



2. What We Do.

3. Service Reminder

4. Community.

5. Peer Support.

6 & 7. Wellbeing.

8 & 9. Information and Awareness.

10 & 11. Schedule.

12. Useful Contacts.

Our Service

Universal Services for Carers is the statutory service commissioned by Derby City Council and Derby & Derbyshire Integrated Care Board looking after unpaid Carers caring for someone in Derby City.



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 to unpaid carers looking after someone who lives in Derby City and who is over 18. All calls are responded to by one of our experienced advisers. They will explain what we do, signpost you to other organisations and register your interest for our events.

Being part of Citizens Advice Mid Mercia, they can refer you to other parts of the organisation to assist with benefits, debt, housing and more specialised services if relevant.

Helpline advisers will identify your needs and challenges, and help to support with choices and options that may be available to you. This will be by providing information, support and additional signposting.

The helpline is also able to capture evidence about a carer's 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 support you to lessen the impact of your caring role. We also have a wide variety of resources that can be shared with you

Please see the relevant section of the newsletter.

Awareness and Training:

We also offer informative awareness and training sessions with additional resources available to support in your caring role.

Please see the relevant section of the newsletter.

Peer Support:

If you are interested in peer support groups, we may be able to signpost you a group local to you. 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.

To get in touch:

telephone: 01332 228777

email: carers@citizensadvicemidmercia.org.uk/

carers-events@citizensadvicemidmercia.org.uk

or visit our website www.derbycarers.org.uk

Service Reminder

Who our events are for:

Our Wellbeing, Peer Support and Awareness/Training events are available for unpaid carers whose Cared For are over 18 and have a Derby City postcode.

Whilst we welcome registrations from Parent Carers, our service is not commissioned to support this client group. Where we are able, we do offer places on our events to you. However to manage expectations, places are not allocated as a priority if your cared for is under 18.

How many events can you attend?

We always try our best to accommodate a wide range of needs by offering a variety of events, and these are advertised in our bi-monthly newsletter with plenty of notice.

Email reminders are sent out as a courtesy if, any final spaces are available.

Events are '**subject to availability**', and sometimes due to popular demand, venue size and capacity, we may not always be able to honour every request.

Understanding the nature of caring, we also know that you may have to cancel your attendance at an event at the last minute. In these circumstances, please let us know as soon as possible so we can reallocate your place/s. In the cases of multiple no shows at events, we will be unable to continue offering places.

How to 'Book?'

As you may imagine, we have more and more Carers accessing our Service every day. To register your interest in any of our events - please call 01332 228777, between Monday to Friday, 9am until 5pm and leave a voicemail or **our preferred option** is to email the Events Team direct at: carers-events@citizensadvicemidmercia.org.uk.

What happens then?

By registering your interest, a list is generated and places will be allocated approximately two weeks before the event date. Please note distribution of spaces is not on a first come first served basis but with a view to allocating evenly and fairly across all those who access our Service.

For a copy of the Carers Events Terms & Conditions, please email carers-events@citizensadvicemidmercia.org.uk

Community



Find a Warm Welcome Coffee Morning at your local Library.

For more information go to <https://www.inderby.org.uk/libraries/clubs-and-activities/coffee-mornings/>



Free Hot Drink

Alvaston Tuesday 10-12 Friday 10-12

Mickleover Monday 1-2.30pm Tuesday 1-2.30pm

Normanton Monday 10-12 Friday 10-12

Riverside Monday 2-3pm Thursday 10.30-12

Sensory Loss

Has the festive period highlighted sensory loss for you or the person you care for? There are services in Derby that can help.



CamTAD hearing support

based at the Florence Nightingale Community Hospital, CamTAD can help with information, equipment and with NHS hearing aids

Tel: 01332 258143 email: uhdbcamtad@nhs.net

Sight Support Derbyshire

Can help you adjust to sight loss in and outside of your home through their support workers and befriending team

Tel: 01332 292262

email: enquiries@sightsupportderbyshire.org.uk



Fifth Sense

Transforming the lives of those affected by smell and taste disorders through support, education and research

email: info@fifthsense.org.uk

Deaf-inately Women

A Charity that supports D/deaf, deafblind and hard of hearing women

Tel: 01773 828233 Mobile: 07421 827162 WhatsApp Video: 07421 827162 Email: info@deafinitelywomen.org.uk



Peer Support & Engagement

Focus Groups

Throughout 2025 we will be running Focus Groups to allow for discussion about your role as a Carer.

Please contact us if you would like to be involved.

Dementia Carers Café from 2-4pm

The last Friday of every month at Derby Theatre.

Friday 31st January & Friday 28th February

Carers and Cared for (with Carer) welcome

No requirement to book please just come along



Men's Peer Support Group

Our Men's Peer Support Group will have a month off in January.

