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Our Newsletter

Please let us know if you no longer wish to receive the newsletter by post and / or 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)



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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 advisers. They will explain what we do, will be able to signpost you to other organisations and book you onto our events. Being part of Citizens Advice Mid Mercia, they are able to refer you to other parts of our organisation to assist with benefits, debt, housing and more.

In addition to this, helpline colleagues will identify your needs and challenges, and help to identify choices and options that may be available to you. This may involve providing information, support and additional signposting.

The helpline is also able to capture evidence about a carers needs in a manner that may be communicated to others.

Wellbeing:

We have a variety of indoor, outdoor and virtual workshops and events that support you to find some respite, help to reduce stress, anxiety and help to lessen the impact of caring on you.

Please see the relevant section of the newsletter.

Information and Awareness:

There are great sessions and handout sheets available to you. Please see the relevant section of the newsletter.

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 community groups, social prescribers, GPs etc to help people access support more easily.

The service also run our own Peer Support Groups.

Please see the relevant section of the newsletter.

Meet the Team...

Helpline Colleagues

Skilled, knowledgeable and friendly.
Here to assist with information, signposting
and support.



Christina

Lianne



Vikki

Our Main Role is to:

- Maintain carer health and wellbeing to sustain caring role.
- Identify carer needs and challenges.
- Help identify options and choices that are available to help meet need.
- Listen and understand.
- Offer peer support.
- Book onto events and sessions.

We try to call back within five working days unless we are very busy.

We are always happy to hear from existing carers especially if your needs
or situation has changed.

**You can contact us on 01332 228777 or email
carers@citizensadvicemidmercia.org.uk**

Carer's Week

Carers Week

This year the theme is 'Putting Carers on the Map' highlighting the invaluable contributions of carers across the UK and ensuring their voices are heard loud and clear. www.carersweek.org

Line Dancing @ Deda for Carers & Cared For

Come along on **Wednesday 12th June between 6-8pm** for a line dancing lesson, hot drinks and chip cobs... drinks can be purchased at the bar...



Kedleston Hall Walk & Cuppa

Join some of the Carers Service Team for light refreshments and then a walk around some of the grounds with optional visit to the house. This is for Carers Only.

Friday 14th June between 11am -2pm

Paint-A-Pot @ Markeaton Park

There are two sessions booked on **Saturday 15th June** between **10.15am-12.15pm & 2.45pm-4.45pm** for you to come along, with or without your Cared For to take some creative time out.



Along with our regular activities - see schedule:

Tuesday: Chair Pilates with Andrea & Monthly Dementia Friendly Film Screening of Funny Face @ Quad (**BOOKING ESSENTIAL**)

Thursday: Carers Craft Cafe

Contact us to register your interest for these events

Community



Our Helpline Adviser
Christina ready to help
Carers at Dovedale
Dementia Hub

Out & About with Universal Services for Carers

Members of our Carers Team can regularly be seen at local events. Look out for details on our Social Media. Come along to pick up leaflets, hear more about our service or just to say hello

Future sightings include:

- 3rd May - Caring in the Community Event at St George's Park Burton
- 13th May - Queens Hospital Burton
- 15th May - Specialists Day Services Q&A
- 16th May - Treetops Hospice Wellbeing Cafe
- 23rd May - Dovedale Dementia Hub & Florence Nightingale Community Hospital entrance corridor
- 5th June - Umbrella Carers Group & Age Concern Chaddesden
- 18th June - Derby Royal Hospital, 5th Floor near the restaurant



You said

You were disappointed at the fortnightly Chair Pilates class being fully booked.

We did

We have found ANOTHER venue. Plenty of Free Parking and a larger room to hopefully fit all that want to attend!

From June 11th it will be at Derby Arena.



Peer Support

Dementia Carers Cafe

The last Friday of every month at Derby Theatre. Here is what's coming up:

Friday 26th April - Meet the Director: Derby Theatre's Artistic Director & Chief Executive, Sarah Brigham, will tell us all about her fascinating job.

Friday 31st May - Hatter's Tea Party: to celebrate Alice in Wonderland coming to Derby Theatre. Don't be late - it's a very important date!



Social Prescriber Coffee Mornings

Throughout the city Social Prescribers, linked to your GP, are having coffee mornings for people like you to just drop-in. Here are the ones we know about:

Allestree - The Markeaton, every Thursday 11am-12:30pm.

Chaddesden - Age Concern, every Friday Morning 10am -12pm.

