



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

2 What We Do.

3 Out & About.

4 & 5 Connections.

6 & 7 Schedule.

8 -11 Events.

12 Useful Contacts.



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

citizens
advice

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, provide information and 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.

Supporting your Wellbeing: Peer Support & Information/Awareness

We have a variety of indoor, outdoor and virtual wellbeing and awareness raising workshops and events that support you to find some respite, help to reduce stress, anxiety and support you in your caring role.

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.

Online Resource Library:

Accessed via our website - www.derbycarers.co.uk - there is wide range of resources to support you. Online meditation course, yoga and pilates classes, resources for stress management, information on carers rights, health conditions and much more.

Service Reminder

How the team allocate places for our events:

On registering to our Service, we send out a copy of the Carers Events Terms & Conditions. If you'd like another copy, please email carers-events@citizensadvicemidmercia.org.uk

These outline that you are entitled to **one** wellbeing event per year subject to availability. Though we welcome multiple bookings, we reserve the right to add you to a waiting list and register interest for events that are popular and oversubscribed. We still may do a publicity exercise to promote the event to remind our clients of what is available to them.

We take this opportunity to remind you that events are not allocated on a first come first served basis as we try to distribute places on events evenly to ensure everyone can attend at least one event per year of their choice. **Thank you for your understanding with this.**



Volunteer with Us



Peer Support Volunteers

Are you able to give up a few hours to offer vital support to other carers and make a real difference in their lives. We are recruiting volunteers to help create a safe space for carers to meet up, talk and swap stories. Get in touch to find out more: carers@citizensadvicemidmercia.org.uk or 01332 228777

Out & About

Out & About with Universal Services for Carers

Come and meet the team/find out more about our service

- ***1st Sept 10am-12pm** - Monday Mates, Derbyshire Cricket Club
- **2nd Sept 10am-12pm** - Blagreaves Cares Cancer Support, New Mount Church
- **5th Sept 10am-1pm** - Age UK/ Park Medical Health event Chaddesden Park
- **10th Sept 10am-3pm** - Parkinson's Health Event, Moorways Sports Village
- **11th Sept 5-7pm** - Working Carers drop-in, Mickleover Library
- **16th Sept & 21st Oct 10:30am-2:30pm** - Carers Hub at Mackworth Library
- **18th Sept 11am-1pm** - Royal Derby Hospital, 5th Floor (near restaurant)
- ***19th Sept 11am- 12:30pm** - Mental Health Carers Support Group, Oddfellows Hall
- ***24th Sept 2:30 - 4pm** - Park Medical Carers Group, St Marys, Draycott
- **29th Sept - 1-3pm** - Mickleover Cares Cancer Support, Mickleover Library
- **2nd Oct - 12 - 2pm** - Neuro Diversity Social, Community Room, Derbion
- **9th Oct - 9:30-11:30am** - Dementia Hub, Dovedale Day Unit London Road
- **20th Oct - 10am- 3pm** - Dementia Festival - Education Centre, Royal Derby Hospital

All listings are publicly accessible events, except the ones starred* where you may have to book with the group/venue to visit.

Carers Information Series



Carers Information Series



Monday 8th September - 1pm online - **Employment theme**

Monday 13th October - 1pm online - **Finance theme**

All Welcome - please email for link or more information

Connections

Carers Information Series - Dementia

In July, we had a Dementia themed Info Session.
We heard about Dementia Services working in Derby City.

**ALZHEIMER'S
RESEARCH UK** 

Dementia Community Champions & Awareness Events

www.alzheimersresearchuk.org

amo@derbyasiansp.org



Support for people with Memory Loss & their
Carers when things get complex

Referral through GP or Care Coordinator



Social activities to stimulate and motivate those with
Memory loss and their Carers

St Nicholas Allestree 2nd & 4th Wednesday / 07354611592



Derbyshire Healthcare NHS Foundation Trust Research
Team - CareCoach Project

caroline.cheetham@nhs.net / **07342067964**



Dementia Palliative Care Team

dchst.dementiapalliativecareteam@nhs.net / **01246
253029**



Derby Dementia Support Service

derbycitydementiasupport@alzheimers.org.uk /
01332 497640

Recordings from past Carers Information Series are
available on our website Resource Library.

Connections

Delirium & Dementia Awareness Session

The teams at Derbyshire Carers Association & Joined Up Care Derbyshire are inviting you to attend their annual Delirium presentation followed by an open Q&A. These sessions are open to Carers as well as professionals, and other services.

Date: Thursday 9th October

Time: 1-2.30pm

Location: Microsoft Teams

**Joined Up Care**
Derbyshire



To receive the link, please email:
carers-events@citizensadvicemidmercia.org.uk

Derby Dementia Support Service

DDSS is available to you if you are worried about your memory, have a diagnosis of Dementia, or are a carer for someone who does.

