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Our Service

Whilst we welcome registrations from Parent Carers and are able to offer access to our resources and some of our events, our Service is commissioned to support adult carers whose Cared For are over 18.



01332 228777



carers@citizensadvicemidmercia.org.uk

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 the organisation to assist with benefits, debt, housing and more.

In addition to this, helpline colleagues will identify your needs and challenges, and help to support with choices and options that may be available to you. This will be through 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 & New Event

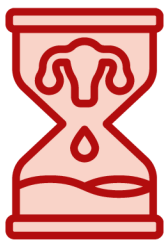
MENOPAUSE MATTERS - 9TH JULY

A big thank you to fitness instructor and nutritionist Gail Williams who led our launch Menopause Matters event. She gave a fantastic presentation on the role of nutrition supporting symptoms of menopause. Some of you may know Tracy, our Volunteer Events Administrator - who made the goody bags for this event and for those that couldn't make the session, we were able to post these out to you... Thank you Tracy!



Following the success of our launch event, the Service is excited to announce that we will be running a monthly menopause café. Please do get in touch with us to book on, request resources from these sessions and/or to let us know what specific topics you'd like to see covered. Call and leave a message on 01332 228777 or email us at carers-events@citizensadvicemidmercia.org.uk

MONTHLY MENOPAUSE CAFE FOR CARERS



EVERY 2ND WEDNESDAY OF THE MONTH

STARTING 11TH SEPTEMBER 2024

5PM-6.30PM

@INSOMNIA CAFE, LITTLEOVER.

This first 90 minute session is with Advanced Clinical Practitioner/Lead Nurse Amy Armiger who will discuss all things HRT and medicinal options to treat the symptoms through all stages of menopause.

Community

NEXT STEPS

Councillor Alison Martin, Derby City Council and Partners are hosting a Carers Forum, following up from the event held in January.

You are invited to come along and hear about the steps taken since January, meet providers of support services for carers in Derby and have an opportunity to have your say and be part of future developments in carers support.

Date: Wednesday October 23rd.

Time: 10-1pm.

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

For more information or to let us know you'd like to come, please call 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk



Out & About with Universal Services for Carers

Where you can access/find out more about our service

- **5th September & 3rd October** - Neuro Diversity Social Drop In, with the Autism Information and Advice Service, Community Room, Derbion. Come and play table tennis, table football, pool or retro arcade games.
- **18th September - 6-8pm** - Dovedale Dementia Q&A, Online.
- **20th September -11:30am -1pm** - Derby City and South Derbyshire Mental Health Carers Forum, Odd Fellows Hall.
- **26th September** - Florence Nightingale Community Hospital **9:30-11:30am** - Dovedale Dementia Hub, **12:30-2:30pm** - Ground Floor Corridor.
- **17th October - 10am-2pm** - Treetops Hospice Wellbeing Café.
- **18th October - 11am-1pm** - Derby Royal Hospital, 5th Floor. (near the restaurant)
- **23rd October - 10am-1pm** - Carers Forum - Derby West Indian Community Association.
- **28th October - 9am-2pm** - Dementia Hub, Royal Derby Hospital, Education Centre.

Peer Support

Dementia Carers Café from 2-4pm

The last Friday of every month at Derby Theatre.

Here is what's coming up:

DERBY
THEATRE

Friday 27th September - Derby Theatre are still busy planning. Look out on social media for more information closer to the event.

Friday 25th October - Meet the Actor: Ever wondered what it would be like to tread the boards, or how actors deal with nerves, or remember all of their lines? This is your opportunity to ask those questions, and more!

Carers and Cared for (with Carer) welcome



Men's Peer Support Group



Our Men's Peer Support Group meets monthly. Each month we try something different suggested by a group member. All welcome.

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

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

Tuesday 1st October - 3-4:30pm - Nottingham Road Fire Station Community Room, Group Skill Share.

Tuesday 5th November - 5-6:30pm - Brewery Tour and Tasting at the Brunswick Inn.

Please let us know if you'd like to come along.

Hybrid Book Club - 15th October - 2pm



Whether it's more convenient for you to join at home via Teams or head out to the Community Room at Nottingham Road Fire Station... Nicky will be discussing:

Kit de Waal's Without Warning and Only Sometimes.

Get in touch for to request your FREE Quick Reads Copy.

Wellbeing



Good News!

Shared Reading Sessions are to continue bi-monthly

Next one is on Tuesday 17th September

2pm-3pm @ Notts Rd Fire Station Community Room

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.

Creative Writing Session For Carers Only

19th September - 10.30am-12.30pm



Local Poet Ken Evans is returning to run another creative writing session. This time, Kedleston Hall will be our hosts and we will be taking inspiration from Nature. Hot drinks provided and you have the option to stay on to visit the Hall and grounds in your own time.

