

# Carers News

You Care, We Care

Over 30 year supporting Carers

October 2020

**NEW**  
Counselling  
Service

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Pumpkin  
Carving  
Competition

**NEW**  
Activities

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# Counselling Service

Derbyshire Carers Association (DCA) are excited to announce the launch of their new Carers counselling service.

Our counselling team will be there to support you with the impacts of your caring role and mental wellbeing, especially if it has been impacted by COVID-19 restrictions.

This service is free to DCA registered Carers who are based in Derbyshire. The counselling sessions will be delivered remotely, via telephone or secure video platform - depending on your preference.

For more information or enquiries regarding accessing this service, please contact Georgina by phone, **07966391622** or email: **georgina.rolfe@derbyshirecarers.co.uk**

## 'Living with A Long Term Condition' Online Programme

Having any long-term health condition brings about changes to your life. You can choose what you want to do about those changes. If you choose to take control, you can actively pursue ways to manage your condition and your life better.

Take control of your health by learning new skills with this six week programme. *(one session a week, lasting two and a half hours)*

To refer, please contact Karen Ziglam on **07487 257187**, Leonie O'Connell on **07446 226038** or alternatively email: **lwltc@citizensadvicemidmercia.org.uk**

## Working together for Carers

DCA are proud to work alongside great services across Derbyshire to increase opportunities for Carers and offer greater specialist support. Since 2017 DCA has been working in partnership with Links CVS and Derbyshire BME Forum to enhance services for Carers from BME communities.

The BME Groups supported by the partnership are:

- **African Caribbean Community Association (ACCA)**
- **Asian Association of Chesterfield & North Derbyshire**
- **Chesterfield & North Eastern Derbyshire Chinese Elders Group**
- **Chesterfield Muslim Association**
- **Chesterfield Filipino Community Association**
- **Derbyshire Gypsy Liaison Group**
- **Long Eaton Indian Association**

Each Group has a Carers offer which includes Carers support groups, activities and training as well as connecting Carers to support services. Although some services have been changed in line with Covid-19 requirements, the team are very much still supporting Carers and ensuring they are getting the help and support they need during this challenging time.

For more information on BME Support for Carers, please call DCA on **01773 833833** or Links CVS on **07889 726 846**

# What's on

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

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>5th Oct</b>		Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	Bingo Friday 1pm - 2pm
<b>12th Oct</b>	Mindfulness Mondays 1pm - 2pm		Coffee & Chat 10am - 11am		Exercise Classes 1.30pm - 2.15pm
<b>19th Oct</b>		Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	
<b>26th Oct</b>			Coffee & Chat 10am - 11am		Exercise Classes 1.30pm - 2.15pm
<b>2nd Nov</b>		Chair Based Yoga 1.30pm - 2.15pm		Creative Writing Workshop 1pm - 2.30pm	
<b>9th Nov</b>			Coffee & Chat 10am - 11am		Exercise Classes 1.30pm - 2.15pm

For more information, please contact:  
Katie Matkin **07773 173 416**

## Chair Based Yoga & Exercise Classes

**\*NEW\***

Sessions for all abilities - something to get you moving around and having fun!

Take things at your own pace and exercise in the comfort and safety of your own home, along with other Carers online.

## Pumpkin Carving Competition

Send us your photos of your pumpkin carvings ready for Halloween season... the spookier the better!

Please email your photos to:  
**katie.matkin@derbyshirecarers.co.uk**  
by the 31st October.

# YOUNG CARERS



During lockdown, DCA has had to adapt. For the Young Carers team, whose majority of work is face-to-face visits, this meant a real change in how we deliver our service. During this time, we have sent out survival packs to our Young Carers, held virtual cooking competitions, hosted a youth group every Friday, and provided tickets to Drayton Manor and Nottingham playhouse.

We haven't stopped during lockdown, using video calls and alike to continue working with our families. Last week we started seeing Young Carers again, which is making a huge difference. We hope to be back to normal soon, but in the meantime, we'd like to thank everyone for their hard work, and wish our families all the best.

**"The cast was entertaining and naturally pulled you into the story that you just couldn't help but get involved in. Think I may have bordered on the edge of being an embarrassing parent a little bit at times."**

"I wasn't sure what to expect and started by being just off screen, didn't take long for me to want to be involved."

**"The actors were great and kept us listening and watching all the way through."**

## Young Carers Feedback

Our Young Carers were treated to an interactive online Zoom production of *'Noah and the Peacock'* with Nottingham Playhouse.

**"Would just like to say a HUGE thank you for the opportunity to take part"**

"It was exactly what was needed, to just bring a smile to our faces, made a big difference to the both of us."

**"Danielle couldn't stop giggling and began to take part once she got a bit more confidence."**

"Please pass on our thanks to everyone who helped in making this an opportunity for us and to Nottingham Playhouse for putting it on."

## Get in touch

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

Keep up to date:



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