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

Tuesday 4th February - 2pm - 1 hour tour of the Museum of Making with the option to stay and buy a drink in the Café. **Booking Essential.**

Tuesday 4th March - 3-4:30pm - Andre Brevin will teach us how to juggle and the basics of Chess at Nottingham Road Fire Station

Tuesday 1st April - 3-4:30pm - Meet at High Peak Junction for a gentle stroll along Cromford canal and a tour of Aqueduct Cottage.

All welcome. Booking required.

Out & About with Universal Services for Carers

Where you can access us/find out more about our service

- **9th January - 11am -2pm** -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 January - 11am-1pm** - Derby Royal Hospital, 5th Floor (across from lifts, near restaurant)
- **15th January - 6-8pm** - Online -Dovedale Dementia Q&A
- **17th January -11:30am -1pm** - Derby City and South Derbyshire Mental Health Carers Forum, Odd Fellows Hall.
- **21st January - 2-3:30pm** Health Information Event at Mickleover Library
- **22nd January - 1:30-3:30pm** Hardy Group. St Nicholas Hall, Allestree,
- **6th February** - ND Social, Community Room, Derbion
- **13th February - 9:30-11:30am** - Dovedale Dementia Hub, Adult Day Services London Road **12:30-2:30pm** - Ground Floor Corridor, FNCH
- **20th February - 10am-12pm** - Treetops Hospice Wellbeing Café.

Wellbeing



Sing & Sway with Sarah will be returning...

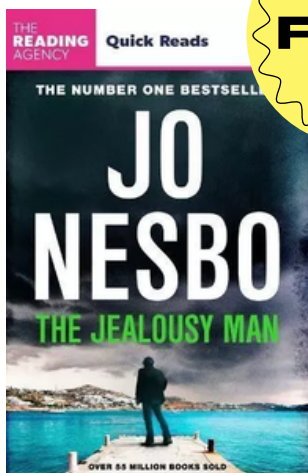
Wednesday 29th January - 10.30am to Midday

Streatham Road Common Room, Mackworth, Derby, DE22 4AZ

Open to Carers & Cared For

FREE

We have 50 copies of Quick Reads!



To request your copy of
The Jealousy Man by Jo Nesbo

Please email:

carers-events@citizensadvicemidmercia.org.uk

Now running monthly...

**The next Shared Reading Session run by Derby Book Festival is on
Tuesday 21st January from 2pm-3pm
@ Notts Rd Fire Station Community Room**

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 sessions just to listen. **Come by yourself or bring your Cared For.**

MENOPAUSE CAFE -

Every 2nd Wednesday of the Month

Community Room, back of Insomnia Cafe, Littleover Village.

Open to Carers only

8th January @ 5-6.30pm:

Pilates with Andrea to discuss
how pilates can help with pelvic floor health

12th February @ 5-6.30pm:

Derbyshire Mind will share some tools that can help your Mental
Wellbeing



Wellbeing

We are delighted to have Sally-Anne from The Creative You returning to run this one-off session for Carers only:

Creative Vision Boards & Guided Meditation

Thursday 23rd January - 10.30am to 12.30pm

@Dubrek Studios, Bridge Street, DE1 3LB.

'This session will offer some space to get creative and re-connect to what is important to you and your wellbeing whilst you look after others.'

**1st February – Dignity Action Day now becomes
Dignity Action MONTH... www.dignityincare.org.uk**

The film screenings we offer out are always so popular, so we have another to kick off Dignity Action Month.

For Carers and 1 Guest.

FILM CHOICE will be revealed in the New Year

Saturday 1st February - 11am @



Melodic Moments is a new, regular concert series from Sinfonia Viva, the orchestra of the East Midlands. They're an opportunity to enjoy new music and old favourites in a welcoming, informal environment, and take place every two months at Derby's Museum of Making.

**We have tickets available for Carers (taking 1 Cared For) on
Tuesday 11th February @ 2pm**

Post Concert Refreshments are included in the ticket.

Information & Awareness

Carers Information Series



Do you want more information on the services available to you across Derby City?

From January 2025 we will be starting a new monthly series joined by professionals who can tell you all about what they do and how they can support you in your caring role.

January 13th - Sammi Parkin from Community Action Derby will speak about the role of Social Prescriber.

February 10th - Daniel Giles from Derby City Council, will speak about the role of Local Area Coordinator.

Every 2nd Monday of the month from 1pm-1.45pm.

Please get in touch for the Microsoft Teams Link.



SCAM & FRAUD AWARENESS EVENT

With Derby City Council

Are you worried about yourself or a loved one being at risk of scams or doorstep crime?

We will be joined by Derby City Council to learn about all types of the latest scams, how to report them if you have been a victim and how to support others.

