

Unite Carers in Mid Devon



Spring Newsletter 2024

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Newsletter

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A WORD FROM OUR CHAIR

The First Day of Spring!

Meteorologists say it's 1st March while astronomically speaking it's the 20th March. Some relief from this incessant rain. It's sad to see waterlogged fields full of ruined crops and spring flowers battered to the ground. For us gardeners the sooner we can get out there the better, but even though everything is fighting the elements, green shoots are getting through.

“Senior moments” - They can happen at any age to anyone. Having senior moments may be a good thing. Only worry if you don't notice them, says the Daily Mail. Senior moments describe a sudden memory lapse such as forgetting your PIN or a relative's name or what you went upstairs for. Well apparently, we shouldn't worry about this, we need only worry if we forget that we have forgotten. Now I am confused.

Senior moments - the perfect description is: Times when you do things that only wise people do when they are busy. That suits me. We all hope for ways to deal with senior moments, have a good sense of humour, laugh at yourself, make sure you get enough sleep, make lists, keep busy but leave time to relax. I expect you have your own coping strategies. Now where did I put that pencil?

Anyone walking past our Unite offices recently will have seen the inspired Easter window display created by Margaret, one of our volunteers. Thank you, Margaret we have had many complimentary remarks.

We are about to be part of Tesco's blue token scheme in Crediton, so, if you can, get over there and please fill the space under our name.

We now have a book library where you can borrow books on all aspects of dementia, and I believe we are about to offer jigsaws on loan soon. Doing a jigsaw might well help us to lessen our senior moments, keeps the brain busy.

Keep dry and let's keep our fingers crossed for some sunshine soon - **Bernice Philbrick – Chair of Trustees**



*Sharon (General Manager) and
Bernice (Chair of Trustees)
promoting Unite Carers at the U3A
event at Moorhayes, Tiverton.*

NEWS FROM OUR SUPPORT GROUPS

Bampton Carer's Coffee Group

From April the Bampton Carer's Coffee group will be heading back to The Swan in Bampton. The day also changes to the 1st Thursday of the month (instead of 1st Tuesday) and will start at the new time of 11am.

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Tiverton Forget Me Not Café

The Forget Me Not Café (memory café) 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.



As well as meeting others for a chat and a cup of tea, coffee and home-made cakes, we also do lots of various activities. In January for instance we played carpet boules, February saw us entertained by Don Wild with his seated exercise to music from the 60's and with some dancing to finish and in March we decorated Easter baskets for our grandchildren and families. Coming up in April we have Liam with his relics and items from days gone by, for May we have the return of Alan and John with music from 50s,

60s and 70s and June the return of Caroline with music and instruments for everyone to have a go at playing.

We like to provide a safe and welcoming environment for everyone who attends and there is a chance to meet with other carers. We can also provide a confidential, one-to-one chat with a volunteer or member of staff if you would like to discuss something in private.

Group facilitator, Denise.



Cullompton Oasis Group

Cullompton Oasis is a support group for carers of people with dementia who meet at the Padbrook Park Hotel in Cullompton on the third Monday of each month. We are a friendly group who enjoy the relaxing environment of the hotel, a cup of tea or coffee, a chat and a laugh! A masseuse is also in attendance at most meetings and anyone who has a massage comes away feeling calm and relaxed.

As a group we can help each other by sharing our experiences and discussing how we overcome problems or where we can obtain further help or advice.

If you are caring for someone with dementia, either family or friend, do come along, you will be made most welcome.

Group facilitator, Veronica.

Crediton Carer's Coffee Group

We are a small and friendly carer's support group who meet at the @100 Café on the High Street in Crediton on the 3rd Thursday of every month, starting at 11am but, as a drop-in group, you are most welcome to join us when you can and to come and go as you please. Our Crediton group is for all carers whatever the medical condition of the person you care for. We are a group of people who all share similar experiences of caring for someone, past and present, we chat, we laugh (and yes, sometimes we cry), we give strength to each other and advice and information when it's needed.

The coffee is excellent (and on us) and Eve at the @100 Café is wonderful. If you would like to join our group, we would all be very pleased to meet you.

Group facilitator, Tracy

Tiverton Safe Stop Sitting Group



Our wonderful volunteer Mo has been holding the fort and entertaining the troops at the Tiverton Safe Stop Group during February and March. There was lots to think about and do in February's session including reminiscing with Liam's Relics, Cup Ping Pong, Carpet Boules and even Darts (although I think the soft kind), 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 to the likes of Vera Lynn and Perry Como, rounding off with good old Rock n 'Roll. Everyone enjoyed getting as active as they are able and meeting Don. Thank you Don and Liam and please come back to visit us again soon. A very big thank you to Mo and the rest of Jenny's Dream Team.



