

Carers News

You Care, We Care

Over 30 years supporting Carers

Autumn 2022 Edition

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Announcement of our new CEO, Helen Weston

In June, Rebecca Cooper resigned as CEO of DCA to return to a national Charity. DCA's Business Development Manager, Helen Weston has been in role as Interim CEO since June 2022 and will become permanent CEO from September 2022.

"I am immensely grateful and honoured to be entrusted with such a rewarding role. It is a privilege to work alongside such a passionate and amazing team that go the extra mile every day for inspiring people."

My journey with DCA began over twelve years ago and I'm still in contact with Carers I met at the very beginning. Over the years, I have led on a number of services and projects. I have always tried to listen to Carers and their families and be responsive to their needs.

I will do all I can to lead a collaborative service that is compassionate, Carer-centred and works hard to improve support for Carers."



Helen Weston
CEO

Derbyshire Carers Support Services

Information, advice and guidance on a range of Carer issues this can be over the telephone, online or at one of our community hubs.

Carers Assessment and Support Planning where our skilled team have a conversation about the caring role, how this impacts on a Carers life and what support is needed from DCA or one of our many partners.

Financial and legal advice and support including monthly clinics and workshops on financial and legal issues.

Specialist advice for health conditions connecting Carers to health specific services and delivering training and workshops on prevention and managing conditions.

Telephone Befriending reducing isolation through weekly calls and support.

Training and Workshops including weekly sessions to help Carers improve wellbeing and resilience as well as regular First Aid and Manual Handling sessions.

Help register as a Carer with GP practices and create an Emergency Plan ensuring Carers are connected to support in their wider community and have a plan in place if they are suddenly unavailable to care.

Peer Support and Activities connecting Carers together through a variety of groups and activities such as gardening and book clubs.

Community Inclusion - this project will raise awareness of Carers and help identify support services available to local BAME communities. Improving the wellbeing of local communities and working with Carers to develop a shared vision for community inclusion.

What's on

Events & Activities

We run lots of activities and events at Derbyshire Carers Association (DCA). All activities are for Unpaid Carers registered with Derbyshire Carers Association only.

For more information and to book a place, call Katie on **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk

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

Limited Workshops

Cost of Living Advice and Support Session Monday 3rd October @ 10.30am

VIA ZOOM

This session will allow you to meet with different organisations who will share their tips and advice around the current cost of living crisis.

Joining us will be Sonia from Severn Trent, Kay from Clay Cross Food Bank, Eastre from Welfare Rights and Andy from National Energy Action.

For 30 minutes, these organisations will share information on cost of living grants, support available, energy saving tips, dealing with fuel debt and lots more.

Men's Cuppa and Chat Friday 7th October @ 11am

VIA ZOOM

This session is for our male Carers to come along and meet 'Bottled-Up Blokes'.

Bottled-Up Blokes is a safe, non-judgemental place for men to open up. They provide a fantastic service in supporting men with their mental health.

Helping Hooves Monday 10th October & 14th November @ 10am - 12pm

IN-PERSON

DCA has joined up with Helping Hooves to create some exciting Carer bespoke sessions for you to enjoy!

These sessions are completely member led. Come along and choose from connecting with horses, animal welfare and management, bush craft, mindful gardening and crafts. These sessions will be once a month. Come along for just one session or several sessions.

Location: Alfreton Road, Little Eaton, Derby, Bottle Brook Meadows, located opposite 291

Pumpkin Carving Competition October

ONLINE

Send us your pumpkin carving photos throughout October.

Get designing and creating your pumpkins, send over to Katie on the details below for these to be shared on our social media pages. The best designed pumpkin wins a prize!

Winner will be announced on the 31st October.

Halloween Decorations Monday 24th October @ 11am

VIA ZOOM

Make some Halloween decorations with us!

Sign-up to receive your craft packs through the post. Packs will include all the crafts you will need to create your Halloween decorations. We will then meet on Zoom and create them together, all in time for the trick or treaters!

Limited craft packs, please book in advance.

First Aid Training Thursday 3rd November @ 1pm - 3pm

IN-PERSON

This informative, in person First Aid training session will allow you to ask a range of questions and receive medical advice from an NHS paramedic.

