

Carers News

You Care, We Care

Over 30 years supporting Carers

December 2020

Carers Rights Day 2020

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Children in Need Projects

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Here to support YOU

Throughout the Covid-19 Pandemic, Derbyshire Carers Association (DCA) have continued to offer vital support to Carers and respond to the additional pressures many carers are facing.

The services available to carers across Derbyshire include:

- Information, advice and guidance on a range of carer issues, including practical and emotional support
- Financial and legal advice and support
- Specialist advice for health conditions e.g. dementia, Parkinson's disease and mental health - with links to specialist service provision
- Befriending and Counselling
- Connecting carers with other support services across health and social care
- Signposting to sources of replacement care
- Help to register as a carer and create an Emergency Plan
- Peer support with other carers to help with wellbeing and resilience
- Access to online groups, training and social activities
- Telephone-based carers assessment and support planning
- Social, practical and emotional support for Young Carers and their families



Derbyshire Healthcare
NHS Foundation Trust

Mental health support is now available to Derbyshire residents of all ages through a new NHS mental health support line.

Call **0800 028 0077** - this is a Freephone number and calls from landlines or mobiles should be free. The support line is open 24 hours a day, seven days a week.

Know Your Rights

CARERS RIGHTS DAY

Whether you are a new Carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

Each year, Carers Rights Day helps us:

- Ensure Carers are aware of their rights
- Let Carers know where to get help and support
- Raise awareness of the needs of Carers

As part of this year's Carers Rights Day, we came together with health, social care and voluntary sector partners to help Carers 'know their rights'.

We want Carers to know how and when their rights are not being met and how they can challenge this. We want to empower carers with information and support, so they can feel confident asking for what they need.

We organised a series of workshops which included a legal clinic, a self-care workshop and an employment webinar.

Information has also been put together on useful organisations to contact on a variety of issues. This advice and guidance can be found on the 'Carers in Employment' section of our [website](#).

What's on

The majority of our support and activities are currently being held online (via Zoom)

If you need online support or you are unsure about our online activities, our Project Worker, Katie can help you set-up on Zoom and have a practice in advance of our online sessions.

For more information, please contact Katie:

Call **07773 173 416**

Email **katie.matkin@derbyshirecarers.co.uk**

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
7th Dec	Cooking Classes 10am - 12pm	Christmas Crafts 11am	Coffee & Chat 10am - 11am		Christmas Quiz 3pm
14th Dec	Cooking Classes 10am - 12pm		Christmas Crafts 2pm	Gingerbread Making 11.30am	Christmas Service 11.30am
21st Dec		Christmas Quiz 11am			

Gingerbread Making

Join us for a morning of making gingerbread men.

Make sure to book your place in advance to receive your ingredients list prior to the event.

Christmas Service

Derbyshire Carers Association and fellow Carers will read poems and perform songs to get into the Christmas spirit.

Christmas Crafts

Get in the festive spirit, and join us for card and Christmas decorations making.

Make sure to book your place in advance to receive your craft packs prior to the event.

Christmas Quiz

Get in the festive spirit, and take part in this years Derbyshire Carers Association Christmas quiz.

For more information, please contact Katie:

Call **07773 173 416**

Email **katie.matkin@derbyshirecarers.co.uk**



We supported the Children in Need 'Together we can' campaign on social media this year to raise awareness of Young Carers.

We have been very fortunate enough to have been funded by Children in Need for two of our Young Carers projects...

Mental Health Support Project

Our specialist Mental Health Support Worker looks after families where the main caring issue is a mental health difficulty. They spend time working with these families to help the Young Carer understand the condition and to build coping strategies when times are more challenging.

Social isolation is a primary issue for the majority of the young carers supported by the project. They struggle to leave their parents due to anxieties around their mental health. They also face financial strains and can feel that they don't have enough time to meet friends and socialise.

Netbook Project

This project will provide 20 Netbooks to Young Carers who have been isolated due to Covid-19.

The netbooks will be of huge benefit to our Young Carers, not only for their education but to stay connected to our teams here at DCA.

This equipment will also allow our young carers to feel digitally included and to have access to online school activities and workbooks.

Feedback

Thoughts on our newsletter?

We'd love to hear your suggestions! Email us at:

info@derbyshirecarers.co.uk



Get in touch

Contact us by email

info@derbyshirecarers.co.uk

or call **01773 833833**

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