



Carers Monthly

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We are on the move.

From March 24th we will no longer be based at Stuart House in Derby.

You should see no disruption to our services, but there may be a short delay in the publication of our May newsletter.

We'll let you know when we are settled into our new offices.



01332 228777



carers@citizensadvicemidmercias.org.uk



www.citizensadvicemidmercias.org.uk/carers/



[@Carers_Derby](https://twitter.com/Carers_Derby)



[@Carers_Derby](https://www.instagram.com/Carers_Derby)



[@Carersinderby](https://www.facebook.com/Carersinderby)



Derby and Derbyshire
Integrated Care Board



Mid Mercia



Derby City Council

What We Do

Helpline: Our helpline is able to offer support in a variety of ways. Any calls will be dealt with by one of our advisors. They will be able to signpost you to other organisations, explain what we do and book you onto events. Being part of Citizens Advice Mid Mercia, we are able to refer you to various other parts of our organisation to assist with benefits, debt, housing and more.

Carers Conversations: A Carers Conversation is designed to offer carers a more person-centred approach to support. These are used as the first step in getting a Carers Assessment. Our advisors will have ‘conversations’ with you to best understand what is happening in your caring role and how it is impacting on your health and well-being. The Carers Conversation is designed to understand what really matters to you and to connect you to the resources and support that can help you continue with your caring role independently. (Please note, Carers Conversations are for unpaid carers aged 18+, caring for someone who is aged 18+). Please call or email us to book an appointment.

Wellbeing: We have a variety of indoor, outdoor and virtual workshops and events that are supporting carers to take some respite, helping to reduce stress, anxiety and promoting better sleep (*Please see our schedule of the events we have planned this month on **pages 5, 6 and 7***).

Information and awareness: There are great sessions and handout sheets available to you. Book an Emergency Plan appointment and make provisions for the future. If you were ever absent from your caring role what would happen to the person you are caring for, who would support them? We will help you to get your own personalised plan set up.

Peer Support: If you are interested in any peer support groups, we are able to advise you about any groups that are running through our helpline or via email. We also work with other organisations and connect with GP surgeries to help people access support easier and help more people find and access our service.

MENTAL HEALTH AWARENESS WEEK

**May 15th - 21st
2023**

<https://mentalhealth-uk.org/>



'There are approximately 7.5 million people in the UK living with a diagnosed mental illness, and an estimated one in four of us experiencing a mental health problem every year pre-pandemic.'

The official theme for this year, as set by the Mental Health Foundation, is 'Anxiety'.



Anxiety Reset Series

January 2023 saw the first in our face to face wellbeing events of the year.

We launched with the first in our Anxiety Reset series too!

It saw Sally-Anne Marler, from The Creative You exploring the impact of anxiety and creative ways to help support your nervous system to 'reset'.

As part of Mental Health Awareness week, please come and join us for our next Anxiety Reset session. It will be the second in a series of three that we are offering this year.

This time, we will be joined by an experienced Cognitive Behavioural Psychotherapist and Mental Health Nurse.

The focus will be around ways to cope with anxiety and stress.

We will also give you the opportunity to share your own coping mechanisms, resources, and experiences with other carers should you wish.

Save the date: Friday 19th MAY 2023

Derbyshire Mind are now offering a 5 week talking support programme which you can self refer to or we can refer on your behalf.

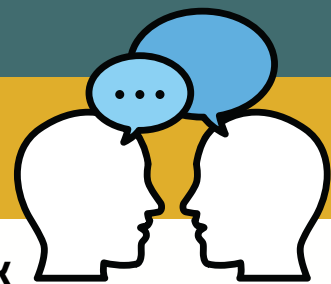
For more information check out:

<https://www.derbyshiremind.org.uk/services/supported-self-help>

Please see page 6 for more events that we are running for Mental Health Awareness Week to help support your Wellbeing



Community



State of Caring survey 2022 completed By CarersUK

The State of Caring survey is the UK's most comprehensive research into the lives and experience of carers. The 2022 survey closed on 11 September and the report findings was published on 8 November. There were over 13,000 current and former carers who shared their experiences of caring in the last year.

The survey found that:

- Many carers are facing serious difficulties in getting NHS treatment, with a third (34%) of those waiting for specialist treatment or assessment waiting for over a year.
- Two thirds of those (67%) waiting for treatment said that waiting is having a negative impact on their physical or mental health.
- 41% of carers haven't taken a break from their caring role in the last year.
- Half of all carers (51%) took over a year to recognise their caring role, with over a third (36%) taking over three years to recognise themselves as a carer.
- 75% of carers worry about continuing to juggle work and care going forward.
- With many services being reduced or cut completely, carers are extremely worried about the future: 61% said they were uncertain about what practical support they might be able to access in the next 12 months.

