befriending volunteers available to support carers who may be feeling lonely and isolated and would like someone to chat to on a regular basis. Volunteer befrienders meet with their befriended person around once a month for a chat which usually includes tea or coffee and cake; refreshments that are generously funded by the Devon Community Foundation's CLASP fund. If it is difficult for carers to leave the house their befriender can visit the carer in their home or call on the phone.

If you are caring for someone and would like a befriender, we would have an informal chat to find out the type of person you would like and when and how often you would like to meet them. Then after 3 months, you receive a call from us to make sure that you are happy with your befriender and that you would like to continue to see them (although you can make contact at any time if it's not right for you). After the 3 months, the friendship continues for as long as you want it to.

We currently have 32 Befriending Volunteers supporting 52 Carers.

### **Form-Filling and IT Support for Carers**

We have form-filling support available with our small and very busy form-filling team who can help with long and complicated forms such as Attendance Allowance, Carer's Allowance, Pension Credit, Blue Badges and in some cases, Disability Living Allowance (DLA) and Personal Independence Allowance (PiP). The support can take place in your own home or at our offices in Tiverton. We also offer a free photocopying service so that copies can be taken of the forms if needed. Unfortunately, we are unable to help with employment benefits or Power of Attorney.

There is currently a waiting list for our form-filling support but please get in touch if you need help or think you may be eligible for financial support.

### **IT Support**

IT Support is available for anyone who would like access to things like on-line shopping, email, social media, video calling to family and friends or help to understand and connect to their devices. IT training is available to help people to use the technology they have, such as smart phones and tablets, laptops, printers etc. The support can take place in your own home or at our offices in Tiverton. No waiting list for this one, we can help you immediately.



## Counselling For Carers

Our Counselling For Carers (CFC) service is in collaboration with Petroc College students in their final year of the Level 4 Diploma in Therapeutic Counselling. Counselling takes place in person at our rooms at No.4 Bridge St, Tiverton, or by video call or over the telephone, or a combination. A 30-minute Introductory Session is always offered to carers so that you can find out if counselling is right for you and gives you an opportunity to ask any questions that you may have. After the Introductory Session, a series of 8 sessions is offered, which is flexible, depending on need.

Recently we have been joined by Karen and Faye who are Counsellors in training with Petroc and will shortly be available to offer further counselling sessions to carers registered with us. With this in mind, we would like to introduce to you:



### Faye Court

I'm excited to join Unite Carers as a Level 4 Counselling Trainee. I practice person-centred counselling, which provides a supportive, empathetic space for clients to explore their feelings and find their own solutions. As an artist, I hope to eventually incorporate art therapy into my work. Having both been a carer and received care, I deeply understand the challenges and importance of the caring role. This personal experience drives my passion for supporting carers through my work here. I'm very much looking forward to joining Unite and meeting new people!



### Karen Wilkie

I am a Counsellor in training with Petroc College and also a carer for my mother. I offer a supportive and compassionate space where you can explore your thoughts, emotions, and challenges. My approach is collaborative, using Integrative Humanistic methods to create a safe, non-judgmental environment where you can heal and grow at your own pace. I'm here to listen, support, and guide you through whatever challenges you may be facing. If this resonates with you, I'd love to welcome you.

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 the last quarter – January – March 2025 - we had **23 new unpaid carers** register with us and **10 new requests for befriending** support. **We warmly welcome you all to Unite Carers.**

## CARER'S CORNER

### John's Campaign

John's campaign supports the right of carers and family to stay with patients with dementia in hospital.

It was founded after the death of Dr John Gerrard in November 2014, by his daughter Nicci. She believes her father, who had Alzheimer's, would have benefited greatly if she had been able to stay with him during his time in hospital.

Nicci now campaigns for the rights of carers of patients with dementia and similar conditions to stay with their loved ones and be involved with their care if they would like to be.

[age-uk-john\\_s-campaign-guide.pdf](#)

### The Herbert Protocol

The Herbert Protocol is a form containing key information about a person living with dementia, that can be completed by carers, family or friends in case the person goes missing.

