

Carers News

You Care, We Care

Over 30 year supporting Carers

August 2020



Supporting all Carers and their families throughout Derbyshire

Thank you to YOU

Throughout the Covid-19 Crisis, we have continued to offer supportive services to all Carers whilst ensuring those with the greatest needs receive additional appropriate support.

Over time, our greater understanding of the crisis and the impact on Carers and their families has helped us shape and develop our services. We now have an enhanced offer for Carers as well as offering support during the recovery period.

Support we offer for Carers include:

- Telephone Carers assessments and support planning
- Help/advice to source practical help
- Connecting Carers with social care, legal and financial help
- Practical advice by our Duty Team
- Help to make an Emergency Plan
- Befriending and counselling support
- Peer support to help with wellbeing and resilience
- Specialist advice for conditions and links to other specialist services e.g. those with dementia or Parkinson's disease and mental health
- Social, practical and emotional support for Young Carers and their families

Derbyshire Carers Association support Carers who look after a friend or family member who, due to illness, disability, mental health problems or an addiction cannot cope without their help or support. We are commissioned by Derbyshire County Council to be the lead provider of Carer Services across Derbyshire.

Community Response Unit

Derbyshire County Council and local partners are co-ordinating a massive community response across the county to make sure vulnerable residents are supported through the coronavirus outbreak.

Residents who could be helped by the Community Response Unit include those who are self-isolating because they, or a member of their household, is at risk from coronavirus. Support will be offered to residents struggling to meet their basic needs because of financial, social and health restrictions – including people who are shielding, those with some underlying health conditions and those aged 70 or over.

The Community Response Unit will help those in need by delivering services such as:

- food shopping and delivery
- checking up on people who are isolated with a phone call or online help to prevent loneliness and check whether there is anything they need
- collecting and delivering prescriptions

Find out more on the Derbyshire County Council [website](#)

What's on

Although we are not currently running face-to-face groups, we have scheduled a range of online activities...

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
3rd Aug	Mindfulness Mondays 1pm - 2pm		Coffee & Chat 10am - 11am		
10th Aug				Creative Writing Workshop 1pm - 2.30pm	Bingo Friday 1pm - 2pm
17th Aug	Mindfulness Mondays 1pm - 2pm		Coffee & Chat 10am - 11am		
24th Aug				Creative Writing Workshop 1pm - 2.30pm	Bingo Friday 1pm - 2pm
31st Aug	Bank Holiday		Coffee & Chat 10am - 11am		
7th Sept					Bingo Friday 1pm - 2pm
14th Sept	Mindfulness Mondays 1pm - 2pm		Coffee & Chat 10am - 11am		
21st Sept		Managing Change Training 1:30pm - 4pm			Bingo Friday 1pm - 2pm
28th Sept	Mindfulness Mondays 1pm - 2pm		Coffee & Chat 10am - 11am		

For more information, please contact:

Georgia Rolfe **07966 391 622**

Katie Matkin **07773 173 416**

Telephone Befriending Service

Our Telephone Befriending service aims to provide a regular friendly phone-call (from a trained Volunteer) for companionship, a listening ear and support to isolated Carers living in Derbyshire (excluding Derby City) who are in need of social contact.

The service is designed to give support and friendly conversation to those Carers who are not able to get out and socialise, they may have lost contact with friends & family or might be unable to leave the person they care for.

Priority will be given to Carers who have little or no social contact and have little or no outlet to have a social chat with someone, due to their caring role and / or other health issues.

It is not for counselling purposes, or to give medical or financial advice.

The Telephone Befriending Service is FREE

**To refer someone in need of support,
call us on 01773 833 833**

Looking after your health during Covid-19

We are encouraging all Carers to continue visiting their GP and NHS services for appointments. Your health and wellbeing is still a priority during this time so if you have any health concerns, make an appointment to see your local GP.



Get in touch

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

Keep up to date:

 derbyshirecarers.co.uk
 [@derbyshirecarers](https://www.facebook.com/derbyshirecarers)
 [@derbyshirecarer](https://twitter.com/derbyshirecarer)

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