

## **Newsletter for South Dartmoor & Teign Valley**

### **November 2015**

By Karen Safe, Carer's Support Officer – 08456 434 435

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**Christmas Lunch** A carers Christmas Lunch has been arranged for Monday 14<sup>th</sup> December 2015 at the Cromwell Arms, Bovey Tracey. The cost is £12.50 for two courses. I hope you can come. Please send back the booking form attached to reserve your place.

**Bovey Carers Group** The next drop in session at The Cromwell Arms will be on Thursday 26<sup>th</sup> November between 11.30am – 1pm.

**Dementia-friendly activities at the museum** Royal Albert Memorial Museum & Art Gallery Queen Street, Exeter EX4 3RX. See attachment.

**Living Each Season** These activities are designed to be enjoyable for people with mild to moderate memory problems and carers or friends – each person with dementia must be accompanied. It's a chance to do something together, sink your eyes into something beautiful and take your mind off everything else. It's about experiencing the moment. Each visit begins with refreshments and ends with an illustrated information sheet to take home and carry on the conversation.

**Booking your place** Numbers are limited to ensure the best possible experience, so please book in advance. Tickets can be obtained online and in person from RAMM's Garden reception or by phone on 01392 265858.

**Discounts and subsidies** Your FIRST SESSION IS FREE while funds are available, please mention when booking. We (the organisers) can pay travel costs within an hour of Exeter if you ask in advance.

- **Art-making workshop** Thu 26 Nov, 10.30am to 12.30pm
- **Gallery tour** Thu 10 Dec, 10.30am to 12.30pm
- **Object-handling session** Wed 27 Jan 2016 10.30am to 12.30pm

**Autism Task Group requires Carer representation** Do you care for an adult with autism? Would you be interested in helping this task group which is working with Devon County Council's Autism Board to engage and consult with people who are autistic and their carers? The group meets 8 times a year at Wonford Community Centre and carer(s) are needed for meetings from January onwards: the first of these is on 19 January from 11am – 1pm. Expenses will be paid and care costs will be covered. Please get in touch if you would like more information [pamela@sdevoncarers.org.uk](mailto:pamela@sdevoncarers.org.uk) or 07967389713.

### **Managing Anger Workshop – Tavistock Weds 2<sup>nd</sup> December @ 10am - 2:30pm**

This workshop will focus on our experience of anger – both our own and the anger of others close to us. The purpose of the workshop is to enable you to consider ways to manage your response to anger in ways that are beneficial to you and your relationships. Restrictions apply, contact Karen Safe if you are interested on 08456 434 435.

**Devon County Council 'Have your Say'** Make your views known about decisions DCC is taking. Current surveys include 'Community Survey' and 'Touch Choices'. Go to <https://new.devon.gov.uk/haveyoursay/> for more details.

**The Peer Support Project** offers mutual peer support. The project is primarily about carers giving mutual support to other carers through buddying and groups. The aim is for carers to form networks and friendships with other carers so that you don't feel so isolated. It is different to other peer support in that in this project everyone is a volunteer and everyone is a carer. This means that everyone is giving and receiving support. The aim is to set up buddying and groups which can continue to run without the need for a worker – it is about carers forming social relationships with other carers both individually and in groups. Contact Devon Carers for more information on 08456 434 435.

**Christmas Tips for ASD** Christmas can be an exciting and fun time, but people with autism may be confused or distressed by all the new activity. With the help of readers of *Your Autism Magazine*, we have compiled a list of tips that may help you through the festive period.

A person with an autism can find any kind of change difficult. You could:

- use a calendar or visual timetable to prepare for Christmas, for specific events, to highlight school days and home days, or the night when Nana is coming to sleep
- talk about Christmas time and what this means for your family
- make a booklet about Christmas with pictures of Christmas trees, decorations and Christmas food - if your family member takes things very literally, they may become anxious if your Christmas does not appear exactly as the pictures
- liaise with school or college so that the same strategies and visual supports are used as at home, and so that Christmas preparation is started at the same time
- prepare the person for specific events, eg by showing them a photo of a man dressed as Father Christmas.

**Karen Safe**

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[www.devoncarers.org.uk](http://www.devoncarers.org.uk)

Devon Carers is a project of Carers+, a consortium of East Devon VSA, Exeter CVS, South Devon Carers Consortium and Westbank, the lead agency. Delivery is also supported by Torridge CVS, UNITE Carers in Mid Devon, Young Devon, and Hikmat. Westbank Community Health and Care Ltd. is a registered charity 1119541 and a company limited by guarantee 6243811.