Witheridge Safe Stop Sitting Group

Regretfully we had to cancel our Witheridge Safe Stop Group, until further notice, in February. People attending the group were invited to come along to the Tiverton Safe Stop group and we took on board that transport and timings are an issue. We have looked into how to resolve this and are now able to provide transport from Witheridge to Tiverton if anyone would like to attend the Safe Stop Group in Tiverton. If you would like to know more, please call the office. The Tiverton group runs

twice a month on the 2nd and 4th Wednesday of the month, for 2 and a half hours. We apologise to the people who regularly attended the Witheridge group and appreciate that the decision to close the group is disappointing.

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

Befriending and Telephone Friendship

Befriending Support isn't only available for carers new to Unite. If you are an adult caring for an adult, feeling lonely or isolated and would like someone to talk to, we can find the right person for you. **We have volunteer befrienders available for you to meet immediately.** Perhaps you would like to go for a coffee and a chat, or a walk or visit a place of interest. Visits can also take place in your own home if it is difficult for you to get away. Call the office to find out more.

Form-Filling and IT Support for Carers

The first 3 months of 2024 have been particularly busy for our form-filling volunteers as we continue to give free support to carers in helping them to complete long and complicated forms or make applications to eligible funds. During January, February and March our form-filling volunteers and staff helped 21 carers.

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 or set-up anything from emails, social media, shopping deliveries on your phones, tablets, laptops or PCs.

Counselling For Carers

Our new counsellor Lyndsey joined us in January and very quickly got up to speed, filling all available appointments blocks until the end of April. However, we have been very lucky to secure two new counsellors. Catherine is available from 15th April to offer a 30min introductory chat before you decide whether you wish to begin an 8-week course of sessions (flexible). Simone will be available from May onwards to offer 6-week courses (flexible). As always, sessions can take place in person at our rooms on No.4 Bridge Street, Tiverton, or virtually by video call or over the telephone.

If you would like to find out more about our free 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.

For the period January to March 2024, we have had 22 new unpaid Carers register with us and 7 new requests for 1:1 Befriending support. **We warmly welcome you all to Unite Carers.**

So far this year – January to March 2024 – we have helped 175 carers and former carers with their requests to access one or more of our 1:1 support services and I would like to take this opportunity to thank our fantastic volunteer support teams who make everything possible.

NEWS FROM OUR DEVON CARER'S AMBASSADOR FIONA BLADON

Carers Week is Monday 10 to Sunday 16 June with the theme “Putting Carers on the Map”

Devon Carers have arranged a variety of events and information stands. To find out more follow this link: [Carers Week - Devon Carers](#), Devon Carers Facebook page or telephone Devon Carers on 03456 434 435. Further events are being added, so check to see what may be happening near you, or perhaps treat yourself to a day out. If you are registered already with Devon Carers, you can use your Devon Carers card for free entry to Killerton House, Lydford Gorge, Arlington Court and Buckland Abbey, among others. Visit the information stands to find out how Devon Carers can support you in your caring role.

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Support and Services through:

- [The Devon Carers website](#) which includes a live webchat service where you can access instant support and advice.
- [The Devon Carers Passport](#), which is available to every carer on registration with Devon Carers and includes a Carer's ID card. The ID card can also provide access to support at major hospitals (check the hospital website for details), including discounted meals and out-of-hours visiting. **For free parking at the hospital, ensure that you check in at reception to show your ID card and to give your car registration number.** You can use the card for your own visits to the hospital, or for the person you care for. There is also a range of developing benefits associated with the Carer's Passport.
- [The Devon Carers magazine](#) has the latest news, advice, training courses, carers stories, top tips for carers and much more.
- [Alert card](#). Following the development of a contingency plan (with advice from Devon Carers) the alert card identifies you as a carer. If you find yourself in an emergency situation where you are unable to inform people yourself, your card gives information for someone to telephone an emergency number so that steps can be taken to ensure the safety of the person you care for.
- [Peer support](#) groups give you the chance to meet and make friends with other carers, providing each other with mutual support and understanding.
- [Face-to-face training](#) opportunities to help you with your caring role.
- [Online training](#) Information about free online training courses that you can complete in your own time.
- [Advice about managing your finances](#) Benefits and allowances you may be able to claim and help to deal with debt.
- [Carers' hospital discharge service](#) Helping with your discharge from hospital or that of the person you care for.