Are you a Carer for someone with a Mental Illness?

Alongside Derbyshire Carers Association, we are hosting a half day wellness retreat for Carers who specifically support an adult who have a diagnosis of a mental illness.

10am - 1pm @ Ascot Drive Fire Station

Goody Bag **Saturday 12th October** Seated Yoga

Contact us to register your interest

Aromatherapy Oil

Meditation & Mindfulness



Wellbeing

Carers Craft Cafe @ **déda**

March 2023 saw the first of our Carers Craft Cafe's at Deda run by local artist Lor Bird. Over the last 18 months, it has grown from strength to strength and continues as one of our regular monthly wellbeing activities for Carers.

As some of you may already know, Deda announced last weekend that they are having to go into liquidation and cease trading. The future for the building is currently unknown.



**THE GOOD NEWS IS THE CRAFT CAFE
WILL CONTINUE!**

We are currently looking at a few different locations but will update you as soon as we know more.



In the meantime, A big THANK YOU to all the staff at Deda who have supported us with the events we have held there.

October is the last of our Wellbeing Walks for 2024 as we take a break for the winter months. However we are pleased to welcome back Stewart who will be our guide once again...

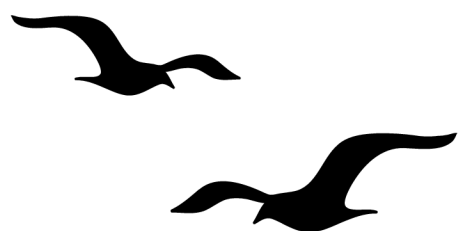
Wellbeing Walk with Derbyshire Bird Life Tours

Monday 21st October

1.30pm-3pm

Darley Park

Carers & Cared For Welcome



Information & Awareness

Wills/Power of Attorney (POA) & Sideways Disinheritance Event

Come and join us for a two part event with Silvertime Legal.

For the first session you will have the chance to gain a better understanding of wills, trusts, how these can protect your assets, and lasting power of attorney

The second session will be focused around sideways disinheritance and predatory marriage.

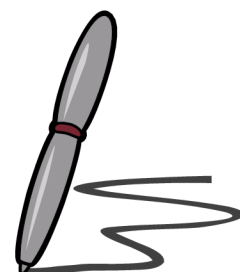


Wednesday 25th September

Wills & POA - 10-11.15am

Sideways Disinheritance - 11.30-12.45pm

Ascot Drive Fire Station



Open to carers only. Hot drinks provided.

Training packs available!

Our training packs are back and ready to be posted out to you!

They include useful resources and items for saving energy, healthy shopping, first aid and more.

Get in touch to request your pack.



Information & Awareness



Emergency First Aid

Our popular First Aid event is back for carers.



One of our carers who previously attended said ***'Shaun is an excellent trainer. He paces his speech well, speaks very clearly and provides useful and interesting background information'.***

If you want to gain a potentially life-saving skill then contact us to register your interest.

Tuesday 15th October from 09.45am-1.45pm

Nottingham Road Fire Station.

Open to carers only.

Please bring a snack/lunch.



Seasonal Affective Disorder



Are you or your cared for effected by Seasonal Affective Disorder during the colder months? (Also known as the 'Winter Depression').

Some of the common symptoms include a persistent low mood, irritability, lack of interest in daily activities, and feeling lethargic.

With the darker, colder nights nearly upon us and if you would like to find out how to better manage the symptoms of SAD, then come and join us for this session.



Contact us to register your interest.

Date: October 17th

Time: 10.30 - 11.30

Venue: TBC.



Schedule

Peer Support Event

Event: Men's Peer Support Group

Time: 11am

Date: Thursday 5th September

Venue: East Midlands Aero Park.



All Welcome - Booking Essential

Wellbeing Event:

Event: Calke Abbey Community Pass

Time: Anytime between 9.30am-4pm

Date: 3rd September & 14th October

Venue: National Trust Calke Abbey, Ticknall.

All Welcome - Booking Essential

Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 6th September & 4th October

Venue: Main Pool, Moorways Sports Village, Moor Lane, Derby, DE24 9HY.



Carers Only - Places Limited

Wellbeing Event:

Event: Chair Pilates Classes

Time: 10.30am - 11.30am

Date: Tuesday 10th & 24th September

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



Carers & Cared For. Please book.

NEW: Carers Only Event:

Event: Monthly Menopause Cafe

Time: 5pm-6.30pm

Date: Wednesday 11th September and 9th October

Venue: Community Room at the back of Insomnia Café, Littleover, DE23 6FQ.



Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 12th September and 10th October

Venue: New venue to be confirmed

Carers Only - BOOK IN ADVANCE



Wellbeing Event:

Event: Shared Reading Group

Time: 2-3pm

Date: Tuesday 17th September

Venue: Community Room, Nottingham Road Fire Station, DE21 6FP.



Carers & Cared For

Wellbeing Event:

Event: Creative Writing with Ken Evans

Time: TBC

Date: Thursday 19th September

Venue: National Trust Kedleston Hall, Derby, DE22 5JH.

All Welcome



Wellbeing Event:

Event: Wellbeing Walk

Time: 1.30pm - 3pm

Date: Monday 23rd September and 21st October (with Stewart from Bird Tours)

Venue: September - Markeaton Park
October - Darley Park



All Welcome

Awareness Event:

Event: Wills & POA - Sideways Disinheritance

Time: 10am-11.15am - 11.30am-12.45pm

Date: Wednesday 25th September

Venue: Community Room, Ascot Drive Fire Station, DE24 8GZ.

Carers Only

Schedule

Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 10.30-11.30am

Date: Thursday 26th September and 24th October.

Venue: Dobbies - Findern Garden Centre.
Carers & Cared For



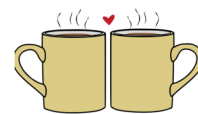
Peer Support Group:

Event: Dementia Carers Café

Time: 2pm - 4pm

Date: Friday 27th September and 25th October.

Venue: Derby Theatre.
Carers & Cared for (with Carer) Welcome



Peer Support Event

Event: Men's Peer Support Group

Time: 3pm-4:40pm

Date: Tuesday 1st October

Venue: Community Room,
Nottingham Road Fire Station,
DE21 6FP. *All Welcome*



Wellbeing Event:

Event: Sing & Sway with Sarah

Time: 10.30am - Noon

Date: Wednesday 2nd October

Venue: Community Room,
Ascot Drive Fire Station, DE24 8GZ.

Carers & Cared For



Wellbeing Event:

Event: Chair Pilates Classes

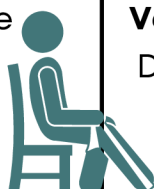
Time: 10.30am - 11.30am

Date: Tuesday 22nd October ONLY

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

No class on 8th October

Carers & Cared For



Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: Friday 11th October

Venue: National Trust Kedleston Hall,
Derby, DE22 5JH.

All Welcome

Awareness Event:

Event: Emergency First Aid Training

Time: 9.45am - 1.45pm

Date: Tuesday 15th October

Venue: Community Room, Nottingham
Road Fire Station, DE21 6FP.

Carers Only



Wellbeing Event:

Event: Book Club (Hybrid)

Time: 2pm-3pm

Date: Tuesday 15th October

Venue: Via Teams AND Community Room,
Nottingham Road Fire Station, DE21 6FP.

All Welcome



Awareness Event:

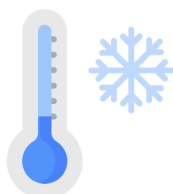
Event: Seasonal Affective Disorder

Time: 10.30 - 11.30

Date: Thursday October 17th

Venue: TBC

All Welcome



Follow Up Event

Event: Carer's Forum - NEXT STEPS.

Time: 10am-1pm

Date: Wednesday 23rd October

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

All Welcome

Useful Contacts

Call 999 if you are at immediate risk of harm, a crime has been committed, you need help or if someone is seriously ill or injured.

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 24 hours a day, 7 days a week.

Non-Emergency Police - 101. The service is free to access and is available 24 hours a day, 7 days a week.

Derby City Council Adult Social Care - 01332 640777. Mon to Fri, 9-5pm.

Derby City Council Adult Social Care - 01332 956606. Out of hours support - Mon to Fri 5pm-9am, with a 24 hour service during weekends and bank holidays.

Royal Derby Hospital Adult Emergency Department - 01332 783111.
Address: Uttoxeter New Road, Derby DE22 3NE. The service is free to access and is available 24 hours a day, 7 days a week.

Derby NHS Walk In Centre - 01332 224700 - Address: Walk In Centre, Entrance C, Osmaston Road, Derby DE1 2GD. 7 days a week, from 8am to 8pm.

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 for Derby and Derbyshire residents. The service is free to access and is available 24 hours a day, 7 days a week.

Emergency Dental NHS service - 01332 564911

Samaritans- Call 116 123, The service is free to access and is available 24 hours a day, 7 days a week.

National Domestic Violence Helpline - 0808 2000 247.

Treetops Hospice - 0115 949 1264.

General Advice - Citizens Advice Mid Mercia - 0808 278 7972

Money Advice Service - Citizens Advice Mid Mercia - 01332 228745