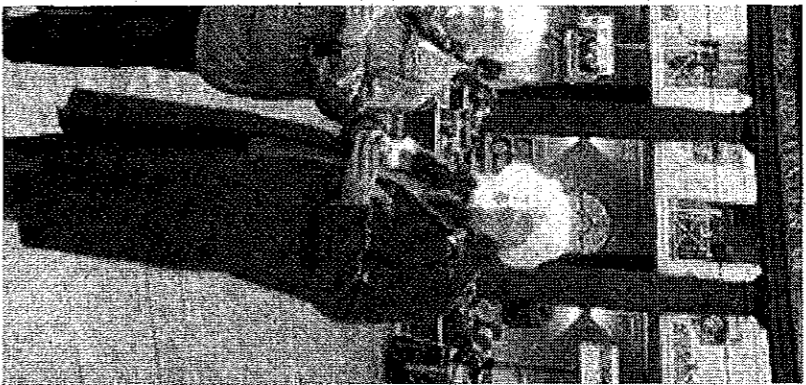


for carers with listening ear



Derbyshire carers outside the Chesterfield centre with MP Toby Perkins.



The Derbyshire Carers Association, which was founded in 1988, has its head office on Slack Lane, Ripley.

services for unpaid carers.

"The association is somewhere to turn in times of crisis. Whether you care for someone for a few hours a week or every day, DCA can help you to care and provide extra support – especially for the 40 per cent of carers who experience stress or depression.

"It's important to support carers to take care of themselves, as well as the person they look after. Carers need to consider the difficulties if their health suffers. A carer's health is paramount to continuity and we work to ensure carers maintain their health,

talk to their GP and keep stress to a minimum.

"If you feel overwhelmed, please tell someone. We are listening.

"Stress, financial hardship and isolation are some key themes in caring, but DCA works to ensure there are positives too: new friends found, connections, joys, events, trips, an annual carers ball, celebration services and plenty of other activities too.

"We understand the change people and families go through when taking on a caring role, and have 28 years of professional experience supporting carers from all walks

of life. The DCA can provide assistance through individual telephone calls or home visits as well as groups. Carer support workers can also advocate on behalf of carers and support them.

"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. Our strength comes from experience in these situations.

"Don't bear all the weight on your shoulders – we're here to help."

For more details, visit www.derbyshirecarers.co.uk