



Carers Monthly

2. What we Do.

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4. Community.

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6. Wellbeing.

7 & 8. Resource Library.

9. Information and Awareness.

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12. Useful Contacts.

We are delighted to announce the launch of our very own website.

Check out -
www.derbycarers.co.uk

Here you will find out all about us, what happening and how to get in touch.

Events and our newsletter will also be added.

Let us know what you think.
carers-
events@citizensadvicemidmercia.org.uk



01332 228777



carers@citizensadvicemidmercia.org.uk



www.derbycarers.co.uk



[@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.

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 register to our service.

Gallery

Craft Café

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



We have been making hanging plant pots, ring cones & tiles with clay and then decorating them using various techniques. Lor - who runs the sessions has lots more creative ideas for the months ahead.



'Lor, the tutor gives you confidence to do things you haven't tried before'



A B C "DEATH" Café

As part of Dying Matters Awareness Week

'Very useful open & honest information sharing.'



**Nell Brooker, an Independent Funeral Celebrant held space for this two hour session also bringing colleagues with her from local Coop Funeral Services. Information was shared, discussion was had and some guidance offered on the legalities along with the many, many ways in how a 'service' can be created to celebrate life and reflect the uniqueness of an individual.
plus there was Cake!**

'I have been trying to arrange Funeral plans but struggled to make the initial contact. This event has helped me understand how to go about it now.'

'I thought the speaker, Nell, was so professional and came across as very caring. I think everybody got something from the event. I certainly did.'

Community

Save the dates for fun days happening in the community.

A fantastic line-up for family-friendly activities in the grounds of
Sinfin Community Centre
50 Swallowdale Road, DE24 9NT
SinfinCommunityCentre@gmail.com

Summer Fayre

Saturday 10th June 2023
1 ~ 4pm

Refreshments * Glitter Tattoos
~ Home made cakes * Ice-Cream Van ~
~ Dog Treats * Inflatables * Sinfin Samosas ~
~ Craft Stalls * More... ~

Free Entry

SINFIN COMMUNITY CENTRE

OAKFEST 2023

SET TO BE A GREAT EVENT!

Sunday 2nd July
Oakwood Park
TIME 12-5pm

PERFORMANCE ACTS
LICENSED BAR
FAIR GROUND RIDES
INFLATABLES
FUN DOG SHOW
WRESTLING SHOW
A HUGE VARIETY OF INFORMATION & CRAFT STALLS
DELICIOUS STREET FOOD STALLS

LIVE MUSIC

Email oakfest123@gmail.com for all event enquiries

A JURASSIC DAY OUT

In Cathedral Quarter

Sat 22 July 2023
11am-4pm
Derby Market Place

Step back in time and meet Zeus - the Giant T-Rex, Emily Brontë and friends! Train to become a Dino Ranger and have a rooorsome day in Cathedral Quarter!

Free to attend

www.derbycathedralquarter.co.uk
CathedralQuarterDerby
Cathedral Quarter Derby BID @DerbyCQ

ALVASTON PARK
APF

ALVASTON PARK COMMUNITY FUN DAY

Sun 23 Jul, 12pm - 4pm
Free event

FAIRGROUND RIDES
STAGE SHOWS
DOG SHOW
LOTS MORE FAMILY FUN

inderby.org.uk/events

Derby City Council

CATHEDRAL QUARTER

CARNIVAL DAY

SATURDAY 19th AUGUST 2023
11AM - 4PM

FREE EVENT

DERBY MARKET PLACE

Roll up, roll up for a fun filled day of entertainment in Derby's Cathedral Quarter!
Enjoy theatrical and comedic street acts and circus style roaming entertainers in the Market Place!

Your Voice matters

Unpaid care in England and Wales valued at £445 million per day

Press releases

03 May 2023

- Economic value of family members providing care increases by 29% in a decade
- Fewer unpaid carers overall providing higher hours of care

New findings from Carers UK and the University of Sheffield show that unpaid carers in England and Wales contribute a staggering £445 million to the economy in England and Wales every day – that’s £162 billion per year.