Free digital resources for Devon Carers are also available from Carers UK through this website link: [Carers UK Digital Resource for Carers](#). Create an account and log in using the free access code:

DGTL8827

To register as an unpaid carer or for further information, please call the Devon Carers Helpline on [03456 434 435](tel:03456434435) (available Monday to Friday from 8:00 am to 6:00 pm and on Saturday from 9:00 am to 1:00 pm).

WORKING CARERS AND THE CARERS LEAVE ACT 2024 AND CARERS' RIGHTS

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The Carers Leave Act 2024 introduces additional rights for working carers including up to one week's unpaid leave to help you with your caring role. 6

See Carers UK website :

[Your rights in work | Carers UK](#)

[Unpaid carer's leave - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

From 6 April 2024, employees will be entitled to unpaid leave to give or arrange care for a 'dependant' who has:

- a physical or mental illness or injury that means they are expected to need care for more than 3 months
- a disability (as [defined in the Equality Act 2010](#))
- care needs because of their old age

The dependant does not have to be a family member. It can be anyone who relies on them for care.

Employees are entitled to carer's leave from their first day of work for their employer. Their [employment rights](#) (like holidays and returning to their job) are protected during carer's leave.

Employees can take up to one week of leave every 12 months, pro rata.

They can take this time in a block or as individual days or half days throughout the year.

If an employee needs to care for more than one person, they cannot take a week (pro rata) of carer's leave for each dependant. They can only take one week every 12 months. They can use the leave on more than one dependant.

The above website links give more information.

CARER'S CORNER

Some important dates coming up for carers this quarter:

Dementia Awareness Week runs from 13th – 19th May – We will be holding a drop-in at our offices on Bridge Street after the Exe Valley Oasis Group (which starts at 10.30am for dementia carers) on 9th May from 12 noon until 2pm, and we invite you to come along to join us for all things dementia, coffee, tea and cake.

On 16th May Unite will be hosting a promotional stand in the foyer of Tesco in Crediton. If you would like to help out with the promotion please do get in touch with us, or if you can, please pop along to say hello.

Also, please take time to stop and view our dementia window display for Dementia Awareness Week between 13th-19th May at the offices on Bridge Street, Tiverton. We will be displaying lots of information and promoting awareness of dementia to everyone who passes by.

Volunteer Week is on 3rd – 9th June this year

Carers Week – Putting Carers on the Map is 10th – 16th June and the

Small Charities Week on 17th – 21st June.

Still lots to think about for all of these note-worthy events and we will let you know when plans come to fruition, but for now, please come along our joint event at No.4 Bridge Street on 13th June to meet the team and find out how Unite Carers supports carers, former carers and volunteers.

Carer's Library at Unite Carers

We've added some new titles to our Carer's Library at the Unite Carers offices at No.2 Bridge Street, and very shortly there will be dementia-friendly jigsaw puzzles available to borrow too. Come along and see for yourself what's available to borrow for free, or if you would like us to bring some books, booklets and puzzles to you at the Groups, please do let us know by calling or emailing the office. We also have a whole array of new booklets from Independent Age which are a fantastic source of information on subjects such as Carer's Allowance, Pension Credit, Attendance Allowance, Paying For Care Home Fees, Getting Help at Home to name just a few of the 20+ titles we currently have available to you. Please let us know if you would like a full list to be sent to you. Tel: 01884 257511.

Dementia Awareness Training for Carers and Volunteers

Dementia Awareness Training is available free to those who wish to expand their knowledge. You do not need to register for the course. To access the training please visit the link below:

<https://memorycafehub.org.uk/dementia-awareness/>

and then click on the separate videos at the bottom of the page to watch them.

Free Winter Tool Kits

Mid Devon Mobility are offering free winter tool kits, designed to help people keep warm and save money on heating and utility costs. The kits contain: Blanket, hot water bottle, scarf, gloves, hat, heated hand-warmer, flask, energy-saving light bulb, insulated cup, draft excluder tape and a radiator cover. To claim the free kit, please call: 01884 242099.

PARENT CARERS

'AUTISM AND US' PARENT SUPPORT LAUNCHES SUMMER TERM PROGRAMME

Autism and Us is a popular free support programme for parents and carers of children and young people who are either on the autism waiting list for assessment (pathway) or who have received a diagnosis of autism. They are currently taking bookings for the summer term for dates in May, June and July.

There are two types of support on offer:

- **A four-week programme** of live online sessions (each approximately two hours long) designed to give you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs.
- **Themed workshops around specific topics**, such as demand avoidance, stress and anxiety, online safety and communication support, that you can choose to attend based on the relevance to you and your family.

