



Carers Monthly

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Do you receive the newsletter by post?

Are you able to receive it via email?

If you do receive it in the post and can now receive as an email, please contact us on 01332 228 777 or email carers-events@citizensadvicemidmercia.org.uk for us to update our records..

Thank you.



01332 228777



carers@citizensadvicemidmercia.org.uk



www.citizensadvicemidmercia.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 **page 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.

Gallery



**30 of you joined us to mark
National Dignity Day with
Afternoon Tea & Poetry at
Derby Deda on 1st February.**

Well done to Mick & Angela
who won the prize draw of
2 tickets kindly donated by
Derby County FC!



**DRAWING FROM THE HEART
with Lor Bird - 13/2/23**



Healthy Heart Awareness Session

**'A really informative session, lots
learnt from the facilitator and the
other carers present'**

6h February 2023

**'Loved the interaction between the participants, learned new ways
of drawing which were very well explained. Had a nice time.'**

DRAWING FROM THE HEART - Art Session

We would value your feedback. If there is anything you'd like to see us
organising for you, please let us know by emailing:
carers-events@citizensadvicemidmercia.org.uk

Community



Derby Health Inequalities Partnership (DHIP).

Following the Covid-19 pandemic, health inequalities in Derby came into focus and a gap was identified in health planning within our communities. As a result, Derby City Council has partnered with Community Action Derby to create the Derby Health Inequalities Partnership (DHIP).

DHIP was formed at the end of 2020 and its membership is made from community organisations across Derby who have an interest in improving the health and wellbeing of local people.

The aim of this partnership is to engage and consult local communities in Derby to help promote health and wellbeing effectively. This will help improve, influence, and shape the local health system. By working directly in partnership with community organisations, we can better understand people's experiences of the health system and how it can be improved in the future.

For more information email – dhip@communityactionderby.org.uk or call on 01332 227722

Membership

Derby is a rich, diverse community and as such we are keen to ensure our membership reflects this. As a member you are welcome to attend all DHIP meetings (up to six meeting annually) representing your community around health, wellbeing issues and feeding back on specific issues to your community. You will receive regular updates about DHIP activity via email and will be part of a shared space for discussions, decision making and actions to improve to improve health outcomes

If you would like to become a DHIP member please email dhip@communityactionderby.org.uk stating which communities you represent.

Community



**BSL
DIGITAL
DERBY**



Improve your digital skills



Try new technology Android /IOS



Improve your digital confidence



Join new online groups



Access online Courses



Manage your bills online



Chat with friends & family



Access online services



Reduce Isolation and feel included



Live independently



You could email us your questions at

digitaltraining@citizensadvicemidmercia.org.uk

or send a Text : 07418 600539



Schedule

Wellbeing Event

Event: Plot to Plate Allotment Session

Time: 11am- Noon

Date: Wednesday 8th March 2023

Venue: Little Chester Allotments,
Chaddesden.
Carers Only



Wellbeing Event

Event: Mixed Open Public Swim

Time: Noon-1pm

Date: 8th & 24th March

Venue: Moorways Sports Village.
Carers Only



Wellbeing Event

Event: Carers Craft Café

Time: 10.30am - 12.30pm

Date: Every Second Thursday of the Month
9th March & 13th April 2023

Venue: Derby Deda Café.
Carers Only - Places Limited



Drop - in

Event: Information and support

Time: 11am - 2pm

Date: Tuesday 14th March 2023

Venue: Florence Nightingale Community
Hospital, London Rd.
All Welcome



Wellbeing Event

Event: Lunchtime Meditation & Relaxation

Time: 1.30pm - 2.15pm

Date: Tuesday 14th & 28th March 2023

Venue: Online - Zoom
Recording available on request



All Welcome

Training & Awareness Event:

Event: First Aid

Time: 10am - 2pm

Date: Tuesday 14th March 2023

Venue: Ascot Drive Fire Station, Derby.



Carers Only

Peer Support Group

Event: BAME Carers group

Time: 9.30am - 11am

Date: Wednesday 15th March 2023

Venue: Normanton Library, Almond Street,
Derby
Carers and cared for welcome



Wellbeing Event

Event: Wellbeing Walking Group

Time: 1-3pm

Date: Wednesday 15th March 2023

Venue: Allestree Park.

All Welcome



Thank you so much to those who have taken the
time to fill our new online feedback forms
after attending our Wellbeing Events.

THANK
YOU

Schedule

Training & Wellbeing

Event: Sleep Clinic & Deep Relaxation

Time: 11.30am-1.30pm

Date: Friday 17th March 2023

Venue: The Breathing Space, Derby.

