



Carers Newsletter

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Our Newsletter

Please see page 4 for information about our newsletter.

Please let us know if you no longer wish to receive the newsletter by post and can switch to receiving it via email instead.



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 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

'A lovely relaxed time, listening to Emily Rose's beautiful voice & enabling those able to, to dance together. It was a very moving & uplifting time. Lovely to chat to other Carers & cared for. Super refreshments, much appreciated.'



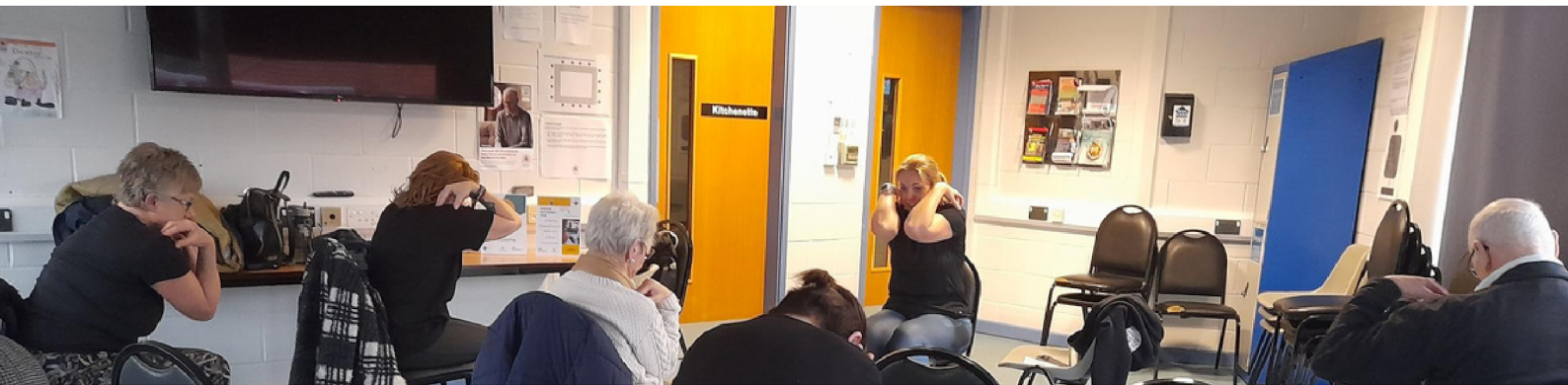
DIGNITY DAY TEA DANCE

**2nd February
@ Deda**



Chair Pilates Class with Andrea - every other Tuesday

'Brilliant beneficial exercise session for both of us health wise, especially for core strength, muscle use & good posture. Very well led by Andrea'



Craft Café - Heart Hangers... Lor will be running these sessions until at least September 2024

Because these session are becoming more and more popular and space is limited to 24, we will be offering other one off Art & Crafts workshops at Deda. Starting from May onwards.



Community

Do you still need the newsletter posted to you.....?



We are trying to be more sustainable and would like to reduce the amount of information we send in the post, helping us to limit the quantity of paper and ink we use.

**You can access our newsletter online
by visiting
www.derbycarers.co.uk/newsletters**



If you feel you no longer want to receive the newsletter or can switch over to email please contact us on
01332 228 777
or carers-events@citizensadvicemidmercia.org.uk



CAMM's Health Services Manager
Elena Gibbons &
Jo Nethercott -Service Manager
for Universal Services for Carers

Carers Forum on 25/1/24



Our Service Volunteer Kev Marshall, sharing his story as a Carer.
Councillor Alison Martin introducing herself before liaising and
listening
to as many points of view as possible.

You said

We did

You'd like more Peer Support Groups

**Men's Group is starting in March and watch
this space for a Parent Carer Group**

Peer Support

Making friends and acquaintances with other carers has been shown to improve the wellbeing of carers. It can be easier to cope when you know others who are in a similar situation.

Friends with caring responsibilities understand better than most the restrictions that being a carer can place on you and your ability to keep a social schedule.

New friendships with carers can increase your sense of connection to the local community as you get to know people locally.

Below are peer support sessions run by Universal Services for Carers and others:

Monday Mates

especially for those affected by Dementia

First Monday of the Month
10am - 12pm

at Derbyshire Cricket Club

mark.barber@dcfcricicket.com

or 07443 630382



If you attend a group that is not featured here, let us know about it.

carers-events

@citizensadvicemi
dmercia.org.uk

Derby City and South Derbyshire Mental Health Carer's Forum

Third Friday of every Month at
Oddfellows Hall,

32 Charnwood Street DE1 2GU

Contact: 07779 107087 or
sandra.austin99@gmail.com

Mickleover Carers Group

meet on the 2nd Monday of
the month for more
information contact 01332
512041

babs.norton1@virginmedia.com



Derby Carers Action Group

10:30 am Last Wednesday of
the Month at the
Cosy Club
Royal Buildings,
Victoria Street,
Derby, DE1 1ES

New to Universal Services for Carers in March - Men's Peer Group

When? 3-5pm on Tues 5th March 2024, future dates to be decided.

