

# Carers News

You Care, We Care

Over 30 years supporting Carers

## Carers Week 2021

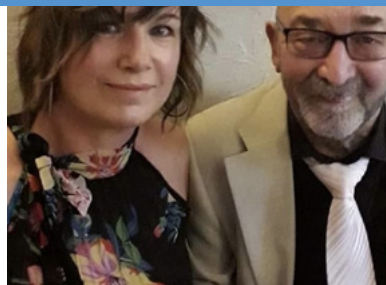
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## NEW Activities

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## Young Carers Update

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August 2021



# Carers Week 2021

This year's Carers Week got off to a great start with our '*Great British Carers Week Bake Off*' where participants had the choice of three cakes and were shown how to make each one, with a prize for the '*show stopper*'.

Later in the week, we held '*Wellbeing Sessions*', where carers had the chance to share their thoughts in a confidential chat with professionals.

For more relaxing sessions, we held our '*Chair Based Yoga*' and '*Meditation Workshops*' to relax the mind and body.

This year, to help '*Make Caring Visible and Valued*', we set the challenge to '*Take a Step for Carers*' in Derbyshire.



Sponsored Walk at Shipley Country Park

With 17,000 registered carers in Derbyshire, the challenge was to walk a total of 17,000 steps during Carers Week.



Sponsored Walk at Shipley Country Park

We organised a guided walk at *Shipley Country Park* with our registered carers to complete our 17,000 steps together. We'd like to say a huge well done to all our carers who took part, and a special thanks to *Age UK*, *Rethink Mental Illness*, *VitaMinds Derby* and *Amber Valley Walking Together* for their support.

## A Thank You to 'Right at Home'

We would like to say a big thank you to *Right at Home* who have donated several boxes of PPE (including face visors and gloves) for our carers and staff.



## Social Connectedness Service

Welcome to Derbyshire Carers Association's Social Connectedness service, helping you to re-connect with what is important to you.

Our Social Connectedness Service is the provision of appropriate signposting and/or face-to-face support for unpaid carers across Derbyshire. Appropriate signposting can help you to find the right support or activities that meet your interests, needs and promote your health and wellbeing.

We will arrange a mutually suitable time and work with you to create a personalised plan to help you feel more confident, supported and connected to local community support services.

### Social connectedness may support you through:

- Empowering you to think about and prioritise your health and wellbeing needs
- Increasing opportunities to meet people locally and accessing local groups, services and activities
- Feeling safe and confident accessing your local community
- Accessing volunteering opportunities or employment support

The support we provide is unique to you, based on your individual needs and interests.

For more information please contact our Social Connectedness Coordinator, Georgina Rolfe by phone **07966 391 622** or by email **[georgina.rolfe@derbyshirecarers.co.uk](mailto:georgina.rolfe@derbyshirecarers.co.uk)**





# What's on

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2nd Aug</b>	Gardening Group 11am	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm	Creative Writing 1pm - 2.30pm	
<b>9th Aug</b>		Cuppa & Chat 11.30am - 12.30pm		Book Club 1pm	Gardening Group Exercise Class 1.30pm - 2.15pm
<b>16th Aug</b>	Candle Making 1pm - 2pm	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm Falls Awareness Training 6.30pm	Self-Management for Arthritis 1pm	Gardening Group
<b>23rd Aug</b>		Cuppa & Chat 11.30am - 12.30pm			Gardening Group Exercise Class 1.30pm - 2.15pm
<b>30th Aug</b>		Chair Based Yoga 1.30pm - 2.15pm	Candle Making 11am - 12pm Shared Reading 1pm - 2pm	Falls Awareness Training 3pm	Gardening Group
<b>6th Sep</b>		Cuppa & Chat 11.30am - 12.30pm		Book Club 1pm	Exercise Class 1.30pm - 2.15pm
<b>13th Sep</b>	Lip Balm Making 2pm - 3pm	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm		Gardening Group
<b>20th Sep</b>		Cuppa & Chat 11.30am - 12.30pm	First Aid Training 1pm		Gardening Group Exercise Class 1.30pm - 2.15pm
<b>27th Sep</b>		Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm		

## Falls Awareness Training

**NEW**

Falls Awareness Training is open to all and especially relevant for carers, peers or family members of anyone who may be at risk of falling.

## Self-Management for Arthritis

**NEW**

Ruth from the UK charity, 'Arthritis Action' will join us to explore what self-management is and how it can help people living with, or caring for, people with arthritis.

## Gardening Group

Outdoor wellbeing and growing activities ranging from gentle garden tasks to woodland wellbeing sessions.

For more information, please contact Katie:

Call **07773 173 416**

Email **[katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)**

# Young Carers Update

A group of our young carers enjoyed a mini camping experience day which included a walk to a canal lock.



Young Carers at the Canal Lock

At the canal, our young carers watched the boats using the lock and discussed the engineering of these beautiful ancient waterways.

The group discussed the history around the lock and we encouraged our young carers to feel how heavy the wooden doors were by closing the gate after a number of boats had left the lock.



Young Carers gardening at the Inspire Community Garden

Another group of our young carers took a trip to the *Inspire Community Garden* in Chesterfield, where they were given a tour of the garden and played 'guess the vegetable plant'. The group then helped with watering and seeding some plants in the ground.

## Volunteering with DCA

Have you ever thought about volunteering with us?

Do you know someone that would be interested in volunteering?

Why not do something amazing and volunteer with us at Derbyshire Carers Association.

**We are looking for help and support with the following roles:**

- **Telephone Befriender Volunteer**
- **Social Connector Volunteer**
- **Support Group Facilitator Volunteer**
- **Admin Support Volunteers**
- **Your Carers Volunteer**

If you have some time to spare each week to help, you could make a real difference to a Carers life...

For more information and to get involved please call us on **01773 833833**

## Get in touch

Contact us by email

[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

or call **01773 833833**

Keep up to date:



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