They are available to listen, give advice, and signpost you to the relevant support you may need. DDSS also offer a variety of friendly and engaging activities and support groups available to those with living with dementia and their carers.



**Alzheimer's
Society**

To contact them please phone

01332 497640 or email:

derbycitydementiasupport@alzheimers.org.uk

RESOURCE LIBRARY - Support & Information

Our Wellbeing Coordinator, Emma met with Bereavement Counsellor Fay Bloor from Dandelion Bereavement Service to talk about Grief. You can listen or watch their conversation on *How Anticipatory and Suppressed Grief can impact us* via: <https://www.youtube.com/watch?v=YWFpqaloe48>



Schedule

Event: **Men's Peer Support Group**

Date/Time: Tuesday 2nd September

Tour of Belper Mill @ 3pm

Date/Time: Friday 3rd October

Ecclesbourne Valley Railway @ 2pm

Booking Essential



Event: **FALL AWARENESS EVENT**

Time: 10.30-11.45am

Date: Wednesday 3rd September

Venue: Nottingham Road Fire Station



Carers Only

Event: **Carers Information Series**

EMPLOYMENT - 8th September

FINANCES - 13th October

Time: 1-1.45pm

Date: Every 2nd Monday of the month

Venue: Online via Microsoft Teams.

All Welcome



Event: **Coffee & Catch Up**

Time: 2.30pm-3.30pm

Date: Tuesday 9th September &
Monday 27th October

Venue: Dobbies Garden Centre
(Findern).

Carers & Cared For



Event: **Chair Pilates Classes**

Time: 2pm-3pm

Date: Thursday's 11th & 25th September,
9th & 23rd October

Venue: Studio, 2nd Floor at
Derby Arena.

Carers (& Cared For)



Event: **Craft Café**

Time: 10.30am-12.30pm

Date: Thursday 11th September &
9th October

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

Carers Only



Event: **Carer's HUB**

Time: 10.30am-2.30pm

Date: Tuesday 16th September
& 21st October

Venue: Mackworth Community Library.



ALL Welcome - Drop In

Event: **Shared Reading Group**

Time: 2-3pm

Date: Tuesday 16th September
& 21st October

Venue: Mackworth Community Library.



Carers & Cared For

Event: **WORLD WELLNESS WEEKEND**

Outdoor Craft Session @ Kedleston Hall

Time: 2-4pm

Date: Friday 19th September

Venue: The Loggia - Ked Hall.

Carers Only



Event: **WORLD WELLNESS WEEKEND**

Gut Health Awareness with Lucy
from BodyMindTree

Time: 11am-12.30pm

Date: Saturday 20th September

Venue: Ascot Drive Fire Station.

Carers (& Cared For) Welcome



Schedule

Event: **WORLD WELLNESS WEEKEND**

Virtual Indoor Cycling Class

Time: 11am-11.45am

Date: Sunday 21st September

Venue: Springwood Leisure Centre.

Carers Only

Event: **Wellbeing Walk with Orienteering**

Time: 2pm-3pm

Date: Monday 22nd September

Venue: Markeaton Park.

Carers & Cared For



Event: **Dementia Carers Café**

Time: 2pm-4pm

Date: Friday 26th September and
Friday 31st October

Venue: Derby Theatre.

Carers & Cared for (with Carer)



Event: **MIGRAINE AWARENESS EVENT**

Time: TBC

Date: Monday 6th October

Venue: Microsoft Teams.

Carers & Cared for



Event: **Monthly Drop-in Gym session**

First Saturday of the month

Time: 11am-Midday

Date: Starting Saturday 4th October

Venue: Springwood Leisure
Centre.

Carers Only



Event: **Monthly Virtual Indoor Cycling**

First Tues of the month

Time: 11am-11.45am & 7pm-7.45pm

Date: Starting Tuesday 7th October

Venue: Springwood Leisure Centre.

Carers Only



Event: **Calke Abbey Community Pass**

Time: Anytime between 9.30am-4pm

Date: Wednesday 3rd September and
Monday 13th October

Venue: National Trust Calke Abbey,
Ticknall.

1 Carer & 1 Guest

Event: **Kedleston Hall Community Pass**

Time: Anytime between 9.30am-4pm

Date: TBC for October - please reg int.

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

1 Carer & 1 Guest



**Unless otherwise stated,
all of our events need to
be booked in advance**

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

Events



Carers Community Hub



Tuesday's

16th September & 21st October

Launching in September, we are welcoming you to our Carers Community Hub at Mackwork Library.

Members of the Team alongside other local support services will be on site every 3rd Tuesday of the month between 10.30am and 2.30pm.