Who? Carers - Places limited **Where?** Nottingham Road Fire Station

What? There will always be time for a coffee and a chat and each month we will have something that might interest you. In March we have Dr Tadi Mabeza coming to speak about Prostate health and related conditions

What's Next? In April we hope to try 'Xi Gong inspired musical exercise'. Future groups will be informed by the you. Ideas so far include, a visit by social prescribers, visits to football, cricket or a brewery.



5



Peer Support & Wellbeing

Garden Centre - Coffee & Catch Up

ALL WELCOME - contact us to book

Thursday 7th March 2024

10.30am-11.30am

@ Dobbies Garden Centre, Findern, DE65 6BE.



If you want a little company,
come down for a chat & share a free drink on us!

WATCH THIS SPACE

After our first collaboration offering February's
Cardiac Clinic - watch this space for
Gym Inductions with membership reductions



Tickets available for Carers & Cared For...

Mickleover FC verses Halesowen Town

@ Don Amott Stadium.

SATURDAY 16th March 2024 - 3pm Kick Off

April sees the return of Wellbeing Walks

Now the weather is better... we see the return of
our Wellbeing Walks.

MONDAY 29th April 2024

1.30pm - 3pm at Markeaton Park

All Welcome.

For those bird lovers - we have 4 sets of binoculars
for use on the day...



Wellbeing

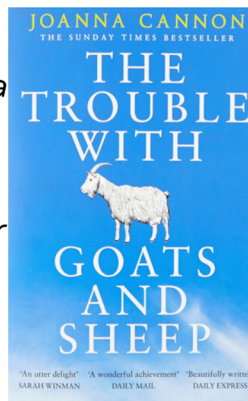
**Working together
to mark World Book Night**



Joanna Cannon's first two novels, *The Trouble with Goats and Sheep* and *Three Things about Elsie*, were both Sunday Times bestsellers and Richard and Judy picks. She worked as a hospital doctor before specialising in psychiatry, and lives in the Peak District with her family and her dog.

**Wednesday 24th April 2024
12.45pm - 2.45pm @ Mickleover Library
All Welcome - Please book your place.**

There are multiple copies of Joanna Cannons books: Go into any of the Derby Libraires and reserve your copy. You will need to be a member if you aren't already - but this is quick and easy to do



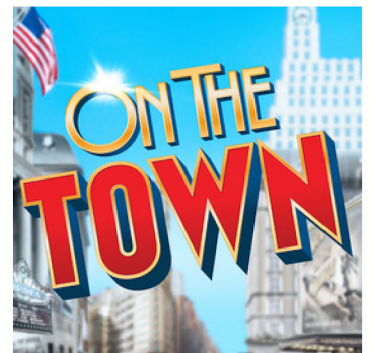
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Dementia Friendly Film Screening of ON THE TOWN

When? 1pm on 12th March 2024

Who? Carers & Cared For - Places limited

Where? The Box Cinema - QUAD



Dementia Friendly Film Screening of MISS SADIE THOMPSON

When? 1pm on 9th April 2024

Who? Carers & Cared For - Places limited

Where? The Box Cinema - QUAD



Wellbeing



Self Esteem & Confidence Building Workshop Open to Carers

'Our Self-esteem and Confidence workshop will look into various topics around self-esteem and confidence, including what self-esteem, and low self-esteem is, challenging biased expectations and negative self-evaluations, thought challenging, and self-compassion.'

Wednesday 20th March 2024 - 10.30am -12.30pm
Peat House, Stuart Street, Derby.

pamper event

*SATURDAY 20th April 2024
10am-4pm - Carers Only*

Community Room at Ascot Drive Fire Station



Charlotte from Tonic Reflexology returns to offer this relaxing, balancing and energising treatment.

It has been a while since we have seen Jenny Raphael but she returns from her travels to offer aromatherapy hand, arm and shoulder massage.



Introducing Laura, who can offer Indian Head Massages with or without Reiki and also uses the healing power of crystals. Reiki is a deeply relaxing and balancing hands on treatment to balance body and energy.



Half hour treatment slots available

This will be a popular event so contact us to register interest

Information & Awareness

Free courses to build your digital skills & confidence



“Learn My Way is a great way for you to get started online and to start using a computer and the internet”



Offered through the Good Things Foundation, CAMM's Digital Connect Team can guide you through how to access this free resource. We can signpost you over.

If you missed February's Safer Internet session but would like to access the recording and/or Top Tip Sheet, please get in touch.

01332 228777

carers-events@citizensadvicemidmercia.org.uk



Our Next First Aid training is with on...

Friday 15th March 2024

10am-2pm

@Community Room

Nottingham Road Fire Station, DE21 6FP.

