



Carers Newsletter

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Please come along to the Derby City Council led event:

January 25th.
10am - 1pm.

West Indian Community Association
Centre.
Carrington Street.

An opportunity for you to meet
Councillor Alison Martin
(Cabinet Member for Adult Care and
Health)

Have your voice heard.



01332 228777



carers@citizensadvicemidmercia.org.uk

carers-events@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 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



Thank you to everyone who came along to mark
World Kindness Day
with our creative writing event on
13th November 2023.

Led by Local Poet Ken Evans - a wonderful couple of hours was shared being creative, thoughtful and playing with words. Goody bags and lunch supplied. It was smiles all round!



I enjoyed reading songs and finding poem elements, writing my own piece of poem and having fun!

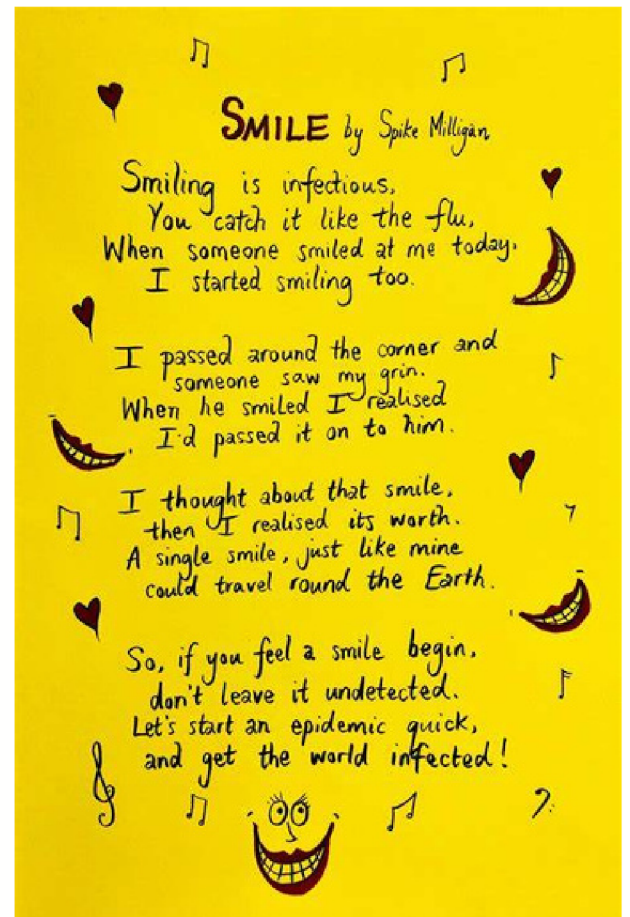
KINDNESS STIMULATES PRODUCTION OF SEROTONIN

WWW.RANDOMACTSOFKINDNESS.ORG

This feel good chemical

- calms you down
- wounds heal faster
- supports digestion
- regulates moods & sleep

I really enjoyed this event! As well as the lovely lunch provided it gave me a great opportunity to take time out and think and try to write creatively. It was a nice social activity too.



Gallery

7/12/23 - Drop in Coffee Morning @ Deda

Crafts , Cake & Festive Crooning from the AMAZING singer Emily Rose



“A super relaxed morning. So nice to hear a super singer, chat with other cared for & Carers, & enjoy an indulgent cake & drink.”

14/12/23 - Festive Craft Cafe & Lunch



“I had a wonderful time, and completely forgot my worries and responsibilities. It was like a little bit of heaven.”



19/12/23 - Kedleston Hall Visit for Carers

‘Lovely to meet other carers at the event. A warm welcome. Thank you for the mince pies and refreshments.’



Community



Your Voice Matters

**Derby City Council want to hear from you -
Councillor Alison Martin
(Cabinet Member for Adult Care & Health)
invites you to come along
and share your experience as a carer**

Date: Thursday January 25th 2024.

Time: 10 - 1pm.

**Venue: Derby West Indian Community Centre,
Carrington Street, Derby.**

If you wish to come along or find out more please
contact us on
01332 228777
or
carers-events@citizensadvicemidmercia.org.uk

All Welcome.

**When you register, please let us know if you require
BSL or translator services at the event.**

**For accessible communication: Relay UK:
18001 01332 228 777**



Mid Mercia



Derby City Council



Derby and Derbyshire
Integrated Care Board

**Derby City Council Service are hosting.....
Councillor Alison Martin
(Cabinet Member for Adult Care & Health)
would love to meet you and hear what you have to say about
your caring role**

Community

Farewell to Kuljit ...

Just before Christmas we said good bye to Kuljit, our Community Engagement Coordinator. Kuljit has given many years to the Carers Service so she leaves with all our best wishes and we wish her well in her new role.

... Hello to Nicky ...

Lots of you may have spoken to Nicky who has been one of the Team's Carers Helpline Advisors since November 2022. She is now stepping into the role of Community Engagement Coordinator so you will be seeing her out and about! Congratulations Nicky on your new appointment.



