

Carers News

You Care, We Care

Over 30 years supporting Carers

February 2021

**NEW
Support
Groups**

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**NEW
Easter
Activities**

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**Young Carers
GP Liaison
Service**

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FREE Employment Law Q&A Clinic

Thursday 25th March at 11.00-12.00

Are you a Carer trying to juggle your paid work and caring responsibilities? Maybe you have questions about employment law and understanding your rights as a Carer in employment?

Join us online for our free Employment Law Q&A Clinic on Thursday 25th March at 11am. Natalie Abbott from Rotheras Solicitors will discuss employment law topics such as; Carers rights, Carers leave, flexible working and furlough schemes.

If there are any elements of employment law on which you require some clarification, or feel you would benefit from this session, email employers@derbyshirecarers.co.uk. We will do our best to cover the most common themes.

To book a place on the webinar, again email employers@derbyshirecarers.co.uk and nearer the date we will forward to you the Zoom login details.

NHS 111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Visit 111.nhs.uk or call 111

Food Banks

Rural Action Derbyshire have an alphabetical list of all food banks.

Call **01629 592970** or email: info@ruralactionderbyshire.org.uk

Support for you...

Samaritans

Free helpline if you need someone to talk to or if you are worried about someone else.
116 123

National Domestic Abuse Helpline

24 hour, free and in confidence helpline.
0808 2000 247

CRUSE Bereavement Care

For support during a bereavement.
0808 808 1677

Childline

Helpline for children struggling with mental health or abuse.
0800 1111

Derbyshire Community Response Unit

A service to ensure vulnerable residents are supported through the coronavirus outbreak.
01629 535091

TRUSTED CARE IN YOUR OWN HOME



**Keeping you and your loved ones
Safe during this challenging time**

Our services include, but not limited to:

- **Companionship** • **Meal Preparation** • **Shopping**
- **Personal Care** • **Respite Care**
- **Medication Administration and Reminders**
- **Light Housekeeping** • **Running Errands**
- **Dementia care** • **24-Hour Live-in Care**

We follow Public Health England guidelines around the use of Personal Protective Equipment* and all of our CareGivers are trained in COVID-19 infection prevention and control.

* Photography taken before COVID-19 outbreak

Contact us today for more information:

01332 91 32 32



www.rightathomeuk.co.uk/derby

What's on

The majority of our support groups and activities are currently being held online (via Zoom)

If you need online support or you are unsure about our online activities, our Project Worker, Katie can help you set-up on Zoom and have a practice in advance of our online sessions.

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
15th Feb		Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	
22nd Feb	Cooking Class 3pm - 5pm				Exercise Classes 1.30pm - 2.15pm
1st Mar	Burn-out Awareness Workshop 1pm - 3pm Cooking Class 3pm - 5pm	Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	
8th Mar	Cooking Class 3pm - 5pm				Exercise Classes 1.30pm - 2.15pm
15th Mar	Cooking Class 3pm - 5pm	Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	
22nd Mar	Cooking Class 3pm - 5pm		Easter Crafts 1pm		Exercise Classes 1.30pm - 2.15pm
29th Mar	Easter Crafts 11am Cooking Class 3pm - 5pm	Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	

Memory Loss Support Group

COMING SOON

Are you caring for someone with memory loss? Our group is made up of a mixture of Carers, those who are new to their caring role and those who have been doing it for many years.

This group will be about you as a Carer and what you would like to get from it, but also to meet other Carers in a similar situation to yourselves.

Mental Health Support Group

COMING SOON

Are you caring for someone who has a mental health illness? If so, you might like to join our new virtual Mental Health Carer Support Group.

For more information, please contact Katie:

Call **07773 173 416**

Email **katie.matkin@derbyshirecarers.co.uk**

Young Carers GP Liaison Service

We've begun spreading the word about our new Young Carer awareness project. GP surgeries across the county are getting involved to identify and take care of more young carers within their practice.

Young Carers are often unknown to GP surgeries as the person they care for attends appointments without them. We're asking GPs to find out if there's a young carer at home, and look at how they can support that young person in their caring role, and help them to access health services for themselves.

Our dedicated workers have been contacting GP surgeries to talk about the project and raise awareness of young carers and their needs.

Surgeries are signing up to receive posters and information for their staff and their patients. Training sessions are being planned for the Spring, to let everyone working in the surgery feel confident that they could help a young carer.

If you're interested in getting involved, please email youngcarers@derbyshirecarers.co.uk



ARE YOU
YOUNG
CARER
AWARE?

Subscribe to our mailing list

Did you know you can receive this newsletter via email? You can also receive our regular e-bulletin which contains additional support, advice and guidance and our current DCA events program - so why not sign up today?

Contact us to subscribe:
comms@derbyshirecarers.co.uk

Young Carers at Christmas

Our Young Carers were definitely treated this Christmas. Everyone received a Christmas survival pack with a booklet of ideas and activities, a craft kit, face mask and an all-important chocolate selection box.

107 of our Young Carers also signed up to receive a craft set to make homemade soap, bath bombs or sweets. The team worked like little elves packaging everything up and then played Santa making home deliveries to everyone.

We ran a crafting session via Zoom for them to follow instructions and make their kits. Lots of fun, and perfect for Christmas presents.

Get in touch

Contact us by email
info@derbyshirecarers.co.uk
or call **01773 833833**

Keep up to date:



derbyshirecarers.co.uk



@derbyshirecarers



@derbyshirecarer

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