To book your place on the programme or workshops, or to express your interest in future programmes, please send an email to educationlearnersupport@devon.gov.uk. They will confirm your booking and provide you with a direct link to the event.

For more information please visit: [Autism and Us - Education and Families \(devon.gov.uk\)](https://www.devon.gov.uk/autism-and-us)

SEND

Supporting someone who has autism? Have you watched [BBC Two - Inside Our Autistic Minds, Chris Packham invites us inside his autistic mind](#). Two episodes available which includes the young persons voice. Take a look if you haven't already.

Autism Podcasts Please see the following link for some very insightful podcasts on experiences for Autistic people and their Families that were shared from RIP Training: [Podcasts on Autism \(theautisticadvocate.com\)](https://theautisticadvocate.com/podcasts-on-autism) These are useful for professionals and Families.

Padlet Autism Resources

This resource was created by an autistic community to provide a collection of easy access visuals, videos and links about autism and related issues for young people and their parents/carers who want to find out more information. There is lots of information which helps to promote understanding and awareness about Autism. To discover what Padlet has to offer, please visit their website at <https://padlet.com/spectrumgaming/AutismResources> (Please note, we have not been able to check all information shared on this resource as it changes regularly).

Targeted Two-Year-Old Funding for Working Families

From April 2024 **working families** with 2-year-olds will be able to get 15 hours of funded provision and from September 2024 children from 9 months whose parents are working will get 15 hours of funded provision. If you are working, click here to check what childcare your family may be entitled

to receive and what funding is available to help with the cost of childcare: [Childcare Choices | 30 Hours Childcare, Tax-Free Childcare and More | Help with Costs | GOV.UK](#).

Working parents can check their eligibility for 2-year-old funding from January 2024

If your family gets Universal Credit and is working, and is entitled to both types of funding, it's recommend you opt for the 2 year old funding (that is not for working parents) because you will not need to reconfirm your eligibility every 3 months, which is a requirement for the funding for working families.

Improved Family Relationships

Free Solihull Approach online courses, for all parents and parents-to-be from DCC

- Understanding your pregnancy, birth, labour and your baby
- Understanding your baby
- Understanding your child
- Understanding your teenagers brain

These courses 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. Together, we are aiming to change the culture around parents' self-development, while improving children's wellbeing at the same time. A smoother home life is good for concentration, learning and performance at school. To access the course please click here

- <https://www.devon.gov.uk/education-and-families/free-online-courses-for-parents/>

Free access code is **TAMAR**

JUST FOR VOLUNTEERS

Befriending Volunteers

Would you like to join our Befriending Team to support Parent Carers? We invite anyone to get in touch if you have lived experience or knowledge of caring for a child or young person with additional needs and would like to join our fantastic Volunteer Befriending Team to give support, advice and friendship to others in a similar position. Age and gender are irrelevant. Please contact us at the office on 01884 257511 for an informal chat or email info@unitemd.org.uk Thank you.

Expenses

Are you a volunteer that doesn't claim expenses? 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

Would 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.

Vacancy for a Volunteer Treasurer to join the Board of Trustees

Unite Carers in Mid Devon are desperately seeking a Volunteer Treasurer (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

Crediton Town Council



**CREDITON
TOWN COUNCIL**

We were delighted to be awarded a grant of £2,000 in March from Crediton Town Council, to help us to continue our services for unpaid carers in the Crediton area. Thank you CTC and the people of Crediton.

Tesco Stronger Starts – Tiverton, Cullompton and now Crediton



You may remember that we asked for your help back in the Summer of last year to put your little blue tokens into the customer voting box at Tesco stores in Tiverton. Well, lots of you did and we were awarded £1,000 to help to fund our Let's Unite Outdoors Group. Then our application to Tescos in Cullompton was successful, meaning we were in stores between

October 2023 and January 2024. Even more of you voted in Cullompton and we were awarded the top prize of £1,500. This is to support our Cullompton Carer's Coffee Group and our Culm Valley Oasis Group. Now I'm thrilled to say we've achieved a hat-trick of Tesco Stronger Starts awards and are in Tesco stores in Crediton between April and June. So, once again, please do vote for us if you can in Crediton, by putting the blue tokens in the voting box at the Tesco Superstore and the Tesco Express store. The award will be used to fund our Crediton Carers' Coffee Group, for friendship, guidance, advice and support for all unpaid carers and former carers, who may be feeling lonely and isolated.

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

AND IN OTHER NEWS....