Our Dementia Focused Cafe in partnership with Derby Theatre Every last Friday of the Month.

NEXT ONE IS : Friday 26th January 2024 - 2-4pm

'Our Dementia Choir'

founded by Vicky McClure
will be performing at Derby Theatre on
20th February 2024 at 7.30pm.

Tickets available from the box office.

<https://derbytheatre.co.uk/event/our-dementia-choir/>



You said

You didn't want to see the Craft Café end at Christmas.

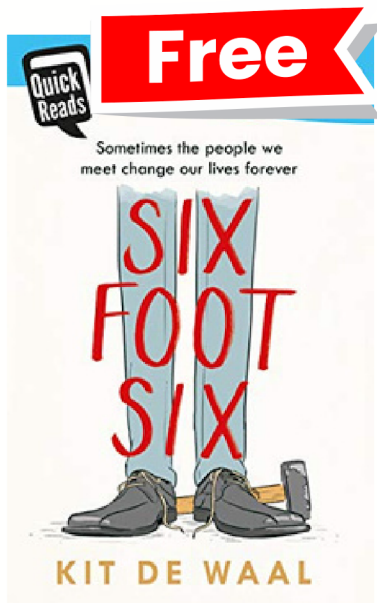
We did

We are delighted that Lor is able to stay facilitating it until March 2024

It WILL continue after this date... WATCH this space on how it will develop...

Wellbeing

Save the Date: 24th April... World Book Night... Special Face to Face event @ Mickleover Library

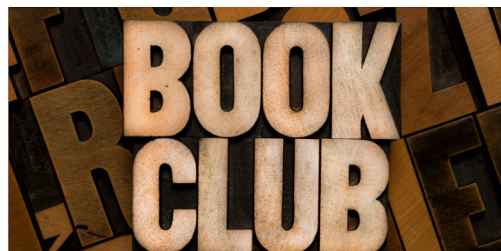


“ I'm unable to make many events due to my Caring role but I love reading and this is perfect. Thank You. ”

We have 50 free copies

Please email or call in to request your copy

When they are gone... they are gone!



OUR NEXT ONLINE BOOK CLUB IS TUESDAY 27th February AT 10.30am VIA MICROSOFT TEAMS.

Come join us for a virtual cuppa, chat and share or just listen to thoughts on the current read: Six Foot Six.

Chair Based Pilates - Open to Carers & Cared For

We've had such great feedback about the benefits of the Chair-Based Exercise class that we trailed last year... it is returning EVERY fortnight from January 9th 2024 - 10.30-11.30am (January 9th & 23rd will remain at Dovedale Community Room, London Road)

NEW LOCATION: Community Room at Nottingham Road Fire Station from 6th February 2024.



'Andrea was brilliant leading the chair exercise class on Tuesday. We really appreciate the benefit to us of this group. Her knowledge & experience in leading exercises to develop core strength muscles & suppleness, & how to keep these muscles & movements 'going' is really helpful. We also appreciate how she grades the exercises if one is too difficult for us to do.'

**Garden Centre - Coffee & Catch Up
ALL WELCOME**

Thursday 18th January 2024
10.30am-11.30am

@ Derby Garden Centre, Little Eaton, DE21 5DB.

If January is dragging along and you want a little company, come down and share a cuppa.



Wellbeing

Dignity in Action Day - February 2024

'Dignity Action Day #DAD2024 is an annual opportunity for health and social care workers, and members of the public to uphold people's rights to dignity and provide a truly memorable day for people who use care services.' <https://www.dignityincare.org.uk/>

Some of you may remember last year's Afternoon Tea and Poetry event that we hosted alongside Deda to mark #DAD2023

This year we return to **Deda** who have kindly donated a free dance lesson to accompany the Tea Dance we are organising to mark the occasion once again. Please call 01332 228777 or email us at carers-events@citizensadvicemidmercia.org.uk to register your interest. Places limited to 30.



TEA DANCE
for Carers & Cared For
2nd February 2024: Midday-2pm

with Free...

Savory Scone & Cake with Hot Drink

Dance Lesson

& music to dance along to with the fabulous Singer Emily Rose

Guided Wildlife & Wellbeing Walks for 2024

“**What a lovely Bird Watching session. Route wheelchair accessible. Stewart very knowledgeable and easy to listen to. Thank you so much for inviting us.**”

We've had encouraging feedback from the two guided bird walks we've hosted last year - May & October 2023 with Stewart Abbott from Derbyshire Bird Tours. **WATCH THIS SPACE** for more guided and wellbeing walks for 2024. They will be returning from April onwards.