If you are interested and you require information on specific medical conditions, please specify this prior to the session to ensure correct research and accurate answers can be provided.

Location: Swadlincote Fire Station, Civic Way, Swadlincote, DE11 0AE

Carers Networking Event Friday 18th November @ 10am - 2pm

IN-PERSON

Activities, wellbeing workshops and information sessions including cost of living advice.

Service updates will be provided by Derbyshire Carers Association and Derbyshire County Council.

DCA will also be re-launching their 3 Year Strategy and updating Carers on their mission and values for the charity.

What's on

this Christmas...

Christmas Quiz

Mon 28th Nov @ 6pm

Mon 12th Dec @ 1pm

VIA ZOOM

How well do you know your Christmas films & music?

We have two different quizzes for you to get involved in.

Compete with other Carers, get your families involved and join us to see how well you know Christmas quiz questions!

Christmas Decorations

Tues 29th Nov @ 11am

Mon 5th Dec @ 6pm

VIA ZOOM

Christmas Decoration Making!

Sign-up to receive your decoration making kits through the post prior to the session. We will then meet on Zoom and create them together.

Sit and chat to other Carers, listen to Christmas music and make your decorations with us.

Carers Christmas

Celebration at the Crooked Spire Thursday 8th December @ 11am - 12.30pm

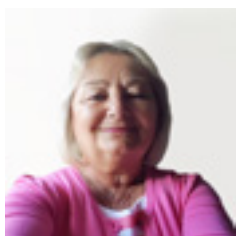
IN-PERSON

This will include a variety of performances including a children's choir and Christmas carols. Coffees and mince pies will be provided.

Location: The Parish Church of St Mary and All Saints Church Way Chesterfield S40 1XJ

Telephone Befriending

Meet our lovely volunteer, Jan.



My name is Jan Poulton and I am a retired A&E nurse. I have been a telephone befriender at DCA for approximately 6 months now.

I decided to become a telephone befriender as I really enjoy talking to people and as I have MS myself, I am not always able to get out, like for Carers, every day can be different for me too. I can sit and make

the calls from my own home and enjoy conversations with people. I support four Carers, that I ring every week, two ladies and two gentlemen. They are all very different with different needs and different life stories. I feel privileged to have been welcomed into this small part of their very difficult lives' and I find them all extremely friendly and open to all kind of discussions, not just about their present situations but about lots of diverse subjects, and we always end by putting the world to rights!

I love doing this and have found that I get as much, or perhaps more out of these phone calls than my lovely befriendees! I hope that in some small way I cheer them up and I hope they know that I do genuinely listen and care about them all very much. I cannot recommend telephone befriending enough and I hope I can continue for a very long time.

Support Groups

8 in 10 people caring for a loved one have felt socially isolated at some point during their caring role.

Carers can often feel alone with no one to talk to about their caring responsibilities and how this is impacting on them. At Derbyshire Carers Association we find that the best kind of support, is peer support. Sharing your own knowledge and experiences often helps others, so we would really like to get more Carers talking together.

Would you like to meet other Carers? Maybe you're feeling isolated, lonely and would like to speak with people who are facing similar challenges to yourself.

DCA run a number of Carer Support Groups across Derbyshire for you to meet other Carers, talk about your caring role and to seek advice, guidance and information from a DCA Carer Support Worker. We also invite guest speakers, so you can learn more about services available to you and the person you care for.

If you would like to come along to one of our groups, please call **01773 833833** to find out where you can meet the team for support. You can also sign-up to our e-bulletin so you receive our latest news sent to you via email (*email comms@derbyshirecarers.co.uk and ask to be added to the Carers mailing list*).

Please note – if your caring role stops you from attending such groups, still call us as we may be able to offer suggestions and invite the person you care for along too. This also applies to your location, if you don't have support in your area, we can look into what we can introduce should there be a need.

We also run Carers Clinics and Carers Drop-in sessions around the county.