Chester Green Community Room, first Monday of the Month, 10-11am.

Mackworth - Streatham Road Community Room, 3rd Thursday every month, 10:30-11:30am.

Mickleover - Nags Head, every Wednesday 10:30am-12pm

Normanton - Mrs C's Tea Cosy, Last Tuesday of the Month 9:30-10:30am.

Pear Tree - Women Only, Pakistani Community Centre fortnightly on Tuesday 10:30am-12:30pm.

Sinfin - Sinfin Moor Allotments, 1st Wednesday every Month 10-11:30am

Spondon - Spondon Liberal Club Every Monday 12:30-2pm



Peer Support & Wellbeing

Monthly Garden Centre...

Coffee & Catch Up

ALL WELCOME - contact us to book

Thursday 23rd May & 27th June 2024

10.30am-11.30am

@ Markeaton Garden Centre, Markeaton Lane, Derby, DE22 4NH

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

Markeaton
Garden Centre



Wellbeing Walks

MONDAY 20th May & 24th June 2024

1.30pm - 3pm at Markeaton Park

All Welcome.

Route suitable for Wheelchairs or those with mobility issues.

Stay on for a cuppa from the cafe too...



Men's Peer Support Group

First Tuesday of the Month



Tuesday 7th May 3-5pm - Lucas from Derby County Community Trust will do a taster 'Team Talk' session.

Tuesday 4th June 3-5pm - Bryan, a senior OT from Specialist Day Services, will speak about memory loss; when it may or may not be dementia, de-escalation techniques and communicating with someone with dementia.

Tuesday 2nd July we are hoping to visit East Midlands AeroPark.



Wellbeing

Creative Journalling for Health

with *Sally-Anne Marler*

Thursday 16th May 2024

10.30am - 12.30pm

@ Deda, Chapel Street, Derby.



The Creative You



For Carers Only

Sally-Anne has an extensive professional background in Creative Arts Therapy, Wellbeing and Healing and works in Private Practice.

“What my journal pointed out to me then, as often happens now, was that my self-criticism is unwarranted. Instead, self-compassion is needed.”

<https://www.psychologies.co.uk/how-to-start-journaling-mental-health/>

Dementia Friendly Film Screening of:

Bye Bye Birdie with Dick Van Dyke & Janice Leigh



When? 1pm on 14th May 2024

Who? A Carer to bring Cared For - BOOKING ESSENTIAL

Where? The Box Cinema - QUAD



There are many benefits from yoga - and if you say ‘I’m not flexible enough for yoga’... then yoga CAN be for you!

To mark World Yoga day, we are returning to the lovely Breathing Space Yoga Studio in the heart of Derby City. Offering a 90 minute Yoga class for Carers Only.

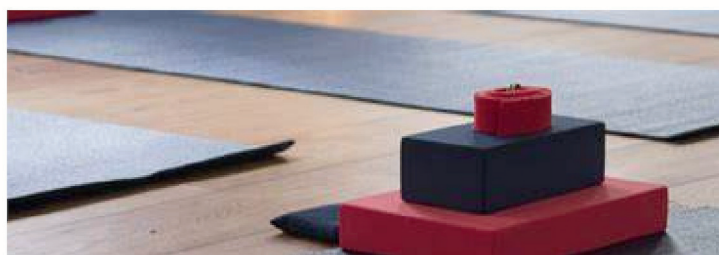
Suitable for Mixed Abilities.

World Yoga Day

Friday 21st June 2024

11am - 12.30pm

Contact to register your interest



Information & Awareness

Our ANXIETY RESET Series continues...



Wednesday 15th May 2024

5pm-7.30pm

Community Room

@ Nottingham Road Fire Station, Chaddesden.

**DERBY CITY
LIFE LINKS**

Come & join us for another in the series of Anxiety Reset sessions to mark Mental Health Awareness Week 2024.

This time, we will be joined by Abbie Peck from Derby City Life Links offering ways to reduce the impact of stress and anxiety.

This is a stand alone event - no need to have attended the others.

Open to Carers & Cared For



Our Next First Aid training is on...

Thursday 6th June 2024

10am-2pm

@Community Room

Nottingham Road Fire Station, DE21 6FP.



This is Shaun - our First Aid Trainer
(with patient!)



For Carers Only

Long Covid Clinic - 20th June 2024

10.30am - Noon

Join Lou Newton once again at Derby Arena to explore the impact and symptoms of Long Covid. Looking at what simple exercises can support you with an optional intro to the gym.