The value of unpaid care is equivalent to a second NHS in England and Wales, which in 2020/21 received an estimated £164 billion in funding.

Unpaid carers are those looking after relatives or friends who have a disability, illness, mental health condition or who need extra help as they grow older.

Despite increases to NHS funding over the last 10 years, increases to social care funding have not kept pace and the care system is now relying ever more heavily on unpaid carers to prop it up.

Providing increasing hours of unpaid care, family members have no choice but to give up work or reduce their hours to do so, also putting their physical and mental health needs to one side.

The economic value of unpaid care in England and Wales in 2021 – now estimated to be £162 billion – is almost a third (29%) higher than the value of unpaid care in 2011.

The statistical analysis reveals that unpaid carers are, as individuals, providing more hours of care than they were 10 years ago. While the latest 2021 census data shows there are fewer carers in England and Wales than in 2011, the number of hours of care they provide has shot up – leading to their higher economic contribution.

Helen Walker, Chief Executive of Carers UK, said:

“It is deeply concerning that the increase in the value of unpaid care over the last decade is a result of fewer carers providing more hours of care. The ever-declining availability of social care means there is shrinking support for families to pull on – and they are left without a choice but to put other areas of their life on hold and provide more care.

“Having to care round the clock for a loved one has significant implications for people’s ability to stay in paid work, remain financially resilient and maintain their health. Lacking adequate support, unpaid carers feel they are being taken for granted.

“The Government must show that it values and supports unpaid carers by investing in and delivering quality care services for families in the longer-term. Carers need a funded National Carers Strategy and recognition within the NHS. For hundreds of thousands of carers on low incomes, they are desperate to see their financial support urgently reviewed.” before. We hope policy makers see the urgent need to act to support unpaid carers.”

Read the Valuing Carers research report – www.carersuk.org

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!)



Due to the popularity of the swim sessions we've been hosting in partnership with Moorways Sports Village during March/April/May. We have scheduled two more Mixed Open Swim sessions for June and July. There are 10 spots available in each session running Noon-1pm on Friday 14th June and 16th July 2023. Please get in touch to book your spot.

'Swimming helps me relax whilst exercising.'

'It was a good opportunity to meet with other carers.'

'Swimming is definitely doing me so much good physically and mentally.'

Since the beginning of the year we have been working in partnership with the National Trust and their Community Pass scheme. On a monthly basis, you have been able to access the Kedleston Hall site, either by yourself or along with your Cared for. We are so very pleased to announce that we now have a pass in place with Calke Abbey too. 6th June launches our first visit there as part of Carers Week. Monthly dates will be announced soon where you will be able to book a place to visit free of charge. If you work full time and find it difficult to access in the week, please get in touch and we may be able to organise a one off weekend visit at the NT's discretion.



'It was lovely to do something different'

Please call or email to register your interest...
And a massive thank you to the National Trust for this continued opportunity.

FEEDBACK



Thank you for continuing to complete the online feedback forms after attending events.

We really do value your feedback. You can telephone or email in at any point to tell us what you think, so that we can shape the service to your needs.



Resource Library

Behind the scenes, we've been gathering up handouts and resources from workshops and online courses that have been run... and commissioning more! **(Did you know we have a new website just for the Carers Service which can now be viewed?)**

This means we have a growing resource library to be able to share.

All you need to do is email in to request and we'll send over to you:

carers-events@citizensadvicemidmercia.org.uk



Anxiety Reset Series

WELLBEING

January 2023 saw the launch with the first in our Anxiety Reset series!

Sally-Anne Marler, from The Creative You explored the impact of anxiety and creative ways to help support your nervous system to 'reset'. As part of Mental Health Awareness Week,

session two in the series had a focus on CBT with Mental Health Nurse Kezia Matheison sharing some Cognitive Behavioural Therapy Techniques. Handouts available for both with valuable information. Watch out for Session 3 coming in Autumn with a Hypnotherapy focus.

