

## Upcoming Events

### Thursday 26<sup>th</sup> May

✚ Bovey Carers Drop In

The next drop in at the Cromwell Arms will be between 11.30am – 1pm. Come alone for a drink and a chat.

### Monday 6<sup>th</sup> – Friday 10<sup>th</sup> June: Carers Week

**(Information stand at Newton Abbot Hospital.)**

#### Monday 6<sup>th</sup> June

- ✚ **Free swimming** at Lamorna Guest House, Kingsteignton, TQ12 3GR between 2pm – 4pm. Swimming Pool and Garden available exclusively for carers. Please ring 01626 337700 to book.

#### Wednesday 8<sup>th</sup> June:

✚ **Free Pamper Sessions – 9am - 4 pm**, South Devon College Hair and Beauty  
The College is kindly offering FREE Wash and blow dry, shampoo and set & hair up, Manicures/pedicures, @ Pearl Assurance House, Newton Abbot Phone 01626 202613 to book.

- ✚ **Carers into Employment**, Newton Abbot Racecourse

Are you:

An adult who provides or intends to provide care for another adult?

Looking to return to work, or take your first steps into employment?

Wanting to know more about what support is available to you?

THEN THIS FREE EVENT IS FOR YOU!

You will be able to find out about:

Support for taking up, returning to work or increasing your hours, - Rights for carers at work, - Work related training, - Preparing for self-employment or setting up a small business, enjoy a free sandwich lunch and cup of tea or coffee. Please book at <http://devon.cc/carers> or phone our Helpline on 03456 434 435.

#### Friday 10<sup>th</sup> June :

- ✚ **Information and Social Event** from 10 a.m. - 3 p.m. at the Parish Rooms in Tavistock. Free tea, coffee and hot chocolate will be provided with cakes donated by the local Tesco store. Treats for carers such as complimentary scalp massages and shiatsu will be available. There will also be free blood pressure checks by the Stroke Association, carers checks and advice from organisations such as Citizens Advice. Goody bags will be available with special offers for carers from local businesses.

- ✚ **Better Relationships Course:** We have a Better Relationships course running in Exmouth venue to be confirmed. This course will run on the 15<sup>th</sup> June and the course outline is attached. Certain restrictions apply to attendance, please contact Devon Carers on 03456 434 435 for more details.

✚ **Mental Health, a Carers Focus Course:** We have the Mental Health a carers focus course is running on 27<sup>th</sup> June in Marsh Barton. Certain restrictions apply to attendance, please contact Devon Carers on 03456 434 435 for more details.

✚ **Consultation Events to Help Design Carer Services**

Devon Carers Partnership want to know what people caring for another adult think future carer services should look like. To Participate in the consultation carers can drop in to one of their events anytime between 10am and 4pm for tea, coffee and cake and give their views.

- Exeter Isca Centre - Tuesday 17th May
- Passmore Edwards Centre, Newton Abbot - Tuesday 24th May
- Tavistock Town Hall - Thursday 16th June
- The Watermark, Ivybridge - Thursday 23rd June

To book, organise replacement care or long journeys to events, please contact 01392 383000. Ask for either Heather Spackman or Sally O'Donnell.

Email: [socialcareinvolvement-mailbox@devon.gov.uk](mailto:socialcareinvolvement-mailbox@devon.gov.uk)