It contains a list of information to help the police, including:

- medication required
- mobile numbers
- places previously located
- a recent photograph

Keeping a completed Herbert Protocol form saves the worry of trying to recall the information during the stressful time of someone going missing. It also saves time for the police, allowing the search to start sooner.

The initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. Sadly, he died whilst 'missing', trying to find his childhood home.

If you would like a form, we have copies available for you to use in the office, or you can find a downloadable copy of the form here:

[Herbert Protocol | Devon & Cornwall Police](#)

<https://www.devon-cornwall.police.uk/notices/af/herbert-protocol/>

### New HOPE Programme

Our friends at Step One Charity are offering a free six-week HOPE course. HOPE courses are evidenced based and provide a toolkit of resources to help reduce emotional dysregulation. From breathing techniques, to meditation and mindfulness to dealing with setbacks, fatigue management, working with sleep problems, gratitude recording, goal setting and much more. They are for people who are living with long-term pain, depression and anxiety. The course takes place in Exeter and begins May 2025. For more information and to book you place, please click on the link below:

[HOPE Course -For people living with long term pain, anxiety & depression – Devon Mental Health Alliance | Working together for better mental health](#)

Or call Sarah Michie on Tel: 07719 065125 email: [sarah.michie2@nhs.net](mailto:sarah.michie2@nhs.net)

## **Unite Carers Partners with the Devon and Somerset Fire and Rescue Service**

Unite Carers have recently partnered with the Devon and Somerset Fire and Rescue Service to provide free home fire safety visits and equipment to carers, former carers and families registered with us.



Our partnership with DSFRS gives carers access to priority referrals into the service. When a referral is made, a Home Safety Technician will conduct a free Home Safety Visit and will be able to assess the degree of risk the person or family is facing, taking the appropriate action to reduce the risks and help prevent a fire or incident. This can include the fitting of free equipment such as a smoke alarm or hard of hearing alarm (for those with hearing loss), supplying fire retardant throws and/or bedding amongst other specialist equipment as well as advising the occupants on safe escape routes and what to do in the event of a fire. All services relating to Home Safety Visits are provided completely free of charge.

If you would like to be referred into the service, please call the office. It's a very simple process and we'd be happy to answer any questions you may have prior to referral.

## **PARENT CARERS**

### **The Oliver McGowan training**

Oliver McGowan was a young man whose death shone a light on the need for health and social care staff to have better skills, knowledge and understanding of the needs for autistic people and people with a learning disability.

The Government has introduced a requirement for Care Quality Commission-registered service providers to ensure their employees receive learning disability and autism training appropriate to their role. This is to ensure safe, compassionate and informed care for autistic people and people with a learning disability.

[The Oliver McGowan Mandatory Training on Learning Disability and Autism - elearning for healthcare](#)

### **Let's Talk Dads**

Let's Talk Dads is a new series of free online sessions aimed at dads and male carers. Please click on the link below to find out more: [Let's Talk Dads! - News](#)

### **Let's Talk Teenagers**

Let's Talk Teenagers and Pre-Teens is a series of online support sessions and resources for parents and carers which aims to help them understand more about the challenges young people are facing today.

Click here to find out more: [Let's Talk Teenagers - Safer Devon](#)

## **Free Solihull Parenting Courses available on-line**

Residents in Devon, Torbay and Plymouth can now access Solihull Parenting courses completely free of charge. These courses, while not necessarily for parents of children with additional needs, are for everyone who wants to be the best mum, dad, grandparent, carer that they can be. [The Solihull Approach](#) aims to improve emotional health and wellbeing by supporting relationships. The courses are written by Child and Adolescent Mental Health Services professionals with other health and education workers. They are evidence based and accredited by the Department for Education.

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Click here to find out more: [Free online courses for parents - Devon Safeguarding Children Partnership](#)

## **Parent Talk**

A great website from Action For Children for parents seeking advice on a range of subjects. To take a look, click here: [Parent Talk - Support for Parents from Action For Children](#)

## **JUST FOR VOLUNTEERS**

### **Volunteer Annual Support Meeting**

Would anyone like to arrange their annual volunteer support meeting (review) with a member of staff or a Trustee at Unite Carers? If so, please do get in touch to arrange a mutually convenient appointment, either in person or by phone. Thank you.

