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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.



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carers-events@citizensadvicemidmercia.org.uk

www.derbycarers.co.uk



[.@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 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.

Gallery



Carer's Week

This year the theme was '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



*'Fantastic evening - was such a good laugh!
The refreshments were lovely and a nice surprise.
Many thanks and very well organised.'*

Paint-A-Pot @ Markeaton Park

'We both enjoyed the paint-a-pot session. Relaxing and fun to chose own pot and design our masterpiece. Looking forward to picking up finished article after kiln. Thank you so much.'



Community

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 pop by to say hello

Future sightings include:

- **4th July & 1st August** - Neuro Diversity Social Drop In, with the Autism Information and Advice Service, Community Room at the Derbion.
- **5th July - 10 am-2pm** - Umbrella Market Place, Annies Place, Bedford Close DE22 3HQ
- **15th July - 10am -2pm** - Treetops Hospice Wellbeing Cafe.
- **17th July - 6-8pm** - Dovedale Q&A.
- **24th July - 1:30-3:30pm** - The Hardy Group
- **25th July - 9:30-11:30am** - Dovedale Dementia Hub & **12:30-2:30pm** Florence Nightingale Community Hospital entrance corridor.
- **22nd August - 11am-1pm** - Derby Royal Hospital, 5th Floor near the restaurant.



You said

When will there be another guided wildlife walk?

We did

Watch this space - we are looking at the Autumn!

(In the mean time, see page 6 for July's Wellbeing Walk with photographer Sam Reed.)



Peer Support



Dementia Carers Cafe

The last Friday of every month at Derby Theatre.

Here is what's coming up:

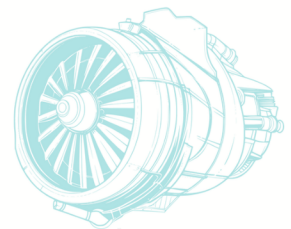
Friday 26th July - Summer 'Open Mic' Party:

The stage is yours!

Friday 30th August - Derby Theatre are still busy planning. Look out on social media for more information closer to the event.



Men's Peer Support Group



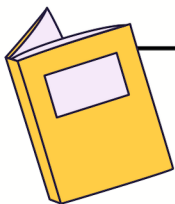
Our men's Peer Support Group meets monthly. Each Month we try something different suggested by a group member.

This is what we have planned for the next few months:

Tuesday 2nd July 3-4:30pm - A guided tour of Rolls Royce Heritage Trust Museum.

Friday 9th August 7pm - Top Gun at Calke Abbey Adventure Cinema.

Thursday 5th September 11am - A guided tour and day pass to East Midlands AeroPark.



Online Book Club - 13th August @ 11am via Teams

As a follow up to the World Book Event with author Joanna Cannon in April... Nicky will be online for a chat and to share your thoughts on any of Joanna's books or the Quickreads we've offered out over the last year.

Wellbeing



Shared Reading Session - 16th July 2024
11am-Noon @ Alvaston Library

What happens at a Shared Reading session?

All kinds of material is shared: poems, short plays, comedy sketches, song lyrics, diary entries, quote, letters and short stories - anything goes.

These friendly and inclusive sessions are guided by trained volunteers. People only read out loud and chat if they want to. Lots of people join our Shared Reading sessions just to listen. **Come by yourself or bring your Cared For.**

Garden Centre - Coffee & Catch Up

ALL WELCOME - contact us to book

Thursday 25th July 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!

July Wellbeing Walk with Photographer Sam Reed

Would you like some top tips on how to take a better photo?

Whether it's with your smartphone or a camera,
come join us for a walk around Markeaton Park
along with Sam. He will offer guidance & tips on
seeing familiar views through a new lens!



Come by yourself or bring your Cared For

Monday 22nd July - 1.30-3pm



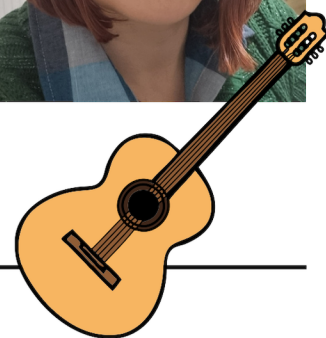
Wellbeing

Sing-a-Long with Sarah returns for a one-off!

Friday 5th July - 10.30am-Noon

@ Ascot Drive Fire Station,
Community Room, DE24 8GZ.

Come sing & sway along to well loved songs,
both old and new. Song sheets available or
just come and listen with a cuppa.
Sarah will take requests on the day!



ALL WELCOME

Summer at Calke Abbey

Weekly Community Passes available every **Tuesday** during the
school summer holidays:



National
Trust

- July 30th
- August 6th, 13th, 20th, 27th
- September 3rd

Go by yourself, take your Cared for or bring a guest... your choice.

Outdoor Cinema

A big thank you to Adventure Cinema
who have once again donated tickets to
their outdoor cinema experiences at
Calke Abbey in August:



- Thursday August 8th - Sing-A-Long GREASE
- Saturday 10th August - Mamma Mia
- Sunday 11th August - Back to the Future

Please get in touch with us to register your interest.
(Two tickets per Carer)

Information & Awareness

SUMMER WISE TIPS

With the warmer weather upon us it is so important to take extra measures to stay healthy and well, especially for those who may be more vulnerable.