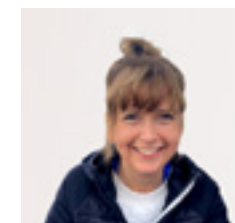
For more information, visit our website: derbyshirecarers.co.uk/carers-clinics-and-drop-ins

We look forward to seeing you!

Meet our Support Group Team



Peter



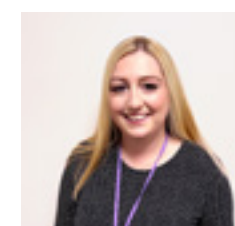
Helen



Sharon



Laura



Hannah



Heather



Community Inclusion

Meet our Community Inclusion Lead, Tina.

Hello, my name is Tina Curran, and I am the Community Inclusion Lead for Derbyshire Carers Association.

My aim is to improve the identification of Carers and to develop a shared vision for community inclusion. This project will raise awareness of Carers and help identify support services available to them.

It is important to reach out and connect with people who are socially isolated. We are finding that the most effective way of reaching people who are socially isolated involves being part of a wide partnership of organisations, both statutory and voluntary who can help identify and refer people to support.

We recognise that people are all individuals and that no "one size fits all". This is even more relevant when looking at a group as diverse as BAME, a community itself made up of many different communities.

This project will work to improve the wellbeing of local BAME communities by:

- Providing support and assistance to members of the BAME community to access mainstream mental health and social care services
- Working in partnership with service providers to identify and address language, cultural and other barriers experienced by members of the community when accessing services
- Working with service providers to find better and more effective ways of engaging and communicating with their local BAME communities
- Organising awareness raising events, deliver drop-in sessions and provide information and advice

For more information about the project or to discuss any of the services available to you, call **07816 283548** or email: tina.curran@derbyshirecarers.co.uk



Tina Curran
Community Inclusion Lead



Young Adult Carers (aged 18-25)

At the end of April we ran a Wellbeing Day for our Young Adult Carers. This was a chance to relax and take some time out and, importantly, to meet and connect with one another. There were mindfulness sessions and treatments from a qualified therapist and the day was all about taking care of the Carer. The day was enjoyed by all and those that attended enjoyed meeting and connecting with other young adults with caring responsibilities.

We had some fabulous comments on the day...

"I just wanted to say a MASSIVE thank you for today. I loved it. Thank you for always going above and beyond for us."

"Thank you for today it was really nice. I feel nice and relaxed now"

"Someone cared for me it was amazing"

If you are a Carer aged between 18 and 25 and would like to access support, please get in touch with us.

In the UK there are 370,000 carers aged between 18 and 25. Most Young Adult Carers look after a parent, brother, sister, grandparent or a boyfriend or girlfriend. But it could be someone else close. You may be new to caring or you may have been a young Carer prior to being 18 and feel it is normal for you. Whatever your caring role, Derbyshire Carers Young Adult Carer Service can support you.

We currently have 159 Carers registered with us who are between 18 and 25. We can support by offering a chance to talk through your caring role, plan support and help you access other services.

Support will be different for everyone but can include:

- Support to access a Carers Assessment
- Emergency planning
- Emotional support through groups or one to one sessions
- Representation at meetings
- Information guidance and support to fulfil training, employment and education needs
- Signposting, information & guidance
- Groups and activities
- We also have a discussion forum via our website for Young Adult Carers who are registered with us to connect with each other and to access information and guidance.

We have supported many young people on their journey into employment, into apprenticeships and as they move away to university. We can support you to plan your future and plan and achieve your goals.

As a project we can be your voice. We can speak to your school, college, university or training provider on your behalf. If you would like to return to education or gain employment we can support you every step of the way.

Whatever your wishes for the future we can support you.

If you would like to register as a Young Adult Carer, call **01773 833833** or visit our [website](http://www.derbyshirecarers.co.uk) to fill in a referral form.



A Summer of Activities

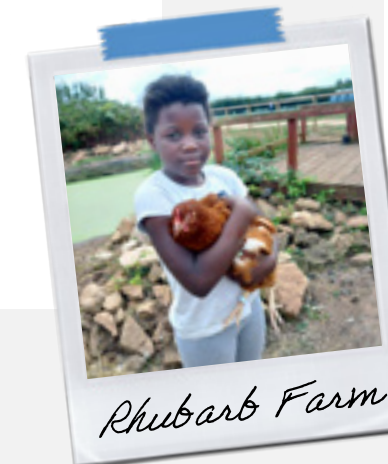
Wow - what a summer!

