



CARERS VOICE

Are you a carer in Derbyshire? We want to hear your voice!



We are aware that carers have a huge wealth of experience and knowledge to share, but finding the time to get involved can be challenging. Therefore we have partnered with Derbyshire Time Swap to help get your feedback so we can work towards being a Carer-led service offering the support you want.

Derbyshire Time Swap is a local scheme that encourages communities to help each other by sharing skills, talents and time. If you spend an hour sharing your experiences with Derbyshire Carers Association then you could earn time back and receive help from someone else with DIY, running errands or even teaching you a new skill, for example.

For more information, or to apply, visit www.derbyshiretimeswap.org.uk.

Where can you get involved?

This project is starting with focus in South Derbyshire and High Peak as well as a county wide Carers Voice group.

The project will be coming to other areas very soon!

To find out more, and to share your experiences to help shape this project, please contact Emma: emma.beestone@derbyshirecarers.co.uk or ring 07816 283550.

