

Carers News

You Care, We Care

Over 30 years supporting Carers

Spring 2023 Edition

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Welcome to our Spring newsletter!

We have been delighted to bring so many Carers together at our winter events, including at our **Carers Networking Event** in November and our annual **Carers Christmas Celebration** at the famous Crooked Spire in December. We have introduced new Carers to our support groups and drop-in sessions, as well as encouraging Carers to attend our online and in-person training and activities programme. These sessions are not only fun but help encourage healthy lifestyle choices, as well as allowing our Carers to build friendships and feel less isolated.

We are now hosting more face-to-face activities thanks to a successful grant we have been awarded from the **Carers Trust**. Some of these activities are detailed within this newsletter, and some are still in the planning stages, so please continue to monitor our website and social media channels for regular updates.

We look forward to welcoming you to our groups, events and activities throughout the year and we would very much like to see you all at our **Carers Festival** in June. We have lots of fun, family-friendly activities planned throughout the day, as well as live music, and a chance to meet our fantastic teams here at DCA. Further details can be found within this newsletter.

We are excited to be working alongside some remarkable organisations, including **Active Derbyshire**, **Derbyshire County Council Adult Care** and **Disability Rights UK**, and we are launching joint projects that will give our Carers, the person they care for and their families a more joined-up and extensive support package. We are also delighted to be working alongside the **Derbyshire BME Forum** and **Links CVS** to improve equality and inclusion for Carers across all communities.

We very much value your continued support, and your views on our service are very important to us. If you have anything you would like to share with us or if you would like to be added to our digital mailing list to receive regular updates, please email: communications@derbyshirecarers.co.uk

Support Groups & Drop-ins

Glossop Carers Group

Monday 17th April @ 11.30am - 1pm

Location: The Bureau, Bank House, 22 Henry Street, Glossop, SK13 8BW

Clowne Drop-in

Monday 17th April @ 10am - 1pm

Location: Freedom Community Project, Clowne Methodist Church, S43 4PF

Chesterfield Carers Cuppa, Chat & Pamper

Wednesday 19th April @ 10am - 3pm

Location: St Thomas Centre Chatsworth Road, Chesterfield, S40 3AW

Memory Loss Carers Group

Thursday 20th April @ 2 - 3pm
Online

Burton-On-Trent Information Point

Thursday 20th April @ 9.15am - 5.15pm

Location: Burton Hospital (Atrium Main Entrance), Belvedere Road, Burton-On-Trent, DE13 0RB

Shirebrook Drop-in

Thursday 20th April @ 10am - 12pm

Location: Storehouse Community Food, 18-26 Main Street, Shirebrook, NG20 8DJ

Learning Disability Carers Group

Thursday 20th April @ 4 - 5.15pm
Online

Chapel-en-le-Frith Carers Group

Monday 24th April @ 2 - 4pm

Location: Blythe House Hospice, Eccles Fold, Chapel-en-le-Frith, SK23 9TJ

Amber Valley Learning Disability Carers Group

Wednesday 26th April @ 10.30am - 12pm

Location: Field Terrace Community Centre, Off Slack Lane, Ripley, DE5 3HL

Swadlincote Carers Clinic

Wednesday 26th April

Location: Swadlincote Surgery, Darklands Road, Swadlincote, DE11 0PP

What's on

Events & Activities

We run a range of events and activities at Derbyshire Carers Association (DCA). All activities are for unpaid Carers registered with Derbyshire Carers Association, only.

As well as our regular online workshops, such as our book club, yoga, to music and gardening groups, we have the following limited workshops...

Book your place

For more information or to book a place, call Katie on **07773 173416** or email: katie.matkin@derbyshirecarers.co.uk

Limited Workshops

Scams Awareness Session

Monday 17th April @ 11am

ONLINE

This is an online session where you'll be kept up-to-date on the latest scams, and how not to become a victim of them.

Feel free to ask any questions and be given advice by a professional.

Manual Handling Training

Tuesday 2nd May @ 11am

IN-PERSON

Come along to our Manual Handling session and be trained by a professional paramedic in the most up-to-date manual handling, ask any questions and be given the latest advice.

There will also be the opportunity for you to practice using some equipment you may find useful.

Location: St Josephs Church, Butterley Hill, Ripley, DE5 3LW

Afternoon Tea (Erewash)

Monday 15th May @ 11am

IN-PERSON

Arrive to a warm drink and chat with other Carers, followed by an afternoon tea including sandwiches, cakes & sweet treats.

