

CLOSED MAY DAY BANK HOLIDAY MONDAY 7th MAY

3rd NEW CARERS MENTAL HEALTH FORUM 10am-1.30pm with lunch, at Isca House, Exeter. Please book with Rachel Henderson, Devon Carers Involvement Project Officer, 08456 434 435 / 01626 325621/ rachel@sdevoncarers.org.uk Some lifts available please call Cool.

6th INTERNATIONAL FESTIVAL OF WORM CHARMING From 11.30am in Blackawton near Dartmouth in S Hams. Come & support the Cool stall, enter a team, food, music, stalls- fun for all. www.wormcharming.co.uk

8th NEW TRIUMPH OVER PHOBIA at Cool House for people effected by anxiety, phobias & obsessive compulsive disorders. Anne from TOP UK will be here from lunch-time to tell us more about it. A new self-help group is starting soon. More information contact Trilby 01225 422705 / email info@topuk.org or Cool.

9th KINGSBRIDGE COOL 10.30am -12.30 meets on 2nd Wednesdays of the month at Harbour House for information, support, news & friendship. This month Barbara Hall is offering massage & reflexology in the Akasha Room, while the rest of us meet in the Meeting Room or Café- or in the garden if the weather is good. Please book your massage with Cool.

10th DEPRESSION AND ANXIETY SERVICE OPEN DAY 10.30am-12.30pm at Pembroke House, 266 Torquay Rd, Paignton TQ3 2EZ- Devon Partnership NHS Trust/Torbaycordially invite you to their Open Day to find out more about their service.RSVP: Anne Hargreaves - 01803 696600 or anne.hargreaves@nhs.net

12th - 18th ADULT LEARNERS' WEEK @ SOUTH DEVON COLLEGE Free tasters include Zumba, Holiday Spanish, Calligraphy, PowerpointPresentation & more. Info & bookings 01803 317718 / acltorquay@southdevon.ac.uk

15th S HAMS/W DEVONCARERS SPRING TRIP to Knighthayes Court. Apply to S Devon Carers' Consortium, Hannah's at Seale Hayne, Newton Abbot TQ12 6NQ. Tel 01626 325621 or email henri@sdevoncarers.org.uk

22nd CACHA AT THE COOL HOUSE Our third celebration of west & north African culture.12.30-4pm with food, music, stories & fashion. Lunch £3.50- please book to avoid disappointment, 30 people came last time!

28th COOL MEMBERS' MEETING 3.15-4.30pm at Cool House Lounge. Please come **YOU** are Cool!

30th COOL CARERS @ THE PACK HORSE INN South Brent 10am -12.30pm. News, information, support, friendship,&- massage & reflexology from Barbara Hall by the dartboard! Excellent coffee & home-baked cake. Please book your massage asap with Claudia at Cool.

31st S HAMS/W DEVONCARERS SPRING TRIP to Theatre Royal, Plymouth for lunch & a matinee performance of 'Doctor in the House'. Apply as for 15th May trip above.

NEWS & INFORMATION

SHIATSU Sue Bladon (herself a carer) has almost completed her 2nd year training as a shiatsu practitioner & is now offering free treatments to other carers in the South Hams area. Shiatsu is a physical therapy that supports & strengthens the body's natural ability to heal & balance itself. The client is fully clothed; it is a deeply relaxing experience, something I feel sure carers will appreciate. For more information on shiatsu see <http://www.shiatusociety.org/content/about-shiatsu> Please call Claudia at Cool to book a treatment.

COOL FUND-RAISERS; LONDON MARATHON runner & Cool supporter Ian Porter completed it in an amazing 4 hrs 4 mins! Congratulations & thank you from all of us. Donations via Cool or online www.thebiggive.org.uk

2nd June PLYMOUTH HALF MARATHON Cool runner Jim Prowse is taking part- go & cheer him on, donate via Cool or online at www.thebiggive.org.uk

TONY 'S HIMALAYAN TREK Tony has raised £2,000.Show your support for his venture by donating via www.justgiving.com or direct to Cool Recovery. We will hear all about it soon. Thank you Tony & all sponsors.

COOL DAD'S TIME Tuesdays 10.30-12.30 at Cool House, where Dads, Granddads & male carers can spend quality time with their kids. Contact Lorrie Layne on 0777 180 6870 or Cool.

READ WITH CARE 2-3pm at Cool House on Tuesday afternoons with Maggie. (£1 towards costs) All welcome.

HAYTOR WARD – help improve people's stay, have your say at the Community Meeting on alternate Tuesdays at 10am.More information from Jacqui Bamford, Involvement Worker on 01803 546478.

RECOVERY DEVON Contact Linden Lynn 07779 729 525 or visit www.recoverydevon.co.uk

TOTNES DEVELOPMENTTRUST 'Kid's Corner' Sunday afternoon sessions at Leechwell garden for children over 6 years, in association with Muddy Mums workshops & more. Please contact Catherine Munro, Mob; 07582125438. www.totneshealthyfutures.co.uk Email: Info.TotnesHealthyFutures@gmail.com

THE RURAL RACISM PROJECT meeting at Cool House for a walk/film screening. More information from Elliott at PO Box 507, Torquay, TQ1 9FP. Mob: 07779908930 input@ruralracismproject.org

TORBAY MULTICULTURAL GROUP programme of activities at Sacred Heart Church Hall, Cecil Rd, Paignton. See www.imaginetorbay.co.uk or call Emilia Sobkowiak-Modzer 01803 607845 /Lorrie Layne on 07771806870
20th June ANNUAL COOL CARERS WEEK FANCY DRESS WALK visiting the NHS & social care mental health nerve centres of Torquay. Contact Cool for details & sponsor forms.