The fabulous staff in the Young Carers team have gone all out this summer, with a whole host of activities for our young Carers to attend right across the county.

We started on **2nd August** with **Paint-a-Pot** in Chesterfield where 5 of our older young Carers got creative and produced some beautiful designs.

On the **3rd August** saw 13 intrepid explorers take on **Poole's Cave** with the lovely David as our expert guide. They toured the caves, finding out all about them, and then had a picnic, fighting off the wasps!

On the **9th August**, 12 young Carers took each other on at **MFA Bowling**, Ilkeston. Strikes and spares galore! They demolished the pizza as well.



Rock Steady

On the **10th August**, we had the fabulous folk from **Rock Steady** teaching 14 young Carers how to be a rock band at Marlpool United Reformed Church in Heanor.

The team from Rock Steady brought along their instruments, and tutored two bands ready for a performance in the afternoon. What progress!

Next up on **16th August**, **Rhubarb Farm** in Langwith was the venue for 16 of our Young Carers. They enjoyed collecting eggs from chickens, feeding cake to pigs, they played rounder's, dined on homemade scones and foraged for wild art. Some went home looking like blackberries after crushing them to make tie dye prints with the juice! A fun day had by all. One young Carer said he had never been to a farm before and it was better than he thought it would ever be, the best day ever!

Others said they loved feeding the pigs, giving the donkey and horse an apple each and collecting the eggs.

To wrap it all up, on **24th August**, a fun day out exploring **Matlock Bath** with 4 young Carers, with a lovely walk and some entertainment in the arcades and aquarium.

I think the team need a holiday to recover!

"It was **so much fun**, the time went so quick."

"I **loved it**, it's made me want to ask my mum for a drum set. Can we do this again?"

"Today was really so good, when are we doing it again? I **made some new friends** as well."

"It's made me **want to get a keyboard and learn** to do it."

"I **made some new friends** this time."



Rok-Ard Kickboxing raise £1,000 for the Young Carers Service

On 18th June, the amazing people at Rok-Ard Kickboxing in Hilcote took part in a 12-hour sponsored kick-a-thon. They reached an amazing total of 60,291 kicks in the 12 hours and raised an amazing £1,000 for the Young Carers Service. **Incredible!**

We'd like to give a huge thanks and an enormous congratulations to the team at Rok-Ard.



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

Carer Story

This is Clare's story of caring for her Father.

Clare was working full-time when she became a Carer. She already had knowledge of the Caring world from her background in mental health. But any amount of familiarity or knowledge could never have prepared Clare for her journey with her Dad.

Clare's Dad was a father, husband and, for a long period of time, a Miner. As is often the case with workers of that time - he was strong, resilient and had an unquestionably positive attitude. But it wouldn't be until much later that everything began to change.

Ten years ago, just before Clare's Mum passed away, her father was diagnosed with Vascular Dementia.

Over the years, Clare's Dad had also suffered mini strokes, heart failure and COPD Pulmonary Fibrosis. Despite all of these sufferings, he managed to cope with the Dementia, for a while. However, when his health started to decline, Clare's grieving process started to begin.

Clare had to keep positive. Over the last two years of her Father's life, Clare became a Carer. She was aware of Derbyshire Carers Association (DCA), had an understanding of what she was entitled to, and wanted to see how DCA could help. No matter how much support she received, it was still Clare who was responsible for her Dad, and in the world of care, with responsibility comes an often heavy routine.

Clare would contact the Doctors every single week, she ordered oxygen tanks, cannulas and made sure her Dad's blood tests were booked, as well as his appointments. Clare had to make sure his medicine was in check and that he ate regularly. All she wanted to do was provide the best care she could; Clare felt that there was no end in sight.

Four weeks from when Clare shared this story, her Dad sadly passed away. While her Caring role was over, the memories of her Dad live on.