Did anyone notice our Easter Window display on Bridge Street? With Easter is on its way, our office window at No.2 Bridge Street in Tiverton was looking particularly eggcellent thanks to our wonderful volunteer Margaret. Thank you Margaret!



Does anyone need a walker?

We have two available for a donation to Unite Carers.

First come, first served.

Please just stop by the office if you would like to take a look at them. Both have attached shopping bags.



A Poem by Martin Wells – I Once Heard a Tale

In our last edition of the newsletter, we had a wonderful poem by Martin Wells – If I Get Dementia. Martin has published a book of his poetry and we have a copy of it available to borrow from our dementia library at the office on No.2 Bridge in Tiverton if anyone would like to read it. On the subject of libraries, here's another of Martin's poems for you to enjoy, described light-heartedly by Martin as a cautionary tale of loss and despair. See if you recognise anyone from it.....

I Once Heard A Tale

I once heard a tale of a man and his wife
Whose library books they had read.
So off into Tiverton they chose to go
To get a few new ones instead.

So off to the library they did proceed
(It's down by the Premier Inn)
Their books and their tickets were all that they need,
The story's about to begin...

"Can you bring the books, Warwick dear", said his wife
"I'll go on ahead – it's not far"
But try as he might however he looks,
He can't find the books in the car!

I know that I bought them, said Warwick to Sue,
I had them right here, that's the truth,
And just while I struggled to open the car,
I left them just here on the roof.

And then the light dawned and the penny did drop,
The realisation was clear,
That Susan and Warwick were where they should be,
But as for the books – they're not here!

To hope that a book on the top of a car,
Would stay there for ten miles or more
Is probably pushing belief just too far
For even Toyota's RAV4.

So Warwick and Susan who knew very well,
That library books were a privilege
Stopped only to sample a nice cup of tea
And then drove their car back to Witheridge.

And there on the bank by the new Willow Heights,
Relaxed by the side of the path,
They saw all the books and to their delight,
They both had a jolly good laugh.

And so ends the story with joy and elation,
And not being someone to fuss,
I'll just say the library might seek compensation
For the books flattened out by a bus!

Martin Wells

And finally...

Spotlight On! – In this edition we turn the spotlight on: **Jean Milne**

My name is Jean Milne and I've lived in Cullompton for 16 years. This year I will have been volunteering for Unite Carers for 10 of those years.



I currently run the Cullompton Carer's Support group and I also do befriending.

I became involved with Unite first as a carer for my husband, then, a while after his death, I took over running the Cullompton Carer's Support Group. For me, back then, it was an opportunity to repay all the help and support I, as a carer, had been given. Now it's a part of my life, a privilege to know and hopefully help, the amazing and resilient people who are carers.

Unite is a lovely organisation to volunteer for with very friendly, supportive staff. Through the Unite 'get togethers' I have met other volunteers and it's really good to exchange ideas whilst having a good time doing so. I have met some amazing people in the course of my time volunteering.

Weather permitting, I like to walk and observe the local wildlife or to potter in the garden. Weather not permitting, you'll usually find me curled up with my cat, a cup of coffee and a good book!

Author's note: Jean very briefly mentions that she's been a volunteer with Unite Carers for 10 years this year, but Jean, like many of our volunteers, isn't very good at "blowing her own trumpet". So, I'm going to do it for her, and I apologise in advance for embarrassing you Jean.

As well as running the Cullompton Carer's Coffee Group, Jean is a befriender to 4 carers, gives telephone friendship to 3 more and each month calls all the people who go along to her group, to offer a listening ear of friendship and practical support. Jean is a genuinely kind, generous and caring person who puts others before herself and does so quietly, without need of praise or reward.

We love you Jean. Thank you for 10 years of awesomeness, from all of us at Unite Carers.



In recognition of Jean's 10 years of volunteering, I visited Jean and the Cullompton Carer's Coffee Group at their April session, to present her with flowers and of course cake.

Unite Carers Support Groups Spring 2024

Who's it for?	Group Name	Location	With	Day in month	Time
All Carers	Bampton Carers' Coffee Group	The Swan, Bampton	Denise	1 st Thursday	11.00 am – 12 noon
All Carers	Crediton Carers' Coffee Group	@100 Café, High St, Crediton	Tracy	3 rd Thursday	11.00 am - 12.30pm
All Carers	Cullompton Carers' Coffee Group	The Hayridge, 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	10.00 am - 12.30 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 Outdoors	To be confirmed		Seasonal	Please call the Office
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 Hotel, 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: Tel: 01884 257511

or Email: Info@unitemd.org.uk