While Governments across the UK have taken a range of actions to provide carers with help and support, much more must be done. CarersUK have set out several recommendations on how carers should be supported, including calling for:

- A funded National Carers Strategy for England
- A review and reform of carers' benefits
- Investment in social care to support carers with adequate breaks
- Better access to NHS and support services for unpaid carers

Get in touch:

If you have any questions about this research, please contact the policy team by emailing policy@carersuk.org

If you would like to read the full report, please go to <https://www.carersuk.org/>

We would like to hear if you agree with the finding or want to share any thoughts please email us carers-events@citizensadvicemidmercia.org.uk

Schedule

Wellbeing Event

Event: Plot to Plate Allotment Session

Time: 9.30-Noon

Date: Every Monday (Weather Dependant)

Venue: Little Chester Allotments,
Chaddesden

Carers Only



Wellbeing Event

Event: Carers Craft Café

Time: 10.30am - 12.30pm

Date: Second Thursday of the Month 13th
April & 11th May 2023

Venue: Derby Deda Café

Carers Only - Places Limited



Wellbeing Event

Event: Mickleover FC vs Redditch

Time: 3pm Kick Off

Date: Saturday 15th April

Venue: Don Amott Arena, Mickleover

Carers and Cared For Welcome



Wellbeing Event

Event: Wellbeing Walking Group

Time: 1-3pm

Date: Tuesday 18th April 2023

Venue: Darley Park

All Welcome



Wellbeing Event

Event: Environmental Art Session
for World Earth Day

Time: 11am-12.30pm

Date: Thursday 20th April 2023

Venue: The Multi Faith Centre, Derby

Carers Only - Places Limited



Wellbeing Event

Event: Mixed Open Public Swim in Main Pool

Time: Noon-1pm

Date: 28th April & 26th May 2023

Venue: Moorways Sports Village

Carers Only - Places Limited



Wellbeing Event

Event: Kedleston Hall Visit

Time: Anytime between 10am-3pm

Date: Monday 24th April & 22nd May

Venue: Kedleston Hall National Trust

Carers & Cared For Welcome



Wellbeing Event

Event: Ladies Only Swim in Small Pool

Time: 2.30pm-3.30pm

Date: 19th April & 10th May 2023

Venue: Moorways Sports Village

Carers Only - Places Limited



Wellbeing Event

Event: Art Talk - Jacobean Army in Derby

Time: 2pm- 3pm

Date: Saturday 29th April 2023

Venue: Derby Museum

Carers and Cared For- Places Limited

ONLINE FEEDBACK FORMS

Thank you for continuing to complete
after each Wellbeing event.
Your feedback is invaluable and helps us
to continue to shape
the Service to
your needs



Schedule

Training & Wellbeing Combined Event

Event: Dying Matters: It's YOUR Funeral

Time: 1.30pm - 3pm

Date: Tuesday 9th May 2023

Venue: The Multi-Faith Centre, Derby

Carers and Cared For

MENTAL HEALTH AWARENESS WEEK

Event: Cycling Trail at Calke Abbey

Time: 11am-2pm

Date: Monday 15th May 2023

Venue: Calke Abbey, Ticknall

Carers Only - Places Limited



Training & Wellbeing Combined Event

Event: Fybromyalgia Awareness

Time: 10am - 12.30pm

Date: Tuesday 25th April 2023

Venue: Moorways Sports Village

Carers and Cared For

MENTAL HEALTH AWARENESS WEEK

Event: Gym Session

Time: TBC

Date: Tuesday 16th May 2023

Venue: Moorways Sports Village, Derby

Carers Only - Places Limited



MENTAL HEALTH AWARENESS WEEK

Event: Picnic & Guided Wildlife

Wellbeing Walk with Stewart Abbott

Time: Noon-3pm

Date: Wednesday 17th May 2023

Venue: Foremark Reservoir, Derbyshire

Carers and Cared For



MENTAL HEALTH AWARENESS WEEK

Event: Create your own Vision Board with Sally-Anne Marler of The Creative You

Time: 10.30am - 12.30pm

Date: Thursday 18th May 2023

Venue: Derby - To be Confirmed

Carers and Cared For



MENTAL HEALTH AWARENESS WEEK

Event: Anxiety Reset

Time: TBC

Date: Friday 19th May 2023

Venue: Derby - TBC

Carers and Cared For

Training & Awareness Event:

Event: Digital Connect Project

Time: 15.00 - 15.30

Date: Thursday 6th April 2023

Venue: Microsoft Teams

Carers and Cared For



Training & Awareness Event:

Event: First Aid

Time: 10.00-14.00

Date: Thursday 11th May 2023

Venue: Ascot Drive Fire Station

Carers Only



What events would you like to see more of?

Are there specific times or locations that would suit you better?

Do you prefer online or face to face sessions?