Clare said her Dad would relish the times that she or Carers would help, especially during the pandemic, and she'll always remember that last trip to the pub they got to enjoy together.

Clare wants everyone to know that while there were hard days her Dad, he still managed to have a smile on his face. As Clare shared her story with us, she couldn't help laugh as she explained that he was a jovial and kind-hearted man, and that she'd do it all over again if she could.

Clare wants to encourage Carers to get in touch with DCA to ensure they get the best support they need.

A huge thanks to Clare for sharing her story.



Pension Credit

Thousands of Derbyshire pensioners are missing out on hundreds of pounds a year by not claiming Pension Credit.

You can get Pension Credit even if you have other income, savings or own your own home.

Pensioners who qualify for Pension Credit get on average around £2,500 a year. Claiming now could also make you eligible for government help with the cost of living – worth up to £650.

To find out if you qualify, call **01629 537968** (9am to 4pm, Monday to Friday) or email: asch.benefits.pcproject@derbyshire.gov.uk

Cost of Living Support Available

To support you at this difficult time, Derbyshire County Council has brought together lots of information and advice on its website about where you can get help.

From support with claiming benefits and help with debts or housing issues, to advice on how to keep your home warm and improve your energy efficiency, you'll find it all at over at the Derbyshire County Council website.

As well as information for families, older people, carers and people with long-term health conditions, you'll find advice and information on community banks, energy grants and schemes plus how you can get help with council tax and housing costs or manage your debts.



Your Benefits

Derbyshire County Council's welfare rights team are here to make sure Derbyshire residents receive everything they're entitled to. They work with you to check you're receiving the correct benefits.

For more information, search 'Welfare benefits' on the Derbyshire County Council website, or email: welfarebenefits@derbyshire.gov.uk

Short Breaks with

Carefree

Carefree transforms vacant accommodation into vital breaks for unpaid carers.

We know all too well how challenging a full-time caring role can be, so a few days away with a partner or a friend can work wonders. It may seem like a small thing, but our experience shows us that it can make a huge difference.

Breaks consist of 2-night hotel stays, plus breakfast at the cost of a £25 admin fee.

You are welcome to take a companion but not the person(s) you care for.

To qualify for a break, you must be:

- Aged 18 or over
- Full-time unpaid carer (30+ hours per week)

To register, speak to your Carer Support Organisation who may refer you, or sign-up at: carefreespace.org

Gerry Fryer MBE

June 1937 – July 2022

It is with great sadness that we inform you that our founder and friend, Gerry Fryer MBE, passed away on Friday 15th July.

"Gerry was known to regularly pick up the phone to call the staff team and ask how they were doing and to check that they and their families were okay. He would stay late in the head office replying to carers who may have called at the end of the working day, and be as compassionate as if it were the start of his day. He genuinely cared for people and was a remarkable champion and advocate for Carers."

Gerry had time for everyone he met and would make everyone feel as important as the next person. He had a compassionate and heartfelt approach to his working with Carers and was a great champion of Carers rights and wellbeing."

Lisa Barker, DCA



Focus on Dementia



Our 1-1 dementia support service offers expert information and practical guidance to people living with dementia and their carers or those concerned about their memory which means you don't have to have a diagnosis to access us. The information provided aims to help people understand the effects of dementia and learn practical steps and approaches in living with and caring for people affected by dementia. This might be assisting carers by sign-posting to other relevant services, understanding the challenges that come on a day-to-day basis and looking at strategies to help manage them, and helping to prepare people with dementia and their carers to think about the future and planning ahead.

Our support can be provided either face-to-face or over the phone.

We run several memory cafés, singing for the brain sessions across Derbyshire including collaborating on the Living Well programmes and we are currently running twice monthly Virtual Educational Q and A sessions for carers and have dates to the end of the year.

If you're interested in attending these sessions or getting support or advice as a Carer, call **01332 208845** or visit our website: dementiaderbyshire.org.uk

Get in touch

Contact us by email

info@derbyshirecarers.co.uk

or call **01773 833833**

Keep up to date:



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@derbyshirecarers

@derbyshirecarer

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