THIRTY SEVEN different variation of birds spotted in **Markeaton Park** on our last walk of the year - **25th October 2023!**

*Mute Swan - Greylag Goose - Canada Goose - Gadwall - Mallard - Tufted Duck - Goosander
Cormorant - Little Egret - Grey Heron - Great Crested Grebe - Sparrowhawk - Buzzard
Moorhen - Coot - Herring gull - Black-headed Gull - Woodpigeon - Great-spotted Woodpecker
Magpie - Jackdaw - Carrion Crow - Blue Tit - Great Tit - Long-tailed Tit and more...*

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Information & Awareness

Predatory Marriage Awareness Event
30th January 2024
6pm-7pm online via Microsoft Teams



The aim of this online event is to raise awareness about Predatory Marriage by discussing real life stories and to also discuss the impact that Predatory Marriage has on both an individual and their loved ones. **Carers Only**

February



Support for carers

Being a carer can be extremely rewarding but also challenging at times. Get support on looking after yourself, caring for a child and managing your finances.

 British Heart Foundation

www.bhf.org.uk/information-support

Heart Awareness Month



Did you know?

7.6 million
people are living with heart
and circulatory diseases

If either yourself or your Cared for are a heart patient, we have a very useful booklet available in our Resource Library which we can email or post out to you on request.

Just get in touch with us via 01332 228777 or email carers-events@citizensmidmercia.org.uk

COMING SOON



Please contact us to register your interest in the Cardiac Clinic we will be running in February - details tbc soon

Safer Internet Use - Online Webinar

12.30pm-1.15pm via Microsoft Teams

Wednesday 7th February 2024 - ALL Welcome

<http://>



As part of Safer Internet Day which runs annually on 6th Feb, - we are hosting a Safer Internet Webinar with useful tips and a short Q&A session run by the Digital Awareness Team for CAMM - **ALL WELCOME**

Schedule

Awareness Event:

Event: First Aid Training

Time: 10am - 2pm

Date: Tuesday 16th January 2024

Venue: Peat House, Stuart Street, Derby.



Carers Only

Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: Noon - 1pm

Date: Thursday 18th January 2024

Venue: Little Eaton Garden Centre, DE21 5DB



Carers and Cared For

Wellbeing Event:

Event: Chair Exercise Classes

Time: 10.30am - 11.30am

Date: Tuesday 23rd January 2024

Venue: Community Lounge, Dovedale Day Unit, London Road.



Carers and Cared For

Hosted by Derby City Council:

Event: Your Voice Matters

Time: 10am-1pm

Date: Thursday 25th January 2024

Venue: Derby West Indian Community Association Centre, Carrington Street.

All Welcome

Peer Support Group:

Event: Dementia Focused Carers Group

Time: 2pm - 4pm

Date: Friday 26th January 2024

Venue: Derby Theatre



Carers and Cared for Welcome

Awareness Event:

Event: Predatory Marriage

Time: 6pm-7pm

Date: Tuesday 30th January 2024

Venue: Online via Microsoft Teams



Carers Only

Live singing & music to listen/dance to...

BOOK NOW →

Complimentary Refreshments

Savory Scone - Slice of Cake - Hot Drink

Wellbeing Event:

Event: Dignity Day - Tea Dance

Time: Midday-2pm

Date: Friday 2nd February 2024

Venue: Deda, Chapel Street, Derby.



Carers & Cared For

Wellbeing Event:

Event: Chair Exercise Classes

Time: 10.30am - 11.30am

Date: Tuesday 6th & 20th February 2024

Venue: Nottingham Road Fire Station - Community Room, Chaddesden.



Carers and Cared For

CHANGE
OF VENUE

**ATTENTION
PLEASE** !



Schedule

Awareness Event:

Event: Safer Internet Webinar
Time: 12.30pm-1.15pm
Date: Wednesday 7th February 2024
Venue: Online Via Teams

ALL WELCOME



Wellbeing Event:

Event: Craft Café
Time: 10.30am-12.30pm
Date: Thursday 8th February 2024
Venue: Café at Deda, Chapel Street, Derby.

Carers Only



Wellbeing Event:

Event: Mixed Open Swim
Time: Noon - 1pm
Date: Friday 9th February 2024
Venue: Main Pool, Moorways Sports Village.

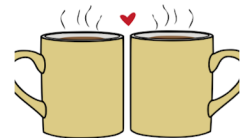
Carers Only - Places Limited



Peer Support Group:

Event: Carers Group
Time: 2pm - 4pm
Date: Friday 23rd February 2024
Venue: Derby Theatre

Carers and Cared for Welcome



Wellbeing Event:

Event: Kedleston Hall Community Pass
Time: Anytime between 9.30am-4pm
Date: 23rd February 2024
Venue: National Trust Kedleston Hall

Carers and Cared For



Wellbeing Event:

Event: Online Book Club
Time: 10.30am - 11.30am
Date: Tuesday 27th February 2024
Venue: Via Microsoft Teams

ALL WELCOME



Wellbeing Event:

Event: Calke Abbey Community Pass
Time: Anytime between 9.30am-4pm
Date: Monday 18th March 2023
Venue: National Trust Kedleston Hall

Carers and Cared For



Please call 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk to register interest in all of our events.



**NEW
FEEDBACK
BOXES**

Alongside online feedback forms, you will see these new feedback boxes at our face to face events. The Feedback on your experience is valued and appreciated.

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