Guided Meditation & Relaxation Sessions



At the beginning of the year we introduced fortnightly online live sessions with Sharon Price. She has over 25 years experience of teaching yoga/mindfulness and meditation. Six sessions are available online to access via You Tube guiding you through a journey of different techniques to find a practice that suits you. Suitable for beginners as well as people with experience. Contact the team to receive all 6 links.



Yoga Classes for All Conditions

Sharon is back with 4 guided Yoga classes focusing on supporting a range of conditions and symptoms. Gentle seated and standing sequences are available along with a chair based session to gently move, stretch and strengthen. These sessions are suitable for All including those experiencing long term chronic pain conditions like fibromyalgia and arthritis, rheumatism, depression, anxiety, etc.

Arthritis Awareness

We have information sheets available of self massage techniques and a gentle joint releasing sequence to help with those living with arthritis. Also included is information on what aromatherapy blends can be helpful to use with these conditions.



Stress Awareness

From a session we ran online with therapist Jo Birch last year, this handout explains how stress affects us and offers some useful techniques and information on how to support your system.



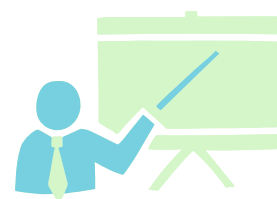
Resource Library

TRAINING



Healthy Heart

For National Heart Month we held a session with a nutrition and health specialist to help carers improve their lifestyle through diet and exercise and to maintain good heart health. The presentation we can send to you covers everything discussed in the session including tips and tricks as well as the things to avoid for a healthy heart!



Dignity Day

You may have celebrated Dignity Day on the 1st Feb with us at our afternoon tea. We also brought to you a presentation explaining the importance of dignity and sharing what this means to others. We also talked about your dignity rights as a carer and what your expectations from other services may be. This presentation can be handy to have so you always know how you should be treated as a carer.



Sleep Clinic

Getting a good nights sleep can be essential to how you feel the following day. A poor nights sleep may result in you feeling low or being less productive. Our sleep hygiene handout brought to you by an experienced CBT therapist and mental health nurse gives you 15 tips to improve your sleeping habits and routines.

Dying Matters



The 8th-14th May 2023 was Dying Matters Awareness Week.

We were joined by a funeral celebrant and two funeral directors for a healthy conversation to think about the practicalities for carers and their loved ones, including advanced planning and to answer any questions. One carer that attended the session stated that the facilitator was very caring and they thought everyone benefited from the session. We are able to send to you both presentations from the session as well as a list of resources that may be beneficial for you.

Are you over 50 and a Carer? Would you like a referral to our general advice team to ensure you are receiving all the benefits you may be entitled to?

Would you like some energy saving advice?

If so contact us on 01332 228777 or carers@citizensadvicemidmercia.org.uk and we may be able to help!

Information & Awareness



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 **Friday 23rd June** from **10.30am-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 a 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.



Live and Eat Well Training & Wellbeing event - session 1

On the **5th July** from **10.30am-1.00pm at Moorways Sports Village** we will be holding the first in a new series of our Live & Eat Well sessions. We welcome you to join us for an introduction into the services offered by Live Well and how they may benefit you. You will also be able to book in for an individual health check with the Live Well team and take home some delicious healthy recipes! **This event is open to carers only.**



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



Coming
Soon

Also coming up in July...

Keeping the Brain Alert Training & Wellbeing Event

'Brain training is about making the brain stronger so you can learn more effectively, whatever you want or need to learn.'

Keep an eye out for further details for our training and wellbeing combined event taking place on Thursday 20th July from 10.30am-12.30pm, venue to be confirmed.

To register your interest please email: carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777. Carers and cared for welcome.

Schedule

Peer Support Group

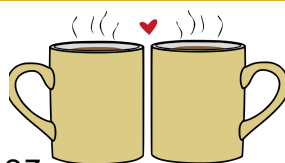
Event: Carers group

Time: 2pm - 4pm

Date: Friday 2nd June 2023

Venue: Derby Theatre

Carers and Cared for welcome



Wellbeing Event:

Event: Plot to Plate Allotment Project

Time: 9.30am - Noon

Date: Every Monday, Drop In.