Carers Only



Wellbeing Event

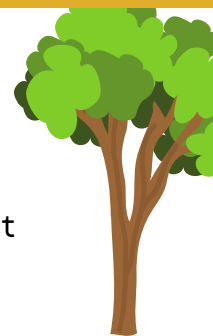
Event: Kedleston Hall Visit

Time: Anytime between 10am-3pm

Date: Friday 17th March 2023

Venue: Kedleston Hall National Trust Places Limited

Carers & Cared For Welcome



Wellbeing Event

Event: A Walk Down Music Memory Lane

Time: 1.30pm-3pm

Date: Monday 20th March 2023

Venue: Dovedale Day Hospital, Derby

Carers & Cared For Welcome



Training & Awareness Event

Event: Interactive Brain Training

Time: 2pm-4pm.

Date: Thursday 23rd March 2023

Venue: Ascot Drive Fire Station, Derby.

Carers & Cared For Welcome



Wellbeing Event

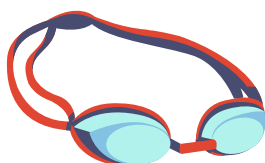
Event: Ladies Only Swim

Time: 9.30am-10.30am

Date: Friday 24th March 2023

Venue: Moorways Sports Village

Carers Only



Peer Support Group

Event: Carers group

Time: 10:30am

Date: Thursday 30th March 2023 - Last Thursday of the Month

Venue: Chaddesden Fire Station Community Room



Peer Support Group

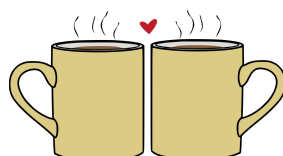
Event: Carers Dementia Café

Time: 2-4pm

Date: Friday 31st March 2023

Venue: Derby Theatre

All Welcome



WATCH THIS SPACE...

Weekly Gym Sessions for CARERS ONLY @ Moorways Sports Village.



Please REGISTER YOUR INTEREST and feedback if there are any other sporting activities you'd like to see on the schedule

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

FREE First Aid Training

Would you like to gain a new skill that could help you to save a life? Being first aid trained can be an especially useful skill to have in your role as a carer.

On **Tuesday 14th March 2023 10am-2pm** we are holding another one of our popular first aid training events available to unpaid carers only.

The training will take place at Ascot Drive Fire Station. Light refreshments will be provided but please bring your own lunch.



To register your interest for this event please phone us on 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk

*We also have **free first aid resources available** to send out to you. If you would like a first aid booklet to keep with you as a step by step guide for all the major first aid skills we can send one out to you in the post. We can also send you a first aid kit for you to keep on you or around the home.*



If you wish to receive either of these resources please phone us on 01332 228777 or email carers@citizensadvicemidmercia.org.uk



We want your feedback!...

At Universal Services for Carers we will always welcome your feedback on our service. We would love to hear from you on what you think of our training & awareness sessions and if there is anything you would like us to try and facilitate for you in the future. Please give us a call on 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk to leave some feedback or give us any ideas you may have!



Information & Awareness

Sleep Clinic & Deep Relaxation Event

'Getting a good night's rest can see you springing out of bed ready to take on the day ahead. But a bad night's sleep can leave you feeling tired, low in mood and struggling to concentrate. Getting enough good sleep is an essential part of looking after your physical and mental health.'

Friday 17th March 2023 is World Sleep Day so please come and join us at The Breathing Space, Derby from 11.30am-1.30pm.

You will have the opportunity to take part in a relaxing session of Yoga Nidra followed by an informative presentation from an expert on sleep hygiene and how to create healthy sleeping routines. **This event is for carers only.**



Light refreshments & sandwiches provided. And don't forget to take your goodie bag at the end!



To register your interest for this event please phone us on 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk

Interactive Brain Training Event

'Brain training is about making the brain stronger so you can learn more effectively, whatever you want or need to learn. It focuses on improving the basic skills of thinking. These foundational skills include attention, memory, auditory and visual processing, logic and reasoning, and processing speed.'

Please come and join us for this fun and interactive brain training session. We will have a variety of games and quizzes for you to get involved in whilst also improving your brain skills! This event is open to carers and cared for.

**Thursday 23rd March 2023, 14.00-16.00,
at Ascot Drive Fire Station.**

To register your interest for this event please phone us on 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk



Wellbeing



We'll be delving a little further into each of these five keys concepts of Wellbeing over the next few months. How the activities and sessions our Service offers can support you and why it is important to thrive - not just survive. For now.... you can tick one off your list!



