

## **Devon Carers Local News**

**Bovey Carers Group October:** Thursday 27<sup>th</sup> October 11.30am – 1pm at The Cromwell Arms. Drop in for a coffee and a chat.

**Bovey Carers Group November / Carers Rights Day:** Thursday 24<sup>th</sup> November 12 noon at The Cromwell Arms – information and question and answer session **with local Solicitor Bridget Holness and Kat Stockton from The Red Cross Support at Home Service.**

**Red Cross Support at Home Service:** **Could you use a little extra help at home?** The British Red Cross offers short term practical and emotional support at home to help people regain their independence. Following an illness, injury, or personal crisis, we smooth the process of settling back into a normal routine and enable people to regain their confidence and independence. Our friendly volunteers provide companionship and help with everyday tasks, such as shopping, collecting prescriptions and accessing local services. If you would like to become a volunteer or find out more about what is involved, please contact the Exeter Red Cross office on 01392 353271.

**Mencap AGM:** Exeter and District Society, Annual General Meeting 2016

Do you have a learning disability? Or are you a parent or carer for someone who has a learning disability?

Come and Join us on Wednesday November 23rd from 10.00am. Speakers: Keri Storey Head of Adult Operations 'The Care Act & Fair and Affordable Care policy' & The role of the learning disability liaison nurses in District General Hospitals.

Meeting will be at: The Isca Centre Summer Lane Exeter EX4 8NT. Time: 10.00 for coffee. A free buffet lunch will be provided. For catering purposes, booking is essential, please let us know by: Friday November 12th. [barbara.ferrity@btinternet.com](mailto:barbara.ferrity@btinternet.com)

**Rethink Devon:** Devon Community Opportunities. See attached document.

**ACCESSIBLE OUTDOOR ADVENTURE Leap of Faith Adventures** offers a range of outdoor adventure for all abilities. We can tailor our activities to meet the needs of each group or individual. We are based in Exeter, Devon and currently provide activities such as caving, climbing, archery, bushcraft, canoeing/kayaking and walking/expeditions. We can work on a 1:1 basis or with small groups and can travel within the South West if required. <http://www.leap-of-faith.org.uk/>

**Contact a Family: Updated Carer's Allowance factsheet** Our [Carer's Allowance summary factsheet \[PDF\]](#) includes all the facts about who is entitled to this benefit and how you claim it. You can also take a look at our podcast mini-series which answers some of the most [frequently asked questions about Carers Allowance](#) we hear from callers to our helpline. If you ever wondered who qualifies for Carers Allowance, whether you'd be better off financially by claiming it or how your earnings or savings will affect your claim, then this podcast is for you. <http://www.cafamily.org.uk/advice-and-support/money-benefits-work-and-childcare/benefits-and-tax-credits/carers-allowance/>

**From Exeter CVS:** 307 Squadron Project invites you to Exeter for a special exhibition to remember the Polish 307 Squadron RAF that defended the South West of England during the Second World War.

The exhibition 'For Your Freedom and Ours. The Story of 307 Squadron', in both English and Polish, is being held at Exeter's Guildhall between 14-16 November 2016. At 10am on Tuesday 15 November the Lord Mayor of Exeter will raise the Polish flag over the Guildhall to remember 307 Squadron which prevented the city from being totally destroyed during the blitz of 1942.

This ceremony will help promote British-Polish relations.

For more information please find attached a press release and poster, together with the following link to a promotional trailer: <https://goo.gl/w5JHT5> We hope that you will be willing to help promote the exhibition and flag raising, and attend. If you have any queries please do not hesitate to contact: Andrzej Michalski, Michael Parrott, Marcin Piórkowski  
307 Squadron Project [www.307squadron.org](http://www.307squadron.org)

MICHAEL PARROTT - 307 SQUADRON PROJECT [michael@307squadron.org](mailto:michael@307squadron.org)

**Devon Carers Peer Support Events:** Contact Devon Carers for more details 03456 434 435.

**Totnes Peer Support Group** Thursday 1 December 1 p.m. Library, Seven Stars, Totnes

**Ivybridge Christmas event** Thursday 15 December 2.30 p.m. Afternoon tea at Endsleigh Garden Centre, Ivybridge