### **Expenses**

A request from Sharon: Please return your volunteer expenses, incurred up until the 31<sup>st</sup> March as soon as possible, to ensure all payments are allocated to the correct tax year.

Are you a volunteer who 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% extra. Please talk to 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 Tracy will send you a new-style ID badge and lanyard.

### **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](http://www.unitecarers.org.uk) to gain a full understanding of what we do and the services which we provide.

## Welcome To.....

We would like to extend a warm **Unite Carers welcome** to our **new volunteer**:

**Carol D. Welcome to Unite Carers!**

## FUNDRAISING – HOW YOU CAN HELP

### Tracy's Portugal Adventure



On Sunday, 6<sup>th</sup> April, I'm off on a cycling adventure, cycling from the North of Portugal to the South coast of Portugal and back again with my brother Glenn. It's looking like the journey will be around 1,000 km (around 620 miles) and we will be taking our hotel (tents, sleeping bags, cooking things etc) on the bikes with us. Hopefully my bike survives the EasyJet flight!

When I was telling the lovely people at the Crediton Carers Group about the trip, they suggested that I should let everyone know, so that if anyone wants to sponsor me on the journey, they can. All proceeds will of course go to Unite Carers.

If anyone would like to donate, the bank details for Unite Carers are:

**Account Name: Unite Carers In Mid Devon**

**Sort Code: 40-52-40**

**Account Number: 00011021**

Or you can make a donation in person to the Unite Carers' office or in the post (we'll put a sponsorship form on the reception desk in the office). I'm taking a paper diary with me to make notes of the trip (because I won't always have access to electricity) and I'll let you know in the next newsletter how we got on. Fingers crossed!

See you at the end of April. Thank you! Take care, Tracy

**The Benefact Group's Movement For Good Awards** - Carers, volunteers and other friends of Unite can nominate us to win £1,000 from the Benefact Group just by clicking on the link below and choosing **1099188 Unite - Carers in Mid Devon**.

[Movement for Good - Nominate a charity for an award.](#)

## 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 started on Sunday, 20<sup>th</sup> October 2024 and will run for 12 months until 19<sup>th</sup> 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. You'll need to sign up to the app and register Unite Carers as your chosen charity. Please ask at the Co-op for more information.

## Charity Pots

All of our Groups are free to carers, the people they care for and to former carers, however donations towards refreshments are always welcome in the charity pot at the group venue or in person. Thank you all so much for your continued support.

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

## AND IN OTHER NEWS....

### Award for Devon Carers Ambassadors Phillip and Linda Cornish



We are pleased and proud to report that Phillip Cornish, always ably supported by his lovely wife Linda, have been recognised by Devon Carers for their voluntary work with Devon Carers and the Farmer's Community Network. Phillip and Linda are regular visitors and contributors to some of our support groups at Unite Carers and have been involved with our charity since 2012, helping others with their knowledge and support, based upon their own lived experiences of caring. Phillip and Linda were awarded a 2-night stay at the Victoria Hotel in Sidmouth and both tell me that they had a wonderful time. Well done Phillip and Linda! Very well deserved and thank you for all that you do for Unite Carers too. Here's a picture of Phillip and Linda outside of the Victoria Hotel in Sidmouth, enjoying the sunshine.

## TIVERTON LIONS IN CRISIS

Lots of you will already have Lions Club Message in a Bottle at home or heard about them in our newsletters. They are a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – the fridge. Mike Aspray, Secretary of the Lions Club of Tiverton and District wanted to let you know that the Club faces a real possibility of closure this coming summer due to a shortage of members. Here's a piece from Mike to tell you all about it:



The Club was formed just over 50 years ago, receiving its Charter in September of 1973. It is part of a worldwide organisation of service clubs, Lions Clubs International, which has 1.4 million members, both men and women. There are some 600 clubs in the United Kingdom, 51 of which are in SW England, with just over 900 members. Each club works to serve their local community as well as having an involvement in key global issues.