Open to Carers & Cared For



Schedule

Wellbeing Event:

Event: Chair Exercise Classes

Time: 10.30am - 11.30am

Date: Tuesday 14th May (**No class on 28th May due to school holidays**)

Venue: Nottingham Road Fire Station, Chaddesden - Carers & Cared For



Peer Support Event

Event: Men's Peer Support group

Time: 3pm-5pm

Date: Tuesday 7th May and 4th June 2024

Venue: Derby County Community Hub (May), Dovedale Day Hospital (June).



Carers Only

Wellbeing Event:

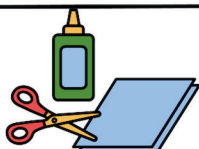
Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 9th May & 13th June 2024

Venue: Café at Deda, Chapel Street, Derby.

Carers Only - BOOK IN ADVANCE



Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 10th May & 7th June 2024

Venue: Main Pool, Moorways Sports Village.



Carers Only - Places Limited

Wellbeing Event:

Event: Dementia Friendly Film Screening of Bye Bye Birdie (May) & Funny Face (June)

Time: 1pm

Date: Tuesday 14th May & 11th June 2024

Venue: Quad, Market Place, DE1 3AS.

BOOKING ESSENTIAL

Carer to take Cared For



Wellbeing Event:

Event: Creative Jounalling for Health

Time: 10.30am-12.30pm

Date: Thursday 16th May 2024

Venue: Deda, Chapel Street, Derby, DE1 3GU.



Carers Only

Wellbeing Event:

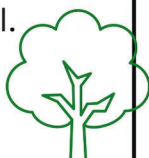
Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: Friday 17th May 2024

Venue: National Trust Kedleston Hall.

Carers & Cared For



Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 10.30-11.30am

Date: Thursday 23rd May & 27th June 2024

Venue: Markeaton Garden Centre.



Carers & Cared For



Wellbeing Event:

Event: Wellbeing Walks

Time: 1.30pm - 3pm

Date: Monday 20th May & 24th June 2024

Venue: Markeaton Park.

Carers & Cared For



Peer Support Group:

Event: Dementia Focused Carers Group

Time: 2pm - 4pm

Date: Friday 31st May & 28th June 2024

Venue: Derby Theatre.

Carers & Cared for Welcome



Schedule

Wellbeing Event:

Event: Calke Abbey Community Pass
Time: Anytime between 9.30am-4pm
Date: Tuesday 7th May & Monday 17th June
Venue: National Trust Calke Abbey, Ticknall, South Derbyshire.
Carers & Cared For



Awareness Event:

Event: Anxiety Reset with Derby Life Links
Time: 5pm-7.30pm
Date: Wednesday 15th May 2024
Venue: Community Room, Notts Road Fire Station. Chad, DE21 6FP.



Carers Only

Wellbeing Event:

Event: World Yoga Day - Yoga Class
Time: 11am - 12.30pm
Date: Friday 21st June 2024
Venue: The Breathing Space Yoga Studio, George Street, Derby, DE1 1EH.
Carers Only



Awareness Event:

Event: Long Covid Clinic with Lou Newton
Time: 10.30am-Midday
Date: Thursday 20th June 2024
Venue: Derby Arena, Royal Way Pride Park Derby, DE24 8JB.



Carers & Cared For

Awareness Event:

Event: First Aid Training
Time: 10am - 2pm
Date: Thursday 6th June 2024
Venue: Community Room, Notts Rd Fire Station. Chad, DE21 6FP.



Carers Only

Wellbeing Event:

Event: Chair Pilates Classes
Time: 10.30am - 11.30am
Date: Tuesday 11th & 25th June 2024
Venue: Derby Arena, Royal Way Pride Park Derby, DE24 8JB.



NEW VENUE

Carers & Cared For

Carers Week SPECIAL Event:

Event: Line Dancing
Time: 6pm-8pm
Date: Wednesday 12th June 2024
Venue: Deda, Chapel Street, Derby, DE1 3GU.



Carers & Cared For Welcome

Carers Week SPECIAL Event:

Event: Kedleston Hall Walk & Cuppa
Time: 11am-2pm
Date: Friday 14th June 2024
Venue: National Trust Kedleston Hall.



Carers Only

Carers Week SPECIAL Event:

Event: Paint-A-Pot
Time: 10.15am-12.15pm & 2.45pm-4.45pm
Date: Saturday 15th June 2024
Venue: Markeaton Park.



Carers & Cared For Welcome

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