



Carers Monthly

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5. Community.

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7 and 8. Wellbeing.

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Thank you for joining us for Carers Week.

We have had some lovely feedback about the events we arranged.

Please keep telling what you think of the service and which events you would like to see.

www.derbycarers.co.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.

Carers Week

'...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

A BIG Thank You to all of you that came to our events to celebrate and mark National Carers Week. It was a full schedule with members of The Carers Team out and about to join you. Here are some of the pictures & feedback we recieved and wanted to share with you.

CALKE ABBEY

"The NT volunteers were excellent with wheelchair access, and with the electric buggy that took us and the wheelchair to the gardens and back."



"We enjoyed it very much... and going round the house was amazing. We did not have chance to see the walled gardens and the ice house, but we intend to go again and also do a short walk in the grounds. Thank you very much for arranging it... it was a really lovely day out."

DROP INS - Derby & Royal Derby Hospital



Carers Card Presentation

"The conversation with other carers about the cards of which they knew as well as the card to which we were introduced was invaluable."

If you'd like a copy of the information from this session on what the Carers Card is and the discounts it offers, please email or call in and we will send it to you.

Here are **Kuljit & Kev!**

Our Community Engagement Coordinator & Carers Service Volunteer - sharing information and answering questions about the Service and what we offer.

Carers Week

"Had a brilliant time, just lost myself in the painting didn't think I could do what I did . Lor is so good, excellent tutor. She's caring and patient - Huge thanks x "



Craft Cafe @ Deda

"The Event was very enjoyable and productive. Would go to more similar events if cared for could go also."



We have decided to open up another session of the Craft Cafe to include both Carers and your Cared For - **Keep the Date** - 9th November 2023 - 10.30-12.30.

Watch this Space - Lor will be joining one of the Dementia Cafes to run an art session too...

More Film Screenings at **QUAD** to come in the Winter...

Another **Canal Boat Trip** being organised for after the Summer School Holidays...



"I just wanted to say a
BIG THANK YOU 😊

for organising the cinema
trip...

Ideal timing early evening 6 ish x

Lovely spacey environment,

Good easy access

Lovely supportive atmosphere,

my mum really relaxed

& enjoyed this

....& so did I

She thanked me for 'a lovely day'

when she went to bed ...

...brought tears to my eyes ,

in a good way x

Much appreciated & our 1st cinema
outing together for years & years."

Canal Boat Trips



"When can we go again! Seriously this was a very
good event and perhaps at some time in the future
it could be done again?"



"The stewards were all lovely &
tried to be helpful.

It was a fantastic experience,
which we would not have had,
only for the generosity of the
cricket club.

Thank you very much."

Community

Historic day for unpaid carers as Carer's Leave Bill receives Royal Assent

**Press releases
24 May 2023**

A Bill that gives employees across Great Britain the right to take unpaid leave from work to care for older, disabled or seriously ill relatives or friends has today received Royal Assent.

The Carer's Leave Act 2023 will ensure that the estimated two million employees currently juggling paid employment and caring responsibilities will be able to take up to five days of unpaid Carer's Leave to support their loved ones. Carers UK has led the campaign for the introduction of Carer's Leave for decades and is delighted to see it become an Act and set to become law.

Next steps

The earliest date the legislation would come into force is April 2024 but the date is yet to be confirmed.



Your Voice matters

VOICES FOR CHANGE



Voices for Change is our first event since launching the Work Health Hub.

The aim of the event is to:

- To explore how *lived* and *living* experience impacts an individual with particular attention to how this may impact on working life.
- To reduce stereotypes and stigma by opening conversations that aim to educate individuals and employers.
- To reduce stigma by normalising conversations around difficult topics.

You may have experienced/ be experiencing addiction, whilst trying to engage in employment or you may be struggling with Anxiety and/or Depression and would like to share what would help to support you whilst at work. It may be that you have a long-term health condition or have experienced discrimination that has impacted your mental health. You may also be a member of a minority group or be a person of faith and feel that your voice is unheard. If you feel employers should learn about these experiences to better support their staff, we would like to hear from you.