Free Wellbeing Pack

An opportunity to ask questions, meet the team, get information and drop in for a chat, cuppa & cake in a warm space. All welcome.



Our Shared Reads Group

Our Shared Reads group hosted by Derby Book Festival is relocating to the Community Room at Mackworth Library to coincide with the opening of the Community Hubs. Continuing to run 2-3pm every 3rd Tuesday of the month. If you'd like more information or to book your places, please get in touch. Open to Carers (and Cared For too).



Fortnightly chair pilates with Andrea at Derby Arena starts back on Thursday 11th September 2-3pm.

Open to Carers (& Cared For) Please book.

Events

World Wellness Weekend 19th-21st Sept

To mark the 9th World Wellness weekend and the 5 pillars of Wellness, we have the following sessions organised to support your wellbeing:

Friday 19th September @ Kedleston Hall - PM - 2-4pm

For Carers Only - run by National Trust volunteer, come and join us for an **outdoor craft session** and make a dreamcatcher.

Sat 20th September @ Ascot Drive Fire Station 11am-12.30pm

Open to Carers & Cared For - Join Lucy from MindBodyTree for an information session on **Gut Health**. Explore what it is and why it's important. A tasty gut healthy treat will be available.

Sun 21st September @ Springwood Leisure Centre 11am-11.45am

Ever wanted to try a spin class? Come join other Carers and a member of the team for a **'Virtual' Indoor Cycling**. Suitable for mixed abilities.

Booking for all sessions essential

Sleep - Nutrition - Movement - Mindfulness - Connection



We are delighted that Springwood Leisure Centre are offering our Carers FREE access to these gym and virtual spin sessions

Carer's **gym** session running the first Saturday of the month starting 4th October - 11am-Midday - just drop in.

Carer's monthly **virtual indoor cycling** (spin) on the first Tuesday of each month. Starting Tuesday 7th October 11:00-11:45am and 7.00-7:45pm.

Please book with us.

Events

Dementia Carers Café 2-4pm Last Friday of the Month

26th September - Explore Movement & Wellbeing

31st October - Meet the Artistic Director

Carers and Cared for (with Carer) welcome

No requirement to book please just come along to

Community Space upstairs at Derby Theatre

Themes are subject to change please consult Derby Theatre website



Men's Peer Support Group



2nd September 3-4:30pm - A Strutt around the Mills

Hear about amazing history of the Strutt family, the Mills and their influence on the people and town of Belper

3rd October 2-4pm - Ecclesbourne Valley Railway

Return train journey from Duffield to Wirksworth

Booking Essential



Sal from Derwent Valley Orienteers returns for our last Wellbeing Walk of the year to share the route and map reading skills around Markeaton Park.



You are able to bring your Cared For and there are mobility friendly paths. Please contact us to book.

Monday 22nd September - 2-3pm



...WATCH THIS SPACE...

We know that the Melodic Moments sessions run by Derby Sinfonia have been very popular. They are hoping to secure funding to offer more. Please contact us to register interest for any future performances.

We are looking to run short online mindfulness & meditation sessions. If it is something you may be interested in joining, we'd love to hear what time of day may suit you as we look at our winter scheduling. Please get in touch.

Events

There are now several peer led groups organised by you. Here are the details:

The Brunswick Bunch: Members of our Men's Peer Support Group continue to meet 6-8pm on the last Tuesday of the month at The Brunswick Inn, DE1 2RU.

Coffee #1: Regulars from the Craft Cafe who welcome others to join them for cuppa and chat on the first Tuesday of the month at 10.30am at Coffee #1, Victoria Street, DE1 1ES. Starting on 7th October.

Needle & Natter: Peer led crafting - bring your own or get inspired by others. Every fourth Thursday of the month 10.30am-12.30pm at Dubrek Studios, Bridge Street, DE1 3LB.

Please note these events are organised by Carers and are not attended by members of the Carers Team - no need to book



Coffee#1



Falls Safety Event

Age UK will be joining us to demonstrate simple strength and balance exercises used to help prevent falls and support independent living. They'll also be delivering a short talk on practical ways to stay steady on your feet and to reduce the risk of falling.



Date: Wednesday 3rd September

Time: 10.30-11.45am

Venue: Nottingham Road Fire Station



Migraine Awareness

Do you or your Cared For suffer with migraine?

The Migraine Trust are returning for an online event to deliver a talk on symptom management and how to live with migraine.

This event will be taking place on
Monday 6th October on Microsoft Teams.

Please email or call us to be booked on or for more information.



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 - for non urgent medical advice. The service is free to access and is available 24 hours a day, 7 days a week.

Non-Emergency Police 101 - for non urgent police/ crime advice. The service is free to access and is available 24 hours a day, 7 days a week.

Derby City Council Adult Social Care – 01332 640000. 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