For Carers Only

This is Shaun - our First Aid Trainer (with patient) and he shares:



Having served in the Royal Marines for 15 years, first aid was always at the centre of any training scenario and real life operations. I decided to continue on this road and further educate people in how simple first aid can be but also what a critical part it can play in an individual's quality of life. Delivering first aid training to unpaid carers has opened my own eyes into just how much this skill is needed on a day to day basis. The training delivered for you is a 4 hour session with breaks that cover the essential skills in an attempt to save life. Besides a learning experience it is also a chance for tea and biscuits on a social level. I look forward to seeing you at one of the sessions.'

Brain Awareness Week

11th - 17th March 2024

Last year some of you may remember we held a Brain Awareness event with free Suduko & Word Search books, some group quizzes and an interactive demo with Yoga Teacher Sharon Price on accupressure points and breathwork to help energise the Brain and regulate the Nervous System. Our Resource Library now has a 30 minute recording of Sharon guiding you through these simple yet effective exercises. The **FIRST 30** to request this will also receive an accompanying **FREE** aromatherapy pack and word search book. **CONTACT US NOW** for yours.

Schedule

Wellbeing Event:

Event: Chair Exercise Classes

Time: 10.30am - 11.30am

Date: Tuesday 5th & 19th March 2024

Venue: Nottingham Road Fire Station,
Chaddesden

Carers and Cared For



Peer Support Event

Event: MEN's GROUP

Time: 3pm-5pm

Date: Tuesday 5th March 2024

Venue: Nottingham Road Fire Station,
Chaddesden

Carers Only



Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 10.30-11.30am

Date: Thursday 7th March 2024

Venue: Dobbies Garden Centre,
Findern DE65 6BE

Carers and Cared For



Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 8th March 2024

Venue: Main Pool, Moorways Sports Village.

Carers Only - Places Limited



Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 14th March & 11th April
2024

Venue: Café at Deda, Chapel Street,
Derby.

Carers Only



Wellbeing Event:

Event: Dementia Friendly Film Screening
of 'On the Town'.

Time: 1pm

Date: Tuesday 12th March 2024

Venue: Quad, Market Place, DE1 3AS.

Carers and Cared For



Awareness Event:

Event: First Aid Training

Time: 10am - 2pm

Date: Friday 15th March 2024

Venue: Community Room, Notts Rd Fire
Station. Chad, DE21 6FP.

Carers Only



Wellbeing Event:

Event: Mickleover FC vs Halesowen Town

Time: 3pm Kick Off

Date: Saturday 16th March 2024

Venue: Don Amott Stadium, Mickleover.

Carers and Cared For



Awareness Event:

Event: Self Esteem & Confidence Building

Time: 10.30am - 12.30pm

Date: Wednesday 20th March 2024

Venue: Peat House, Stuart Street, Derby.

Carers Only

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

Schedule

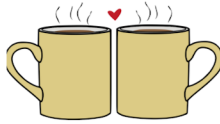
Wellbeing Event:

Event: Calke Abbey Community Pass
Time: Anytime between 9.30am-4pm
Date: Monday 18th March & 9th April 2024
Venue: National Trust Kedleston Hall

Carers and Cared For

Peer Support Group:

Event: Dementia Focused Carers Group
Time: 2pm - 4pm
Date: Friday 22nd March & 26th April 2024
Venue: Derby Theatre



Carers and Cared for Welcome

Wellbeing Event:

Event: Kedleston Hall Community Pass
Time: Anytime between 9.30am-4pm
Date: 22nd March & 19th April 2024
Venue: National Trust Kedleston Hall

Carers and Cared For

Wellbeing Event:

Event: Chair Exercise Classes
Time: 10.30am - 11.30am
Date: Tuesday 2nd, 16th & 30th April
Venue: Nottingham Road Fire Station, Chaddesden



Carers and Cared For

Wellbeing Event:

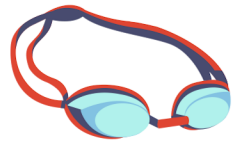
Event: Dementia Friendly Film Screening of Miss Sadie Thompson
Time: 1pm
Date: Tuesday 9th April 2024
Venue: Quad, Market Place, DE1 3AS.



Carers and Cared For

Wellbeing Event:

Event: Mixed Open Swim
Time: Noon - 1pm
Date: Friday 19th April 2024
Venue: Main Pool, Moorways Sports Village.



Carers Only - Places Limited

Wellbeing Event:

Event: Pamper Day
Time: 10am - 4pm
Date: Saturday 20th April 2024
Venue: Community Room @Ascot Drive Fire Statio



Carers Only

Wellbeing Event:

Event: World Book Night Event - Q&A with Jo Cannon
Time: 12.45-2.45pm
Date: Wednesday 24th April 2024
Venue: Mickleover Library



ALL WELCOME

Wellbeing Event:

Event: Wellbeing Walk
Time: 1.30pm - 3pm
Date: Monday 29th April 2024
Venue: Markeaton Park



Carers and Cared For

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

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