We are looking for people to join us at this event (age 18 +), who feel comfortable sharing their experiences with the audience. We will also be producing a '**Voices for Change**' **Digital Anthology**. We want this opportunity to be **inclusive and accessible**, so if you do not feel comfortable sharing your experience in front of an audience, you can still have a voice by sharing your story in our anthology. **This could be in a variety of media - writing, audio, video, poetry and any other medium you choose.** This can also be anonymous if you wish

WHEN

Wednesday 19th
July
4:30pm-7pm

WHERE

The Museum of
Making
(Formerly the
Old Silk Mill,
Derby)

The deadline for registering interest is now ongoing. You can do this by completing the form in the link below:

[https://forms.office.co
m/e/pgxsS6FXeR](https://forms.office.co m/e/pgxsS6FXeR)

The submission date for your experience is **Friday 30th June 2023** (More details will follow upon registering interest).

If you have any questions, please email Nardia O'Connor at n.oconnor@derby.ac.uk

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!)

**Guided Wildlife Walk with Stewart from Derbyshire Bird Tours
As part of Mental Health Awareness Week - 17th May 2023**



You may have seen the coverage of this Wellbeing event we held in May on BBC East Midlands Today. Emma, our Wellbeing Coordinator and some of our Carers and their Cared for went along with their tour guide, Stewart Abbott to Foremark Reservoir for picnic, chat and walk where Stewart pointed out birds, sounds, smells... There was no where else to be connecting to the beautiful Derbyshire landscape. You can still see the interview, visit:
<https://www.youtube.com/watch?v=FIW-l9w8VIE>

WATCH OUT for another Guided walk with Stewart in OCTOBER

"The walk was super. A gentle relaxed stroll with chances to observe & hear gorgeous birdsong with information from Stuart, who was lovely. It was lovely to have a chat with other folk attending the event too."

Check out www.inderby.org.uk/parks/wildlife for info on wildlife and how to access it on your Derby City doorstep.



Wellbeing Walk for All
Markeaton Park 1-3pm
19th July 2023

Email:
Carers-events@citizensadvicemidmercia.org.uk
Call 01332 228777 to register interest

NHS Derby and Derbyshire Integrated Care Board
citizens advice Mid Mercia
Derby City Council

Some feedback from Carers is that events local to the City are essential when people rely on public transport. Our monthly **Wellbeing Walks** take place in parks across Derby City. We have been rotating locations between Parks: **Darley, Allestree, Markeaton and Normanton**. They are a great opportunity to move more, connect with others in similar situations and take notice of what's around us - ticking 3 of the 5 tenets of Wellbeing from the NHS. Numbers are low for these walks but the benefits are many! If you'd still like to see them continue on a regular basis then please vote with your feet and come along. **If you'd like different locations or times please feedback to the team so we can create the service to suit your needs.**



Wellbeing



SUMMER FUN @CALKE ABBEY

GARDEN OF IMAGINATION
LITTLE EXPLORERS
BIKE HIRE AND TRAMWAY TRAIL
HOUSE VISIT
WALLED GARDEN VISIT & TOUR
CAFES
SHOP
BOOK SWAP
EXTENSIVE WALKS & GROUNDS

Community Passes are available for Carers to access for Free on every Wednesday throughout the School Holidays. Bring your Cared for - whatever age there will be something of interest. Visit the NT website to see what is on offer.

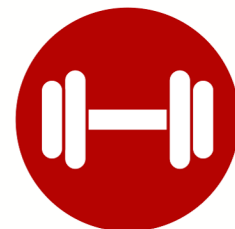
www.nationaltrust.org.uk/visit/peak-district-derbyshire/calke-abbey

If you'd like to book your places then please contact us. Up to four places can be reserved per Carer.

26th July - 2nd August - 9th August - 16th August - 23rd August - 30th August



GYM SESSION UPDATE



In partnership with Moorways Sports Village and the trail Gym session in May as part of Mental Health Awareness Week - We are pleased to launch regular Monthly Gym sessions. There will be space for 10 Carers per session - we are just waiting for Moorways to finalise a start date. You will need to complete an online health questionnaire which can be done before or on the day. For more info or to register interest, please get in touch.

Adventure Cinema

Outdoor Film showings at Calke Abbey in August

Our friends at Adventure Cinema have offered us free tickets again but this time for their summer screenings.

They are limited so ticket requests are for two per Carer. Please email carers-events@citizensadvicemidmercia.org.uk or call 01332 228777 to register your interest.

DIRTY DANCING - Friday 4th August @ 21.15

TOP GUN - MAVERICK - Saturday 5th August @21.15

SING-A-LONG with THE GREATEST SHOWMAN
Sunday 6th August @21.15



Information & Awareness



Eat & Live Wellbeing Awareness Series - Session 1



We are bringing you a new series of Eat & Live Wellbeing Awareness sessions to help support you with healthy lifestyle and diet choices!