Here are a few ways you can do that...



- Stay hydrated - the NHS advises 6-8 cups/glasses a day, minimum
- Wear light coloured, loose clothing
- Try to avoid being in the sun between 11-3
- Keep windows shut during the day and open at night when it is cooler
- Use an electric fan when the temperature is below 35 degrees
- Avoid alcohol
- Make sure to use sunscreen and wear a hat if possible

We have recently been working hard to create our *Summer Wise Packs* to send out to you throughout the Summer months.

These will include useful resources and other handy tips for staying well in the warm weather.

To get your pack please email carers-events@citizensadvicemidmercia.org.uk
or call us on 01332 228777.

Information & Awareness



Menopause Matters



Experiencing the menopause can be a difficult and significant life transition for some. From September 2024, we will be holding a monthly Menopause Café in Derby City focused around awareness, wellbeing and peer-support.

Come and join us for our launch event on Tuesday 9th July from 1-3pm at Moorways Sports Village.

This first event will be focused around nutrition and the menopause. There will be a menopause goodie bag for you to take home too.

**Please get in touch to book your place.
Open to Carers only.**

Arthritis Awareness Online Session

Come and join us for the online session, An Introduction to Self Management with Arthritis Action on

Monday 23rd July from 2-3pm.

The session will inform you about the different ways that you can best manage you/your cared for arthritis, including information on Exercise, Nutrition, Pacing, Pain Management and Emotional Wellbeing.

Please get in touch to book your place.



Schedule

Peer Support Event

Event: Men's Peer Support Group

Time: 3pm-4:40pm

Date: Tuesday 2nd July

Venue: Rolls Royce Heritage Centre,
Rolls-Royce Derby Campus, Wilmore
Road, DE24 9BD.

All Welcome



Wellbeing Event:

Event: Sing & Sway with Sarah

Time: 10.30am - Noon

Date: Friday 5th July 2024

Venue: Ascot Drive Fire Station, Derby,
DE24 8GZ.

Carers & Cared For



Wellbeing Event:

Event: Chair Pilates Classes

Time: 10.30am - 11.30am

Date: Tuesday 9th & 23rd July

Venue: Derby Arena, Royal Way Pride
Park Derby, DE24 8JB.

NO SESSIONS IN AUGUST



Awareness Event:

Event: Menopause Matters

Time: 1-3pm

Date: Tuesday 9th July

Venue: Moorways Sports Village.

Carers Only



Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 11th July

Venue: Café at Deda, Chapel Street.

NO SESSION IN AUGUST

Carers Only - BOOK IN ADVANCE



Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 12th July

Venue: Main Pool, Moorways Sports Village.

NO SESSION IN AUGUST

Carers Only - Places Limited



Wellbeing Event:

Event: Shared Reading Group

Time: 11am-Noon

Date: Tuesday 16th July 2024

Venue: Alvaston Library.

Carers & Cared For



Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: 19th July & 16th August 2024

Venue: National Trust Kedleston Hall.

Carers & Cared For



Wellbeing Event:

Event: Wellbeing Walk with Sam Reed
(Photography session)

Time: 1.30pm - 3pm

Date: Monday 22nd July 2024

Venue: Markeaton Park.

Carers & Cared For Welcome



Awareness Event:

Event: Arthritis Awareness with
Arthritis Action

Time: 2-3pm

Date: Tuesday 23rd July

Venue: Online

Carers & Cared For



Schedule

Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 10.30-11.30am

Date: Thursday 25th July 2024

Venue: Dobbies - Findern Garden Centre.



Carers & Cared For

Wellbeing Event:

Event: Sing -A-Long GREASE

Time: 7.15pm-11pm

Date: Thursday 8th August

Venue: Calke Abbey Outdoor Cinema, Ticknall.

2 tickets per Carer Only - Places Limited



Wellbeing Event:

Event: Mamma Mia!

Time: 7.15pm-11pm

Date: Saturday 10th August

Venue: Calke Abbey Outdoor Cinema, Ticknall.

2 tickets per Carer Only - Places Limited



Wellbeing Event:

Event: Calke Abbey Community Pass

Time: Anytime between 9.30am-4pm

Date: Every Tuesday during School Holidays From 30th July - 3rd September 2024

Venue: National Trust Calke Abbey, Ticknall.

Carers & Cared For



Places can be limited on some of our events - please book in advance to avoid disappointment.

Peer Support Group:

Event: Dementia Carers Café

Time: 2pm - 4pm

Date: Friday 26th July & 30th August

Venue: Derby Theatre.



Carers & Cared for Welcome

Peer Support Event :

Event: Men's Peer Support Group

Top Gun at Calke Abbey Outdoor Cinema

Time: 7.15pm-11pm

Date: Friday 9th August

Venue: Calke Abbey, Ticknall.



Wellbeing Event:

Event: Back to the Future

Time: 7.15pm-11pm

Date: Sunday 11th August

Venue: Calke Abbey Outdoor Cinema, Ticknall.

2 tickets per Carer Only - Places Limited

Wellbeing Event:

Event: Online Book Club

Time: 11am

Date: Tuesday 13th August 2024

Venue: Via Teams

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