Tiverton Lions have over the years raised funds by a variety of activities such as the organisation of the Tiverton Carnival, a barge pull, 50/50 auctions and book jumble sales, fashion nights and quiz evenings. The club's Father Christmas sleigh has toured the town and been present on Saturdays in December in the town centre. More recently fundraising has been confined to Easter Egg raffles and to 'bucket collections'. Recent participation in the Blue Token scheme at Tesco's supermarket in Cullompton resulted in an award to the club of £500 which was used to buy twelve sets of books about the environment which were donated to local primary schools.

Funds collected have been donated to many local and national charities including Unite Carers, CHAT, the Mid Devon Messenger (and the original 'Talking Newspaper'), Hospiscare, FORCE, Children's Hospice SW, Diabetes UK and MIND. Local individuals have benefited from grants towards medical equipment, many students at the High School have received financial help in their fundraising for visits to Kenya and other African countries. Grants have also been given to the Scouts and to local schools in support of a variety of projects.

Tiverton Lions are also involved with two ongoing service projects namely the recycling of used spectacles for use in third-world countries and with the distribution of 'Message in a Bottle'.

All monies collected from the public are used for charitable purposes. Club administration costs are met in full by club members themselves through membership dues of £50 per half-year.

The club very much hopes to be able to continue its good works in the future, but it must gain new members. For further information about Tiverton and District Lions Club and the Lions movement in general please contact the club secretary, Mike Aspray, by email at [mikeaspray@btinternet.com](mailto:mikeaspray@btinternet.com) or by telephone (leaving a message with contact details) on 01884 242606.

Thank you very much for reading this appeal. I look forward to hearing from you - **Mike Aspray, Secretary of the Lions Club of Tiverton and District.**

## **Become a Unite Member**

If anyone would like to know more about becoming a member of Unite Carers, we would be happy to chat to you. You can join as an individual or as an organisation. 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 to find out more.

## **Newsletter**

Do you receive this newsletter by post but have an email address that we can use instead please? This would save our small charity postage, printing and admin costs. If you do have an email that we can use instead please do get in touch to let us know. Thank you.

## **Personal Details**

If you have any changes to any of the details that we have saved for you on our database, please do let us know. This may be your emergency contact person, home address, phone number, email etc.

## **The Unite Library**

As you may already know, we have a library here at the office at No.2 Bridge Street, with a selection of books about dementia and even more books and pamphlets on a wide range of subjects relating to caring. We do seem to be missing quite a few of the dementia books at the moment so, if you have borrowed a book from the library, can we gently remind you to return it once you have finished with it please? Thank you, please come along and borrow some more.

## **Office Opening Hours**

The Unite Carers' office is open Monday – Friday 10am-4.00pm but please do call ahead before making a special journey into Tiverton to see us as we may be working off-site or in meetings.

**If you need to speak to someone urgently, here are some useful numbers for you:**

- **Care Direct - Devon Adult Social Care:** **0345 155 1007**
- **Samaritans 24-hour free helpline:** **116 123**
- **NHS Mental Health crisis** **111 and select option 2**
- **In an emergency or in immediate danger** **999**

## **Contact Us: Unite Carers in Mid Devon**

Tel: 01884 257511

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

website: [www.unitecarers.org.uk](http://www.unitecarers.org.uk)

**And finally...**

**Spotlight On! – In this edition we turn the spotlight on: **Andy Grzesinski****



Introducing Andy Grzesinski. Andy helps Sharon with fundraising for the charity and is an advisor to Sharon and the Unite Board of Trustees. Thank you for all that you do Andy.

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My wife Jane and I relocated to Devon nearly three years ago from the picturesque Highlands, driven by welcoming our latest grandchildren into the world. We currently reside in the charming village of Thorverton, though we still find ourselves travelling back to Scotland regularly for the family.

Prior to retirement, I spent most of my career in a senior management role within the Automotive Industry while also volunteering as a Trustee in a significant charity project in the Highlands. Now, as a volunteer advisor to Unite Carers, I'm dedicated to utilising my business skills once a week to support in its good work.