Feedback on what sessions you'd like to see in the future had a focus on healthy and cheap recipes, especially considering the current cost of living situation.

For now, see below for effective suggestions to keep cool in the hot weather.

Moving forward - **WATCH THIS SPACE** - for face to face sessions with a Nutritionist.

If you have a preference for sessions to be online then please get in touch!

For the first session there will be an introduction to the services offered by the **Livewell Derby Scheme**. You will have the opportunity to have an **individual 15 minute health check** with a member of the Livewell team and find out about their free 12 month scheme.

Open to adults & children who are registered with a GP in Derby.

This event will now take place on Wednesday 12th July 2023 from 10am - 12pm at Moorways Sports Village.



livewell

This event is open to Carers and Cared for.

KEEP IT COOL

One of the main tips from the NHS website to support vulnerable people remain well and safe in the heat is to have regular cold food and drinks.



Avoid alcohol, caffeine and hot drinks.



Have a cool shower or put cool water on your skin or clothes.

Make your own ice lollies or frozen jelly sweets - low sugar options instead of high sugar ice-cream. Use sachets of low sugar jelly or gelatine mixed with Natural fruit juice in ice cube moulds to create little cold treats that will also contribute to hydration levels - little and often is key.

Smoothies are very easy to make - use a combination of frozen fruit - which can be more cost effective blended with coconut water, which is rich in nutrients and electrolytes that help relieve dehydration and support kidney function.



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



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. 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.'

For the first part of this combined Training & Wellbeing event, Sharon Price will take you through effective **accupressure points** for the face/head along with providing **aromatherapy blends** to help stimulate **focus**. A short **breathwork** session will also be included to **energise** and **relax** the **nervous system**.

You can then have fun training your brain with some interactive games and puzzles and even some prizes to win at the end! Refreshments included...

Thursday 20th July 2023 - 10.30am to 12.30pm at Ascot Drive Fire Station

This event is open to Carers and Cared for.

New Website...



Our New Derby Carers Website is up and running! We've now started to upload useful links and resources from our steadily growing Resource Library. Videos and information are there for easy access. Visit **www.derbycarers.co.uk** to take a look.

Your Feedback Matters...



We really do value the time you take to complete the online Feedback form after events as well as email or call in directly. The Carers Week saw a different format - hopefully easier and quicker to use. We'll be continuing to review how we gather, use and integrate your feedback to improve your experience.

Please call on 01332 228777 or email us at

carers-events@citizensadvicemidmercia.org.uk to REGISTER YOUR INTEREST for any of our session. 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.

Schedule

Wellbeing Event:

Event: Plot to Plate Allotment Project

Time: 9.30am - Noon

Date: Every Monday, Drop In.

Venue: Little Chester Allotments, Chaddesdon.

Carers Only



Awareness & Wellbeing Event:

Event: Live & Eat Well Series

Time: 10.00am - 12.00pm

Date: Wednesday 12th July 2023

Venue: Wellbeing Hub, Moorways Sports Village.



All Welcome

Wellbeing Event:

Event: Gym Session

Time: 11.00am-12.30pm

Date: July date TBC ASAP!

Venue: Moorways Sports Village.



Carers Only - Places Limited

Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 13th July & 10th August

Venue: Café at Deda, Chapel Street, Derby.



Carers Only

Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 14th July 2023

Venue: Main Pool, Moorways Sports Village.



Carers Only - Places Limited

Wellbeing Event:

Event: Kedleston Hall

Community Pass

Time: Between 10am-3pm

Date: Monday 17th July 2023

Venue: National Trust Kedleston Hall



Carers & Cared For Welcome

Wellbeing Event:

Event: Wellbeing Walk

Time: 1pm - 3pm

Date: Wednesday 19th July 2023

Venue: Markeaton Park



Carers & Cared For Welcome

Training & 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 Welcome

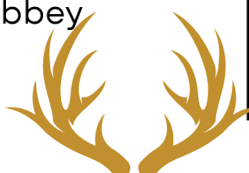
Wellbeing Event:

Event: Calke Abbey Community Pass

Time: Between 10am-3pm

Date: Wednesday 26th July 2023

Venue: National Trust Calke Abbey



Carers & Cared For Welcome

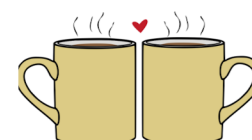
Peer Support Group

Event: Carers group

Time: 2pm - 4pm

Date: Friday 28th July 2023

Venue: Derby Theatre



Carers & Cared For Welcome

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