Let us know how we can continue to develop the Carers Service for you - CALL OR EMAIL IN

Schedule

Peer Support Group

Event: BAME Carers group

Time: 9.30am - 11am

Date: Wednesday 19th April 2023

Venue: Normanton Library, Almond Street, Derby

Carers and Cared for welcome



Peer Support Group

Event: BAME Carers group

Time: 9.30am - 11am

Date: Wednesday 17th May 2023

Venue: Normanton Library, Almond Street, Derby

Carers and Cared for welcome



Peer Support Group

Event: Carers only group

Time: 10:30am

Date: Thursday 27th April 2023

Last Thursday of the Month

Venue: Chaddesden Fire Station Community Room



Peer Support Group

Event: Carers only group

Time: 10:30am

Date: Thursday 25th May 2023

Last Thursday of the Month

Venue: Chaddesden Fire Station Community Room



Peer Support Group

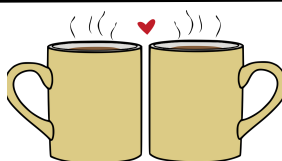
Event: Carers group

Time: 2pm - 4pm

Date: Friday 28th April 2023

Venue: Derby Theatre

Carers and Cared for welcome



Peer Support Group

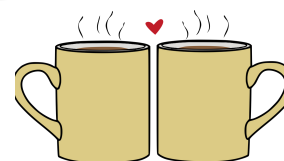
Event: Carers group

Time: 2pm - 4pm

Date: Friday 26th May 2023

Venue: Derby Theatre

Carers and Cared for welcome



SAVE THE DATE

5th - 11th JUNE 2023

is National CARER'S



'It is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK'

www.carersuk.org

...and we are planning a week full of events...

Please call on 01332 228777 or email us at carers-events@citizensadvicemidmercia.org.uk to REGISTER YOUR INTEREST. We will then contact you to confirm your place in due course. Please note for popular events, we now allocate spaces 2 weeks before event is due to run. This is to ensure everyone has the opportunity to attend an event.

Information & Awareness

Digital Connect Project

Do you need support in feeling more confident with technology? Perhaps you would like to learn basic computer skills, navigate the internet or learn how to connect with others. Please come and join us for this virtual event for an introduction on the Digital Connect Project and how it can help you improve all your computer skills.

This event is open to all carers and you will be able to create your own account after the session to continue your learning independently. If you are a carer and meet the criteria of being deaf or hard of hearing and you wish to attend this event you will be offered to continue your learning in a safe and supportive face-to-face environment after the event.

Date: Wednesday
6th April 2023
Time: 15.00-15.30
Place: Microsoft
Teams

To register your interest please email carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777.



Fibromyalgia Training and Wellbeing Event

*Do you suffer or care for someone that suffers from fibromyalgia? Fibromyalgia, also called fibromyalgia syndrome (FMS), is a long-term condition that causes pain all over the body. There are many symptoms including increased sensitivity to pain, low mood and frustration, headaches, sleep difficulties and, problems with mental processes ('fibro-fog'). **Fibromyalgia - NHS (www.nhs.uk)***

Please join us for this combined training and wellbeing event on **Tuesday 25th April** from **10am-12.30pm** at **Moorways Sports Village**. We will firstly be joined by a health professional with experience in fibromyalgia to deliver an informative session with the opportunity for carers to ask questions or share any experiences. Following this we welcome carers to join us for an exciting but relaxing Tai Chi session with a qualified instructor! Light refreshments will be provided.

To register your interest please email carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777.

This event is open to carers only.



Information & Awareness

Dying Matters - Its YOUR Funeral Training and Wellbeing Event

Dying Matters Awareness Week is being held from the 8th-14th May 2023. The aim is to get people talking about death, dying, and grief. The conversations are not as hard to start as you might think.

'Stigma around grieving, and a lack of understanding about what it means to be ill and what happens when you're dying, mean that too many of us are struggling to cope when faced with life's inevitable challenges.' - Hospice UK.

Please join us on **Tuesday 9th May from 13.30-15.00 at the Multi Faith Centre, Derby University** where we will be joined by a Funeral Celebrant and a local Funeral Director for a Death Café to gain a better understanding on this important topic and how it can benefit us to talk about it.

To register your interest please email carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777.

FREE First Aid Training

First aid is a valuable and potentially life saving skill , especially as a carer. If you would like to attend one of our First Aid events that are proving to be very popular with carers, then please register your interest for our next date!

This event is open to carers only. Light refreshments will be provided but please bring your own lunch.

Thursday 11th May 2023, from 10am-2pm at Ascot Drive Fire Station.

Carers who have previously attended the course stated they really enjoyed the pace and content. The instructor was great and they would like to develop their skills even further!



To register your interest please email carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777.