We will also discuss doorstep crime and Trading Standards, how to respond and who/where to report to.

Monday 20th January 2025 from 10am-11.30am.

At Ascot Drive Fire Station.

Open to Carers only.

Information & Awareness

FIRST AID TRAINING

Our First Aid Training with Shaun Kent is back for February 2025. Come and join us to learn a potentially life saving skill as a carer.

Previous carers have said: *'The facilitator was warm, humorous, clear in instruction and demonstration and also informative.'*

Wednesday 12th February 2025 from 10am-2pm.

**Streatham Road Common Room, Mackworth,
Derby, DE22 4AZ**

Open to carers only.

Please bring a snack/lunch.



Livewell Event

for National Heart Month

For National Heart Month in February 2025 we will be joined by the team at Livewell. Come and have your blood pressure taken and listen to a short informative talk on ways to stay fit and healthy.



**Wednesday 26th
February. Keep an eye
out for more details
coming soon!**

You can also visit our website to find our two 'Healthy Heart' resources from previous years events.

www.derbycarers.co.uk/resourcelibrary

Schedule

Carers Only Event:

Event: Monthly Menopause Cafe

Time: 5pm-6.30pm

Date: Wednesday 8th January & 12th February

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



Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 9th January & 13th February

Venue: Dubrek Studios, Bridge St, DE1 3LB.



Carers Only

Wellbeing Event:

Event: Chair Pilates Classes

Time: 10am-11am **(NEW TIME)**

Date: Tuesday 14th & 28th January

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



Carers & Cared For

Wellbeing Event:

Event: Calke Abbey Community Pass

Time: Anytime between 9.30am-4pm

Date: 13th January & 17th February

Venue: National Trust Calke Abbey, Ticknall.

1 Carer & 1 Guest

Wellbeing Event:

Event: Creative Vision Board & Meditation

Time: 10.30am-12.30pm

Date: Thursday 23rd January

Venue: Dubrek Studios, Bridge St, DE1 3LB.

Carers Only

Awareness Event:

Event: Scam & Fraud Awareness

Time: 10am-11.30am

Date: Monday 20th January

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



Carers Only

Wellbeing Event:

Event: Shared Reading Group

Time: 2-3pm

Date: Tuesday 21st January & 25th February

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



Carers & Cared For

Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 10.30-11.30am

Date: Thursday 16th January

Venue: The Potting Shed Cafe, Markeaton Garden Centre.



Carers & Cared For

Wellbeing Event:

Event: Sing & Sway with Sarah

Time: 10.30am - Noon

Date: Wednesday 29th January

Venue: Streatham Road Common Room, Mackworth, Derby, DE22 4AZ.



Carers & Cared For

Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: Friday 21st February

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

1 Carer & 1 Guest

Schedule

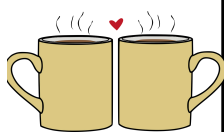
Peer Support Group:

Event: Dementia Carers Café

Time: 2pm - 4pm

Date: Friday 31st January & 28th February

Venue: Derby Theatre.



Carers & Cared for (with Carer) Welcome

Peer Support Event

Event: Men's Peer Support Group

Time: 2pm-3:30pm

Date: Tuesday 4th February

Venue: Museum of Making



*All Welcome - **Booking Essential***

Wellbeing Event:

Event: Chair Pilates Classes

Time: 10am-11am (**NEW TIME**)

Date: Tuesday 11th & 25th February

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



Carers & Cared For

Awareness Event:

Event: Carers Information Series

Time: 1-1.45pm

Date: 13th January and 10th February

Venue: Online via Microsoft Teams

All Welcome

Awareness Event:

Event: National Heart Month

Time: 10am - 11.30am

Date: Wednesday 26th February

Venue: TBC



Carers Only

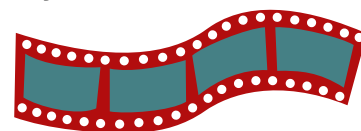
Dignity Day Event

Event: Film Screening at QUAD (Film TBC)

Time: 11am

Date: Saturday 1st February

Venue: QUAD



1 Carer & 1 Guest

Awareness Event:

Event: Emergency First Aid Training

Time: 10am-2pm

Date: Wednesday 12th February

Venue: Streatham Road Common Room,
Mackworth, Derby, DE22 4AZ.



Carers Only

Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 3.30pm-4.30pm

Date: Monday 24th February

Venue: Dobbies Garden Centre (Findern)



Carers & Cared For

Wellbeing Event:

Event: Melodic Moments with Derby Sinfonia

Time: 2-3pm

Date: Tuesday 11th February

Venue: The Italian Mill, Museum of Making,
Derby.



1 Carer and 1 Cared For

**Please call 01332 228777 or email
carers-events@
citizensadvicemidmercia.org.uk
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