Transport will be provided where possible.

Funded through the Carers Trust 'Time for ME!' Fund.

Location: Locko Park, Spondon, Derby, DE21 7BW

Cromford Canal Boat Trip

Friday 26th May @ 11am

IN-PERSON

Join us on Friday 26th May for a boat trip down Cromford Canal. Starting from the wharf side at Cromford, we will enjoy a boat trip to the swing bridge at High Peak Junction and back.

Funded by Derbyshire Dales District Council.

Location: Cromford Canal

Sleep Workshop

Monday 26th June @ 7pm

ONLINE

Do you struggle to get to sleep? Are you unable to stay asleep through the night? Are you tired throughout the day?

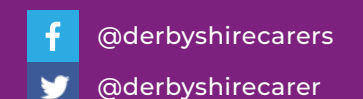
Join us on our sleep workshop where Jill McGarry, Salford LD Consultant Clinical Psychologist talks to us about sleep, and shares some useful hints and tips.

Stay in the loop!

Visit our website to keep up-to-date with our events and activities this year:



Follow us:



Or sign-up to our monthly e-Newsletter by emailing: comms@derbyshirecarers.co.uk



High Peak

Adult Service Support

From our office in the High Peak, we work directly with unpaid Carers to offer a range of emotional and practical support.

This includes:

- information
- advice & guidance
- home visits
- telephone support
- support groups
- telephone befriending
- legal clinics
- emergency planning
- support to have a break
- Carers assessments
- relaxation days

Helen Bollard and **Laura Daniels** are experienced Carer Support and Engagement Workers who cover the High Peak area and would welcome hearing from you.

Every month in the High Peak we offer these support groups. The sessions provide a space to socialise, take respite breaks and learn about information relevant to caring. These groups are a great opportunity to meet with a Carer Support Worker, other Carers and enjoy a cuppa and a chat.

For more information on what we offer or for support, please call **01773 833833**

Young Carers Service

Camille McManus joined the Young Carers team in December 2022. Camille is from a teaching background, and is now starting to support Young Carers in the Glossop, New Mills, Chapel en le Frith and Chinley areas.

Sharon Fearn has supported Young Carers in the High Peak area since 2019 and currently focuses her case-load in the Buxton and Chapel en le Frith areas.

Young Carers and their families who are referred and consent to receiving support from our service, will be assessed and the Young Carer will be offered two initial support sessions.

Depending on the findings of the assessment, Young Carers can be offered one-to-one support in school to help with coping strategies for their caring role. If one-to-one support is not required, they will be offered our group activities.

In the February half term holidays, we held a craft, baking and games session in Buxton. We are aiming to hold more regular holiday activities for those open to our service, giving the opportunity to meet other Young Carers and to receive respite from their caring roles.

For more information, please call **01773 833833** or email: youngcarers@derbyshirecarers.co.uk

Carer Consultation Project

Emma Beestone joined Derbyshire Carers Association in January 2023, as the new High Peak Carer Consultation Worker.

Emma will be running a consultation project until December, which aims to document the current experience of Carers in High Peak, as well as providing 'best practice' recommendations for the future, based on Carers' feedback.

Previously a Carer herself, Emma knows how important Carer representation is, and the report will be co-produced; meaning that carers will be involved at every stage of the report's production, and will have oversight of the final report.

So, if you are you are a Carer in the High Peak or Glossop area and want to have your experiences as a Carer listened to; if you want to have a voice in future service provision; or if you have ideas about what would make life easier for Carers in High Peak, then Derbyshire Carers Association want to hear from you!

To get involved, please contact Emma by phone, **07816 283550** or email: emma.beestone@derbyshirecarers.co.uk



Meet our High Peak Team



Helen Bollard



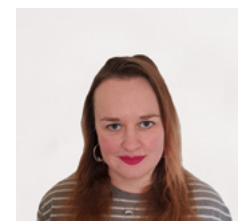
Laura Daniels



Camille McManus



Sharon Fearn



Emma Beestone

The theme for Carers Week 2023 is **'Recognising and supporting Carers in the community'**.

We are currently planning events and activities throughout Carers Week, including the following...

Cultural Awareness Day
Monday 5th June
@ 10am - 3pm

IN-PERSON

DCA and Links CVS work in partnership to provide monthly Carer Support Groups for Carers across Black, Asian and Ethnic Minority Groups within Derbyshire.