Wellbeing



1 - CONNECT with other people



2 - MOVE your body more



3 - TAKE NOTICE of what is around you



4 - LEARN A NEW SKILL



5 - GIVE (including to yourself!)

Earth Day 2023

Take notice of what is around you...

The annual Earth Day event takes place on April 22 each year. This year, Earth Day is on Saturday, 22 April 2023.

Participating in this global event raises awareness of the importance of protecting our planet and its natural resources. In addition, it encourages people to engage in conserving the environment. Rallies, concerts, and tree-planting are among the many activities and events that take place on Earth Day.



Did you know CAMM have General Advisors who can offer you free advice and tips on how to manage escalating energy bills by reducing energy consumption? Call or email in and we can refer you to the team.

The theme for Earth Day 2023 is "Invest in Our Planet."

Here are some suggestions on small ways to help:

- We can make efforts to reduce our energy consumption at home as well as at work.
- Instead of driving more often, you might want to consider carpooling, cycling, or walking more often.
- Consider purchasing eco-friendly products.
- Recycle and compost as much as possible.
- Make a difference in the environment by volunteering or donating to environmental organizations.

www.earthreminder.com

We are marking Earth Day with an Environmental Art based session on Thursday 20th April 2023 with Jamie & Lor Bird

"This workshop, to coincide with Earth Day, uses creative expression to explore our relationship with the natural world. It is an opportunity to pause and pay attention to the beauty and wonder that surrounds us,

from the very small to the very big.

The workshop is suited to all abilities and is about enjoying the process of being creative."

Lor & Jamie

Wellbeing

The Carer's Allotment scheme
PLOT to PLATE has a designated
WEEKLY session now Spring has finally
sprung!

**EVERY MONDAY
9.30AM - Noon**

(Weather Permitting)



DID YOU KNOW... ????

There is another allotment site in Normanton!
(As well as Chaddesden!)

You can access independently and at a time that suits you!
You get to reap the rewards of your hard work
and take produce home to enjoy!

Craft Café

Despite the snow in March ...
the first Carers Craft Cafe
managed to go ahead as planned



"The event was excellent, lots of materials and the teacher was an inspiration."

"Lovely morning, quite absorbing and gives my brain a respite from worry.
To take away a completed artwork is nice too. A positive experience.
Thanks Lor and Emma."

**Come join us every second Thursday of the Month
10.30am-12.30pm @ Derby Deda Café**

**OPEN
LIBRARY**

Behind the scenes, we've been gathering up handouts and resources from workshops and online courses we've been running. This means we have a growing resource library to be able to share with you. All you need to do is email in at carers-events@citizensadvicemidmercia.org.uk to request and we'll send over to you:

- **Arthritis Awareness Hand Massage and Aromatherapy Oil Guide**
- **Stress Awareness/How to cope/Havening Technique Handout**
- **Anxiety Reset: Creative ways to support your system Handout**
- **Sleep Clinic: How to improve your sleep... and why a routine is important**
- **6 week online Meditation & Relaxation course via YouTube for easy access**
- ***COMING SOON Recordings of Yoga classes for various conditions & symptoms***

Useful Contacts

Derby City Care Line – 01332 642855. Monday to Friday, 9-5pm.

Derby City Care Line out-of-hours support - 01332 956606.

It operates Monday to Friday 5pm–9am, with a 24-hour service during weekends and bank holidays.

Call 999 if you are at immediate risk of harm or need help if someone is seriously ill or injured.

Samaritans- Call 116 123, free helpline, open 24 hrs a day, 365 days a year.

PAPYRUS Hopeline UK – Helpline for people under 35 who have suicidal thoughts and for anybody worried about another young person's mental health. Open 9am-Midnight daily. Tel: 0800 068 4141 Text: 07786 209697 pat@papyrus-uk.org

National Domestic Violence Helpline - 0808 2000 247 (Open 24hrs a day)

NHS 111 - can help you decide if you need medical help and offer advice on how to access help safely. The service is free to access and is available 24hours a day, 7 days a week.

Non-Emergency Police - 101

Royal Derby Hospital Adult Emergency Department - 01332 783111 -
Address: Uttoxeter New Road, Derby DE22 3NE

Derby Urgent Care Centre: 01332 224700 - Address: Urgent Care Centre, Entrance C, Osmaston Road, Derby DE1 2GD

Emergency Dental NHS service - 01332 564911

Textline - free support 24/7 for Young people under 25 - Text YM to 85258

Shout - Text mental health service free on all major networks. TEXT- 85258

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 -
This is a 24/7 service for Derby residents

Treetops Hospice - counselling and emotional support to adults, children & young people who are dealing with a life-limiting illness or bereavement - 0115 949 1264.

General Advice - Citizens Advice Mid Mercia - 0808 278 7972

Money Advice Service - Citizens Advice Mid Mercia - 01332 228745