

## Press Release

03 February 2014

### **Helping Hands reach out to Chesterfield mum**

A Chesterfield carer can spend a lot more time with her ill mother, thanks to a grant from health chiefs and a voluntary organisation.

As a busy mum herself, 35-year-old Sam Nix was struggling to keep on top of her domestic duties and drive several times a week to the Nottingham home of her mother, who has bipolar disorder.

But a £200 Helping Hands grant from Derbyshire Carers' Association and NHS North Derbyshire Clinical Commissioning Group (CCG) has given her the gift of time by easing the burden of her chores at home.

The grant enabled Sam to buy a tumble dryer that is now hard at work at home while she is either earning a living or spending time with her mother.

Dr Ben Milton, Chair of NHS North Derbyshire CCG, said:

“The carers’ association is one of several charities we awarded funding to this winter to enable them to support carers whose duties limit their ability to earn. This funding recognises that carers are unsung heroes whose unpaid work eases the strain on hard-pressed health and social care services.

“Therefore, it’s right and proper that we do what we can to lend these carers a helping hand”.

Sam added: “Trying to juggle work and family commitments is never easy, especially with a 14-year-old son (Adam) who’s mad on football and rugby, and whose kit is always dirty. Without a tumble dryer it was really difficult to keep on top of the laundry, do my other chores and spend as much time with mum as I wanted.

“Thankfully, the carers’ association awarded me the maximum grant when I applied, and the tumble dryer can now do its stuff while I’m out of the house with mum or working at Copeland’s Auctioneers in Chesterfield.”

The association’s Helping Hands Winter Project buys essential household equipment for carers whose commitments limit their income. Other items bought by Helping Hands have included fridges, vacuum cleaners and dish washers.

The scheme’s £25,000 budget was awarded by the CCG from a £125,000 winter funding pot to help patients and carers while easing pressure on health services at a critical time of year.

The association was one of nine voluntary organisations to be awarded money.

People wishing to apply to the association’s Helping Hands fund must be carers and registered with one of the 38 GP practices in the CCG area. Applications cannot be considered after March 2014.

To find out more about Helping Hands, call 01246 222373 or email [derbyshirecarers@btconnect.com](mailto:derbyshirecarers@btconnect.com).

Helping Hands administrator Karen Moran said: “There are around six million carers in Britain, of whom 110,000 live in Derbyshire. Our job is to support these unsung heroes in lots of ways, including awarding grants, offering support and helping them complete applications for benefits.”

Other organisations to receive CCG funding included Helen's Trust, which was given £29,976 for its night sitting service for terminally ill people living at home at the end of their lives.

Meanwhile, Chesterfield-based Specialist Stroke Services received £24,963 to fund a telephone befriending service, home visits and peer support for patients who have had a stroke.

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**WELL EQUIPPED:** Showing off a vacuum cleaner, laptop and microwave, left to right, are Karen and colleagues Joanne Goodison and Kelly Gibbons.

## **NOTES TO EDITORS:**

- NHS North Derbyshire Clinical Commissioning Group represents 38 GP practices, acting on behalf of over 288,000 patients covering North Derbyshire. They are one of four clinical commissioning groups in the county responsible for the healthcare of people in Derbyshire.

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