Venue: Little Chester Allotments, Chaddesdon.

Carers Only



Drop In Event:

Event: General Carers Info & Autism Team Drop In.

Time: 10am-4pm

Date: Monday 5th June 2023

Venue: Derbion Centre

All Welcome



Wellbeing Event

Event: Calke Abbey & Garden Visit

Time: 10.30am - 2.30pm

Date: Tuesday 6th June

Venue: National Trust - Calke Abbey

Carers and Cared For



Wellbeing Event:

Event: Local Hero - Film Screening

Time: 6.15pm

Date: Wednesday 7th June

Venue: QUAD Cinema

Carers & Cared For - Limited Places



Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 8th June & 13th July

Venue: Café at Deda, Chapel Street, Derby.

Carers Only



Training & Awareness Event:

Event: Carers Card UK awareness session

Time: 14.30-15.15

Date: Thursday 8th June 2023

Venue: Microsoft Teams

Carers Only



Carers Week Event:

Event: Sing & Shake it with Sarah

Time: 10.30am - 12.30pm

Date: Friday 9th June

Venue: Community Room at Whitecross House, Derby Homes, DE1 3PL.

Carers and Cared For



Carers Week Event:

Event: Cricket Match

Time: 6.30pm

Date: Friday 9th June 2023

Venue: Derbyshire Cricket Ground

All Welcome



Carers Week Event:

Event: Canal Boat Trips

Time: 2pm & 3pm

Date: Saturday 10th June 2023

Venue: Willington Marina

Carers & Cared For - Fully Booked but waiting list available



Schedule

Wellbeing Event:

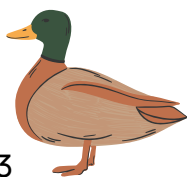
Event: Wellbeing Walk

Time: 1pm - 3pm

Date: Wednesday 14th June 2023

Venue: Allestree Park

Carers and Cared For



Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 16th June & 14th July 2023

Venue: Main Pool, Moorways Sports Village.

Carers Only - Places Limited



Combined Awareness & Wellbeing

Event: Supporting Fybromylgia

Time: 10.30am - 12.30pm

Date: Friday 23rd June 2023

Venue: Wellbeing Hub, Moorways Sports Village.

All Welcome

Peer Support Group

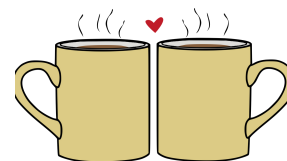
Event: Carers group

Time: 2pm - 4pm

Date: Friday 30th June 2023

Venue: Derby Theatre

Carers and Cared for welcome



Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: 10.30am - 2.30pm

Date: Monday 26th June 2023

Venue: National Trust Kedleston Hall

Carers and Cared For



Wellbeing Event:

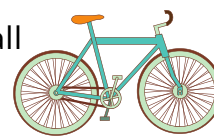
Event: Cycling Trail at Calke Abbey

Time: 11am-1pm

Date: TBC JULY

Venue: Calke Abbey, Ticknall

Please Register Interest



Awareness & Wellbeing Event:

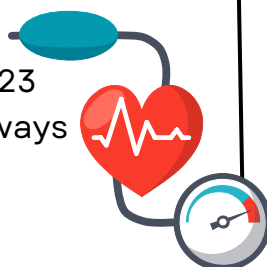
Event: Live & Eat Well Series

Time: 10.30am - 12.30pm

Date: Wednesday 5th July 2023

Venue: Wellbeing Hub, Moorways Sports Village.

All Welcome



Awareness & Wellbeing Event:

Event: Keeping the Brain Alert

Time: 10.30am - 12.30pm

Date: Thursday 20th July 2023

Venue: Community Room @ Ascot Drive Fire Station

Carers & Cared For



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.

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