6th July COOL CARERS EVENT@ THE ARIEL CENTRE Totnes.2-3pm Mirrormirror Theatre performance for students & young people&4.30-5.30pm for adults & the public; a spontaneous, interactive collaboration between performers & audience. Someone relates a moment from their lives, chooses actors to play different roles, then watches as their story is recreated, given artistic shape & meaning. A 'conductor' facilitates the performance, talks to the audience, shaping the story for the actors to 'playback' www.playbackteatre.org.uk. Refreshments, information stalls, massage tasters also available. 4-5pm a visit from Sarah Wollaston MP. All welcome. Entrance free, donations gratefully received. Call Cool for details.

HELPLINES

ADDACTION DEVON Free, confidential service, for all who feel their alcohol use is becoming a problem. Call 0845 130 2605/alcoholreferraldevon@addactionorg.uk or Sarah; s.mitchell@addaction.org.uk 01392 431588

TORBAY BIPOLAR GROUP Top Office, Cool House Tuesday mornings. The Self-help group meets 1stThursdays of the month 7-9pm for people with bi-polar, their carers & families. All welcome-wherever you live. For more information 01803 292295 or mdf12mdf@tiscali.co.uk

SIGNPOSTING & MUTUAL SUPPORT Weekly in Kingsbridge & Totnes, contact Rethink on 01803 868899.

WOMEN'S NETWORKTorbay/Teignbridge Jo Dixon 07786960273 rtwomensnetwork@btconnect.com

MEN'S NETWORK Based at Daybreak (+ Support Time & Recovery Workers) Call Roger on 01803 554535.

FERNLEA TRUST Issues arising from pregnancy or the loss of a baby Call Maggie 01803 853609/07788560779

TORBAY SIGNPOST FOR CARERS Information & Advice Mon-Fri, 01803 666620 / signposts@nhs.net

TORBAY CARERS FORUM WEBSITECarers online support & chat room; www.torbaycarersforum.co.uk

WAND Devon's mental health out of hours support.Free phone 0808 800 0312(8-11pm) Mon, Wed, Fri, Sun.

PALS Patient Advice & Liaison Service Devon Partnership Mental Health Trust 0800 073 0741

DEVON CARERS LINK For carers in Devon County Council area 08456 431 341 www.devoncarerslink.org.uk

LOCAL CARERS' SUPPORT WORKERS, GROUPS & ORGANISATIONS

COOL CARERS' WEDNESDAYSweekly10am-4pm at Cool House with carers' worker John Davidson. Carers' group 11am-12.30pm. Enjoy a massage, lunch & occasional afternoon activities or just relax with friends.

DEVON CARERS COUNSELLING SERVICEfree, accessible counselling for Devon carers wherever you are.

Freephone 0808 8010878 or henri@sdevoncarers.org.uk Office: 01626 325621(at Seale Hayne)

DEVON CARERS SERVICE Mental Health Lead Practitioner Meg.compton@exetercvs.org.uk C/o FREEPOST (SWB30899) (DCL), Exminster, EX6 8ZZ. Tel. 08456 434435, carersindevon@devon.gov.uk

PAIGNTON & BRIXHAM CARERS contact sera.blewitt@torbay.gov.uk / 01803 526808

TORQUAY; RIVIERA CARERS 2-4.30pm Thursdays fortnightly at St Matthias, Babbacombe& Wednesdays at Cool House.Contact John Davidson 01803 214597 johndavidson@torbay.gov.uk

TORBAY OLIVE CARERS CENTRE Mon-Fri 9-5, St Edmunds, Victoria Park Rd, Torquay, TQ1 3QH. 01803 323510

BRIXHAM CARERS' CENTRE King Street, TQ5 9TF. Contact Torbay Carers Services 01803 219784

EDP CARERS SUPPORT GROUP 3-4pm fortnightly for family & friends affected by someone else's drug or alcohol use. EDP, Baker's Hill, Newton Abbot. Contact janewhitechurch@edp.org.uk or tel. 01626 351144

TORBAY (COOL) YOUNG CARERS 6-18 yrs affected by a family member's mental illness/substance misuse. Weekly, after school +regular activities. Contact 01803 208657/07776495028 andy.wright@torbay.gov.uk

TORBAY YOUNG ADULT CARERS (16-25) Katy Heard mob.07747 847569 on line; yactct@nhs.net & www.torbayyac.co.uk

YOUNG CARERS S& W DEVON katherine.mullan@youngdevon.org 01752 698402 or Jodie Mitchell mob. 07713312584

YOUNG CARERS TEIGNBRIDGE Sarah Lindley Tel. 01392 824752 s.lindley@westbankfriends.org

1st Edition

Working with the belief that recovery is possible for everyone

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