We are passionate about creating an inclusive service for Carers and would love for you to come along to our Carers Week event where you will meet services from across Derbyshire and learn more about what support is out there for you and the person you care for. It will also be a day of celebration – with food and guest speakers.

Location: Matlock County Hall,
Matlock, DE4 3AG

For more information, call Tina on **07816 283548** or email: tina.curran@derbyshirecarers.co.uk

Understanding Dementia Better
Tuesday 6th June @ 10.30am
ONLINE

Open to Carers and friends of loved ones with Dementia.

During the session, we will support you to understand dementia better, offering you small and easy steps that can make a big difference.

The session will be informal, and a great opportunity to meet and learn from other people in similar situations to you.

For more information, call Katie on **07773 173416** or email: katie.matkin@derbyshirecarers.co.uk

Carers Rights at Work
Tuesday 6th June
@ 1 - 1.30pm

ONLINE

Are you a Carer juggling both work and care and are you aware of your rights?

Why not join this session and find out how a Carer friendly workplace can benefit both you and your employer.

For more information, call Katie on **07773 173416** or email: katie.matkin@derbyshirecarers.co.uk

Carers Festival
Saturday 10th June
@ 11am - 3pm

FREE EVENT

Derbyshire Carers Association are celebrating this year's Carers Week by hosting a FREE family fun Carers Festival at Matlock Meadows on Saturday 10th June.

Location: Matlock Meadows,
Snitterton Road, Matlock, DE4 2JG

For more information, call Katie on **07773 173416** or email: katie.matkin@derbyshirecarers.co.uk

Coming soon!

Be the first to hear about our upcoming Carers Week events and activities...



Follow us:

@derbyshirecarers
 @derbyshirecarer

Or sign-up to our monthly e-Newsletter by emailing: comms@derbyshirecarers.co.uk

Saturday 10th June Carers Festival 2023 11am-3pm

Derbyshire Carers Association are celebrating this year's Carers Week by hosting a **FREE** family fun Carers Festival at Matlock Meadows.

Our Carers Festival is open to everyone, so please share the event details with your friends and family!

Where possible, transport will be provided for DCA registered Carers. To avoid disappointment, please book your place(s) by Friday 26th May.

FREE ENTRY

Matlock Meadows
Matlock, Derbyshire
DE4 2JG

Carers Week

**LIVE MUSIC ■ STALLS ■ FOOD VENDORS
BARS ■ FAMILY-FRIENDLY GAMES
BOUNCY CASTLE ■ ACTIVITIES**

To book your place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk

After School Groups

Our newly launched monthly groups are up and running in Amber Valley, Chesterfield and South Derbyshire.

These groups bring together Young Carers locally to have fun, enjoy a well-earned break and share their experiences with other Young Carers.

Rooms and resources have been kindly funded by **Foundation Derbyshire**.

We're looking for volunteers to support with groups, including helping with the activities and transporting Young Carers.

If you're interested in finding out more, please contact:
youngcarers@derbyshirecarers.co.uk



CARERS TRUST

Young Carers Action Day 2023

On 15th March, we supported Carers Trusts' Young Carers Action Day. This year's theme was *Making Time for Young Carers*.

In recognition of Young Carers Action Day, we asked our Young Carers **what their caring role means to them...**

"Taking care of my mum when she is poorly"

"To be kind"

"Learning a whole new range of responsibilities including **cooking** and **cleaning**"

"I'm proud of what I do"

Chloe's Story

Chloe is 7 years old and helps her single mum care for her two brothers, one of which is fostered. Both of her brothers have a variety of conditions and life at home for Chloe can be demanding – requiring her to provide lots of emotional support.

Chloe and her foster brother are in the same class at school, and although their school is very good at ensuring her brother has one-to-one support, Chloe still has lots of responsibility for caring for him. In fact, the family are offered only one weekend a month of respite for her foster brother.

Chloe and her foster brother's dad have recently connected, and he has been able to take her brother out more frequently, which has helped provide some relief for Chloe.

Chloe's caring is more emotional than physical support and her mum tries to ensure she is not over-burdened, but ultimately Chloe has to step in at times to help calm her brothers and play with them, and her life is very much centred around their needs.

Things we did

DCA contacted Chloe's school to arrange to see them for one-to-one support - focusing on her life as a young Carer.

We referred her to a Befriending Service for Young Carers, which offers respite and enabled her to meet other Young Carers, reducing her emotional isolation.

How it helped

The one-to-one sessions were successful in supporting Chloe with strategies for managing her emotions and understanding her role within the family.

