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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.

Festive Events

**Start getting into the Festivities with Sing & Sway on
Wednesday 27th November - 10.30am-Midday @ Ascot
Drive Fire Station. Carers & Cared For.**



MEN'S GROUP

**Cheese & Carols - Tuesday 3rd December
3-4.30pm @ Notts Road Fire Station.**



**Festive Film @ QUAD -
Thursday 5th December - 6.30pm
Come Solo, bring a guest or
your Cared For...**

**Kedleston Hall Festive Visit - Monday 2nd December.
Come visit the hall decorated for Christmas and have a
hot drink with us. 10am-12.30pm. Carers Only.**

**Calke Abbey Community Pass - Saturday 14th December
Open to all. Places limited so booking essential.**



**Festive Garden Centre Catch up & Cuppa
Monday 16th December -2-3pm
@ Little Eaton Garden Centre
Cake and Hot drink of your choice - our treat!
Carers & Cared For Welcome.**



All events must be pre-booked



Community

Carers's Rights Day - Thursday 21st November 2024

Carers Rights Day is about raising awareness of the rights the UK's 5.7 million unpaid carers are entitled to, and to help them get the support they need and the recognition they deserve. For more information, please visit:

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

**If you want to come and talk to someone in the team,
you will find Emma & Nicky at:**

9.30am-11am at Dovedale Dementia Hub, Adult Day Services, London Road.
12:30-2:30pm - Ground Floor Corridor, Florence Nightingale Comm. Hospital.

Finding the festive period tough?

Get in touch with someone who can help.

- Talking Mental Health Derbyshire - 0300 123 0542
dhcft.talking@nhs.net
- Trent PTS - 01332 265 659, enquiries@trentpts.co.uk
- Everyturn - 0300 555 5580
- Vita Minds - 0333 0153 496
- Mental Health Helpline 0800 028 0077
- Derby City Life Links 0800 0322202
- Al-Huraya 0115 786 9206



Are you Caring for Someone with Dementia

Support in Derby City



Derby City Dementia Support 01332 497640

Dementia Palliative Care Team 01332 564900

Hardy Group 07354611592 Drop in every 2nd & 4th Wednesday

Bi Monthly Dementia Hubs & Online Q&A from Adult Day Services

Admiral Nurses - GP referral or 0800 888 6678



Peer Support

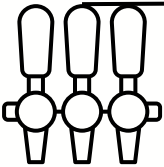
Dementia Carers Café from 2-4pm

Friday 29 November Behind the Scenes:

Join Derby Theatre's technical team for a special backstage tour of the set of A Christmas Carol



Remember: there is no Dementia Carers Cafe in December. See you in the New Year !



Men's Peer Support Group



Our Men's Peer Support Group meets monthly

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

Tuesday 3rd December - 3-4:30pm - Cheese Tasting & Carols with Justin Walker, Notts Road Fire Station Community Room

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



Out & About with Universal Services for Carers

Where you can access/find out more about our service

- **7th November & 5th December** - 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.
- **15th November -11:30am -1pm** - Derby City and South Derbyshire Mental Health Carers Forum, Odd Fellows Hall.
- **20th November - 6-8pm** - Dovedale Dementia Q&A, Online.
- **21st November - 9:30-11:30am** - Dovedale Dementia Hub, Adult Day Services, London Road **12:30-2:30pm** - Ground Floor Corridor, Florence Nightingale Community Hospital.
- **27th November - 1:30 -3:30pm** - Hardy Group, St Nicholas Church Hall.

Wellbeing



Good News!

Shared Reading Sessions are to continue bi-monthly
Next one is on Tuesday 12th November
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, quotes, 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.

Carers Craft Cafe Update @Dubrek Studios

After the sad closure of Deda, we are delighted to have found a new home for our monthly craft cafe.

Dubrek Studios on Bridge Street are our new hosts.

Every 2nd Thursday of the month - 10.30am-12.30pm

If you are interested in coming, please book well in advance as sessions are popular and places now limited to 18.

14th Nov - Christmas Cards

12th Dec - Door Wreaths

Chair Pilates Update

The last face to face class of the year is on 5th November as our regular venue Derby Arena hosts the festive panto.



It will be returning to its regular fortnightly slot from January 14th 10.30am-11.30am @ Derby Arena. Book in now to kick start your New Year!

Andrea will be offering two live online classes on Tuesdays
19th November and 10th December 10.30am-11.30am via Teams.

Please contact for the link to join

Watch this space - new class recordings to be uploaded to our online Resource Library SOON...

Wellbeing



Mickleover FC v's Worthing FC



Thank you to Don Amott once again for donating tickets.
Please get in touch to request your free tickets to this match on:

Saturday 23rd November - 3pm Kick Off
@ Don Amott Stadium, Mickleover.

Festive Sing & Sway - 27th November **10.30am-Midday @ Ascot Drive Fire Station**



Come and join Sarah, who will
get your toes tapping along to all
the festive favourites.



CAMPAINING TO REDUCE STRESS
AND IMPROVE WELLBEING

International Stress Awareness Week **Online Mindfulness Session**

How does stress impact you?

How do you manage your stress levels?

Have you tried mindfulness meditation
before?