My current role at Unite Carers appealed to me as this aligned deeply with my values and aspirations. It presented me with an opportunity to contribute meaningfully within the community. By utilising my skills and experiences to suggest change by offering observations and processes to assist the Trustees. Also working with Sharon on a fund-raising strategy and budgeting in the absence of a Treasurer to have a positive impact on Unites' financial position. This role also gives me the opportunity to work closely with other dedicated individuals, in a collaborative environment which you sometimes miss in retirement.

I have had many hobbies and interests over the years but since I was a 'wee' boy in Scotland fly fishing has always been my main one. Fly fishing is a quiet and captivating pursuit that has always offered me relaxation, casting in a river with the anticipation of a Trout or Salmon taking my fly with no guarantees. For me it's never been just about the catch, but the connection with nature and the solitude that comes with it especially in the beautiful Highland rivers.

Being a volunteer requires a blend of compassion, dedication, and a genuine desire to make a difference to others in the community. It demands a commitment of time and energy and the readiness to work within a team. By utilising my wealth of business-related skills and experiences, I endeavour to add value to the organisation which provides me with a great sense of satisfaction knowing that I have contributed to help others. During my time at Unite, I have also encountered numerous dedicated individuals, whom I greatly admire for their commitment and hard work.

Thank you for taking the time to get to know a little about me. I look forward to continuing making a positive impact with Unite Carers.





## Unite Carers Support Groups Spring 2025

Who's it for?	Group Name	Location	With	Day in month	Time
All Carers	<b>Bampton Carers' Coffee Group</b>	Bridge House, Bampton	Denise	1 <sup>st</sup> Thursday	10.30 am - 11.30 am
All Carers	<b>Crediton Carers' Coffee Group</b>	Crediton Coffee Co, The Square, Crediton	Tracy	3 <sup>rd</sup> Thursday	11.00 am - 12.30pm
All Carers	<b>Cullompton Carers' Coffee Group</b>	John Tallack, Cullompton	Jean	2 <sup>nd</sup> Wednesday	10.30 am - 12 noon
All Carers	<b>Tiverton Carers' Coffee Group</b>	Unite Carers, 4 Bridge St, Tiverton	Denise & Fiona	4 <sup>th</sup> Tuesday	2 pm
All Carers and Former Carers	<b>Uffculme Lunch Group</b>	Locations change monthly – Please call the office	Jackie	4 <sup>th</sup> Monday	12.30 pm
Carers of adults and teens 16+ with additional needs	<b>Carers of Adults and Teens with Additional Needs</b>	Unite Carers, 4 Bridge St, Tiverton	tba	3 <sup>rd</sup> Wednesday	10.30 am - 12 noon
Carers of school-aged children with additional needs	<b>Let's Unite at Number 4 (for parent carers)</b>	Unite Carers, 4 Bridge St, Tiverton	tba	1 <sup>st</sup> Wednesday	9.00 am - 11.00 am (drop-in)
Dementia Carers	<b>Culm Valley Oasis</b>	Padbrook Park, Cullompton	Audrey & Veronica	3 <sup>rd</sup> Monday	2.30 pm - 4 pm
Dementia Carers	<b>Exe Valley Oasis</b>	Unite Carers, 4 Bridge St, Tiverton	Denise & Fiona	2 <sup>nd</sup> Thursday	10.30 am
Dementia Carers and Cared-for-people	<b>A Different Journey Support Group</b>	Unite Carers, 4 Bridge St, Tiverton	Fiona	1 <sup>st</sup> Tuesday	10.30am – 12 noon
Dementia Carers and Cared-for-people	<b>Tiverton Forget Me Not Cafe</b>	Cherith Hall, Tiverton	Denise & Fiona	3 <sup>rd</sup> Tuesday	2 pm - 3.30 pm
Former Carers	<b>Tiverton and Cull Former Carers Lunch Group</b>	Locations change monthly – Please call the office	Veronica	1 <sup>st</sup> Tuesday	12 noon

**PLEASE CALL THE UNITE CARERS OFFICE TO REGISTER - 01884 257511**