#1 ✓

We've had conversations with many of you where identifying as a 'Carer' for your partner or family member can feel difficult. 'I just do what I do', is something we hear often. These acts of 'giving' can be seen as a natural extension of your existing relationship. However, as needs may increase and health conditions change, so will the dynamics of your relationship as a result of increased dependency, stress and potentially a feeling of isolation. Amongst the giving to others, we know giving to yourself can be sidelined due to so many restrictions that may occur. GIVING to yourself may look like taking 10 minutes in the garden to have your morning coffee. It may look like saying No to something or even Yes! It may look like asking for help from a friend or neighbour so you can have an hour to yourself. (Did you know, when people are asked to help and they can, they get a good kick of feel good hormones in their brains too?) YOU ARE IMPORTANT to continue doing what you are doing so give yourself permission sometimes to put yourself first #1

Spring



#2

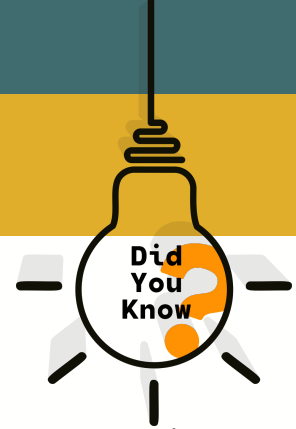
20th March 2023 sees the Spring Equinox

The spring equinox marks the beginning of spring and from this day forward the day is longer than the night. This is because the Sun appears as a disk in the sky, and the top half rises above the horizon before the centre.

As well as this, sunlight is refracted by the Earth's atmosphere. The impact of having more natural light and a longer day is that our natural internal or 'Circadian' rhythms are impacted positively. We may notice waking up a little earlier, feeling a little brighter and energised. Taking notice of nature and how its waking up can help to inspire us to do the same and gently start to get moving...

www.metoffice.gov.uk

Wellbeing



For Carers & Cared for

A WALK DOWN MUSIC MEMORY LANE



Monday 20th March 2023



1.30pm - 3pm

@ Dovedale Day Hospital

Sarah, has a Creative Arts Therapy background and has worked specifically with adults who have Dementia and children with Autism. She uses familiar songs and percussion instruments to create a playful and safe space to sing and listen alike, to **connect** and create a sense of upliftment. We are so pleased to be hosting this session for Carers & Cared for to come and enjoy time together.

THE BENEFITS OF SINGING AND MUSIC ARE...

"Singing alters the hormones and neurotransmitters that boost mood-state and the immune system. Research has also found that singing reduces stress, which is linked to so many health conditions. Research shows that listening to positive music for more than 5 minutes a day can improve mood state and that engaging in music by singing or playing instruments is more effective than listening alone.

www.britishacademyofsoundtherapy.com/singing-for-health

#2

Get moving!



This Spring, we are very excited to be collaborating with the new

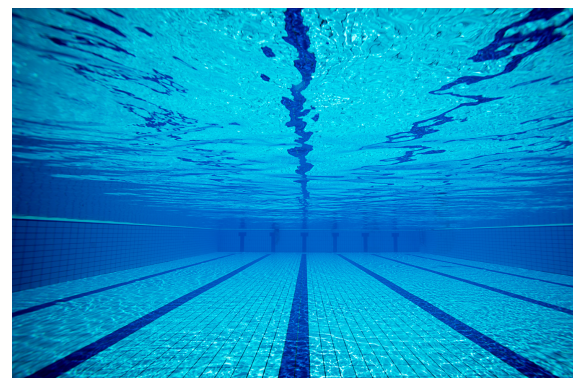
Moorways Sports Village to provide sessions for you.

Shaking off the Winter lethargy by moving the body more:

- Increasing the heart rate
- Encouraging blood & O2 flow
- Mobilising joints
- Supporting flexibility
- Building Strength
- Boosts Endorphin levels to elevate mood

FREE

**MIXED OPEN PUBLIC SWIM
&
WOMEN'S ONLY SWIM SESSIONS
For Carer's Only
SEE SCHEDULE**



Did you know if you take your Cared for to access facilities, you can support them for free? Call Moorways direct on 01332 414320

Useful Contacts

Derby City Care Line – Social Care out-of-hours support - Phone: 01332 956606
It operates Monday to Friday 5pm–9am, with a 24-hour service during weekends and bank holidays.

Derby's Community Hub can assist anyone in the community who is vulnerable, self-isolating, or has been shielding. Those who need support can call Derby Direct on 01332 640000

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 online 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.

Life-threatening emergencies - call 999 in a medical emergency. Call this number if someone is seriously ill or injured and their life is at risk.

Non-Emergency Police - 101 or non emergency medical help- 111.

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