The Befriending Service supported Chloe and her mum to find and access activities in their local area, giving them some time together and making sure Chloe had an outlet away from her caring responsibilities, whilst also ensuring she was able to spend some quality time with her mum.

We need your help!

We love being able to put on a variety of different activities for our Young Carers across all areas of the county.

If you're able to donate, fundraise or volunteer to support our activity programme, we'd love to hear from you. Our activities rely on voluntary income so we can offer as many different and exciting experiences to our Young Carers as possible, giving them much needed fun and respite with others.

To get in touch with the team, email:
youngcarers@derbyshirecarers.co.uk

Derbyshire Home From Hospital Support Service

The Derbyshire Home from Hospital Support Service offers support for up to 6 weeks for people who are potentially facing hospital admission, or have recently been discharged from hospital.

We know how stressful these times can be and we can offer support in a number of ways. We can help make sure the home environment is safe and comfortable. We can help by collecting shopping and prescriptions. We can even support people to pay bills and manage prescriptions.

We cover Derbyshire (excluding Derby City) and have a central number which you can call to ask for more information or self-refer.

We work alongside our amazing volunteers to help us deliver this service. Without them we wouldn't be able to reach as many people as we do.

If you are interested in learning more about the service, either for yourself or to volunteer, call **01283 817417**, email **home@dhfh.org.uk** or visit: **dhfh.org.uk**

We would love to hear from you!



Derbyshire Dementia Support

Alzheimer's Society's *Derbyshire Dementia Support* service supports people affected by Dementia, their Carers, families, friends, and communities. They also support people who are concerned about their memory and want to know where to go to ask for support or advice.

The service covers all areas of Derbyshire (excluding Derby City) and offers a bespoke 1-2-1 service that looks at the specific and individual needs of the person referred and how we can support them with a huge range of information and links in to signposting services. They also provide social groups across the region, including *Dementia Cafes* and *Singing for the Brain*, which are fun and engaging.

Derbyshire Dementia Support are also providing virtual engagement sessions for Carers twice a month, where *Alzheimer's Society* and other guests can answer any questions.

For any questions or queries, call Derbyshire Dementia Support on **01332 208845** or visit: **dementiaderbyshire.org.uk**

Volunteer with us!

Hi, my name is Jo Askew and I am the Fundraising & Volunteer Coordinator at Derbyshire Carers Association.

Jo Askew

Fundraising & Volunteer Coordinator



I joined DCA in October 2022 and already I have been blown away by local support from communities, individuals and businesses. I can't say a big enough thank you for the help we have received so far and I am excited for things to come.

If you are someone with a bit of spare time, then please get in touch and consider volunteering for us. I have so many opportunities in fundraising available without having to commit to set days, weeks or times... and we do have lots of fun!

Whether you're local business looking to support a fantastic and worthwhile charity, have some ideas for fundraising events in your area or have a craft or talent that you would be willing to share with us, we would love to hear from you!

If you would like to find out more about volunteering call us on **01773 833 833** or email: **joanne.askew@derbyshirecarers.co.uk**



Volunteers are invaluable and help us make DCA what it is!

We currently have a range of volunteering opportunities available and we would love for you to join us. Below are some examples of the volunteer vacancies we have available...

Event & Activities Volunteer

Telephone Befriending Volunteer

Young Carers Activity Volunteer

Community Fundraising Volunteer

Support Group Volunteer



Find out more



Gaining **experience** and **confidence**



Learning **new skills**



Building a CV for **future employment**



Giving back to the **community**



Finding **employment** through experience

A BIG thank you to our Funders!



Trustees required!

Are you interested in helping us to make a difference to the lives of Carers?

Derbyshire Carers Association is dedicated to addressing the support needs of unpaid Carers. We recognise that the responsibility of caring for someone who cannot manage at home without help often places great physical and emotional strain upon the Carer.

We are looking to expand the diversity of our board and would like to recruit new Trustees who have **marketing, fundraising, financial, information technology** or **HR** experience.

To receive an application pack, contact Nicola Parsons:

nicola.parsons@derbyshirecarers.co.uk



CARERS CARD UK

Have you purchased your Carers ID card?

This national Carers ID card allows you to identify yourself as a Carer.

It provides reassurance by including your Emergency Contact details (ICE), whilst unlocking hundreds of **online discounts**, our **Carer Circle tool**, **Wellbeing Hub**, and so much more...



Find out more

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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