Monday 4th November 2024 - 6.30-7.30pm ONLINE

**Join experienced Yoga & Meditation Teacher Sharon Price online
for a chat & guided mindfulness practice via Teams**

Information & Awareness

International Stress Awareness Week Emotional Freedom Technique (EFT) Session

EFT Tapping has been proven to help reduce stress and anxiety. Similar to acupuncture, EFT focuses on tapping the meridian points to restore balance to your body's energy.



Come and join experienced EFT Therapist Eileen Strong for a relaxing 90 minute session to practice EFT and learn how you may use it in daily life to limit stress and anxiety.

**Saturday 9th November - 10.30am-12pm
@ Derby Homes, Slaney Close, Allenton.**

To book either or both of our Stress Awareness Sessions, please call 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk

Training packs available!

Our training packs include lots of useful information on energy, the cost of living, smart metres, and more. There are also some handy items you can make use of day-to-day such as a trolley coin, a temperature gauge, and a healthy shopping list.

Email carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777 to request your pack.

Information & Awareness

Menopause Cafe

Our monthly Menopause Cafe is back for November!

The theme for this month is sleep and the menopause. We will be joined by experienced CBT Therapist and Mental Health Nurse Kezia Mathieson to learn about how the menopause may impact your sleep and ways you may be able to improve it.

Whether this is your first time at our Menopause Cafe, or you have been before, we would love to see you there.

(Please note there is no session in December)

**Wednesday 13th November from 5-6.30pm at
Insomnia Cafe, Littleover.**

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



Resource Library

Our Resource Library is now **LIVE** on our website!

At most of our events we aim to provide a resource with the valuable information so they are accessible for all carers following the session.

You can now head directly to our website to view and save all of our resources at your own convenience. Some of the resources available include Anxiety Reset, Meditation & Relaxation Course, Arthritis Support, Yoga, and much more.

www.derbycarers.co.uk/resourcelibrary



Schedule

STRESS AWARENESS WEEK:

Event: ONLINE MINDFULNESS MEDITATION

Time: 6.30pm-7.30pm

Date: Monday 4th November

Venue: Via Teams

All Welcome - Please Book for Joining Instructions

Peer Support Event

Event: Men's Peer Support Group

Time: 5pm-6.30pm

Date: Tuesday 5th November

Venue: The Brunswick Inn, Derby.



All Welcome - Booking Essential

Wellbeing Event:

Event: Chair Pilates Class

Time: 10.30am - 11.30am

Date: Tuesday 5th November

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



Carers & Cared For - Please book

Wellbeing Event:

Event: Mixed Open Swim

Time: Noon - 1pm

Date: Friday 8th November ONLY

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



Carers Only - Places Limited

STRESS AWARENESS WEEK:

Event: Emotional Freedom Techniqiue (EFT)

Time: 10.30am - Midday

Date: Saturday 9th November

Venue: Derby Homes, Slaney Close, Allenton.

Carers Only

Wellbeing Event:

Event: Calke Abbey Community Pass

Time: Anytime between 9.30am-4pm

Date: Monday 11th November & Saturday 14th December

Venue: National Trust Calke Abbey, Ticknall.



All Welcome - Booking Essential

Wellbeing Event:

Event: Shared Reading Group

Time: 2-3pm

Date: Tuesday 12th November

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



Carers & Cared For - Please Book

Carers Only Event:

Event: Monthly Menopause Cafe

Time: 5pm-6.30pm

Date: Wednesday 13th November

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



Carers Only - Please Book

Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 14th November and 12th December

Venue: Dubrek Studios, Bridge Street, DE1 3LB

Carers Only - BOOK IN ADVANCE



Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: Friday 15th November

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

All Welcome - Booking Essential

Where possible please email to book events.

Schedule

Wellbeing Event:

Event: Mickleover FC Vs Worthington FC

Time: 3pm Kick Off

Date: Saturday 23rd November

Venue: Mickleover FC, Don Amott Stadium.

All Welcome - Booking Essential

Festive Wellbeing Event:

Event: Sing & Sway with Sarah

Time: 10.30am - Noon

Date: Wednesday 27th November

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



Carers & Cared For

Festive Carers Event:

Event: Kedleston Hall Festive Special

Time: 10.am-12.30pm

Date: Monday 2nd December

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

Carers Only



Festive Carers Event:

Event: Festive Cinema - Film Choice TBC

Time: 6.30pm

Date: Thursday 5th December TBC

Venue: QUAD

Carers (& one Guest or Cared for Only)

Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 2pm-3pm

Date: Monday 25th November

Venue: Markeaton Garden Centre



Carers & Cared For

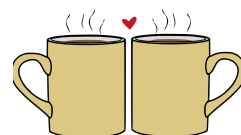
Festive Peer Support Group:

Event: Dementia Carers Café

Time: 2pm - 4pm

Date: Friday 29th November

Venue: Derby Theatre.



Carers & Cared for (with Carer) Welcome

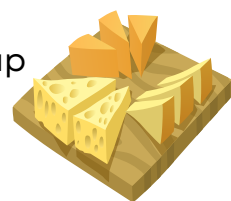
Festive Peer Support Event

Event: Men's Peer Support Group

Time: 3pm-4:30pm

Date: Tuesday 3rd December

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



All Welcome

Festive Carers Event:

Event: Festive Coffee & Catch Up

Time: 2pm-3pm

Date: Monday 16th December

Venue: Little Eaton Garden Centre



Carers & Cared For

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

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

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.

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