

# Carers NEWS



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# daacss

Derbyshire All Age Carers Support Service

# Introducing the Derbyshire All Age Carers Support Service

**In April 2024, Derbyshire Carers Association introduced the Derbyshire All Age Carers Support Service on behalf of Derbyshire County Council and the Derby and Derbyshire Integrated Care Board.**

The new all-age Carers service has been designed to deliver the Derbyshire Carers Strategy by ensuring Young Carers, Young Adult Carers and Adult Carers have access to preventative, timely, appropriate and person-centred support.

**Features of the new Derbyshire All Age Carers Service include:**

## Early identification and support

To promote early identification and encourage Carers to self-identify, we will raise awareness of the caring role, the rights of Carers and the support that is available at an individual, organisational and strategic level.

Healthcare Liaison will deliver support, advice and training to health service teams to improve the way Carers are identified and supported.

## Information and advice

Carers can access information and advice in a variety of methods that is accessible and appropriate for their needs. This includes our Carer Helpline, online resources and learning programmes.

Carers will be well informed throughout their caring journey about the support available to them in their role, their rights and how to support their individual wellbeing. Learning sessions will include 'new to caring' and 'planning for the future' workshops.

## Recognising and supporting Carers in the wider community

We will develop quality partnerships across all communities to proactively identify, connect and support Carers, and ensure the service supports a diversity of communities.

Our network of Carer Champions from across all sectors and communities will receive ongoing support and resources to identify and connect Carers from hidden and diverse communities.

## Involving Carers as experts

All age Carers will be involved in the design and evaluation of the service through our Carers Voice project. We will consult with Carers on issues which are important to them and share our findings and recommendations with partners.

If you would like to be part of our Carers Voice group, please call Emma on **07816 283550** or email: **emma.beestone@derbyshirecarers.co.uk**

## Services and systems that work for Carers

Locality teams will support Carers to navigate and connect with services for themselves and the person who they care for. Through affiliation with Carefree and the Carers Trust, we will help Carers access resources and a break from caring.

The Derbyshire County Council Carer Liaison Worker will be integrated within our team to ensure a cohesive, consistent, whole family practice between Adult Social Care, Children's Services, and the Carer service.

## Carer employment and financial wellbeing

Our Carers in Employment programme will support workplaces and promote best practice in relation to their own workforce who are Carers. We will introduce employer training and quality awards. We will host monthly legal and financial clinics and explore ways to promote income maximisation for all Carers.

## Innovation

Through local, regional and national networking and our established partnership with the University of Derby, we will continually explore best practice and how this can be integrated within services in Derbyshire. We will source additional income for new areas of work that will be co-produced with Carers.

# Derbyshire Young Carers

**Reducing inappropriate caring pressures that may have an impact on a child or young person's development.**

- One-to-one sessions with a Young Carers Support Worker
- Young Carer Assessment and Support Planning
- Age appropriate groups, workshops and family activities
- Family support sessions
- Support within school

**Children & young people aged 5-16**

**Support young people as they transition into adulthood and independence while continuing to provide unpaid care.**

- One to one sessions with a Young Adult Carer Support Worker
- Carer Assessments and Support Planning
- Group learning sessions and activities
- Support with transition into higher education or employment

**Young people aged 16-25**

# Derbyshire Young Adult Carers

# Derbyshire Adult Carers

**To improve quality of life for Carers in Derbyshire through early identification, recognition of Carers, and joined-up personalised support for both the Carer and the cared-for person.**

- Information, advice and guidance
- Carers Assessments and Support Planning
- Carer Personal Budgets
- Carer Wellbeing Activities
- Learning programme across the Carer pathway
- Legal and Finance Clinics
- Transitional support for Parent Carers
- Monthly e-bulletins
- Digital support, interactive website and social media updates
- Carers in Employment Programme
- Health and GP Liaison
- Carers Voice

**Adults aged 25 and over**

# What's on

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

As well as our regular online activities, we have various in-person events and workshops. Check our website to see what's coming up!



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## Online Activities

### Heart-centered Meditation

**Mondays @ 10-10.20am**

Heart-centered meditation is simple and deeply transformative.

Regular practice will help you stay calm and clear headed whatever the circumstances you may be facing. These benefits only grow stronger with continued practice.

These 20-minute meditation sessions will include; breathing exercises to relax the body and songs to delight the senses.

### Gardening Group

**Mondays @ 11am-12pm**

Our online gardening group meet on the first Monday of every month. The group discuss various topics including weeding, insects and growing flowers.

Grab a cuppa, ask away and listen to our tips and tricks when it comes to all things gardening.

### Chair Yoga

**Tuesdays @ 1.30-2.15pm**

Take things at your own pace and practice yoga in the comfort and safety of your own home, along with other Carers online.

These sessions are for all abilities - something to get you moving and having fun!

### Shared Reading

**Wednesdays @ 1-2pm**

In our online reading group, poems, articles and stories are read aloud and then we share our thoughts: what we liked, didn't like, what we're reminded of and how it makes us feel.

The aim to relax and enjoy the readings and conversations that follow. These groups are welcoming and informal, with no pressure to participate in any particular way. You can read, listen, talk, ask questions or just observe.

### Exercise Class

**Fridays @ 1.30-2.15pm**

Take things at your own pace and exercise in the comfort and safety of your own home, along with other Carers online.

These sessions are for all abilities - something to get you moving and having fun!

For more information or to book a place, please get in touch:

Call **01773 833833** or email **events@derbyshirecarers.co.uk**

# Recent events

## Chesterfield Wellbeing Event

In collaboration with Links CVS, we warmly welcomed Carers to our Wellbeing Event at the Chesterfield Market Hall on Wednesday 6th March.

All Carers had the opportunity to have one-to-one support and advice from a Support Worker. Refreshments and a buffet were provided and Carers enjoyed a choice of therapy treatments.

*"Thank you for a lovely event today. I'm very grateful for the support DCA offer dad and myself"*



## Fair Futures for Young Carers

In recognition of Young Carers Action Day, we hosted our Fair Futures for Young Carers event at Vision West Notts.

This event brought together Young Carers with support, employment and educational services from across Derbyshire and Nottinghamshire.



## High Peak Together

Our Carer Support Worker, Laura Daniels, and Fundraising Coordinator, Jo Askew attended High Peak Together on Thursday 16th May.

This health & wellbeing event was a great opportunity to meet with Carers and network with other services.



## Community Advice & Information Event

On Saturday 25th May, DAACSS attended the Community Advice & Information Event at Strutts Centre.



## Carers Week

Carers Week 2024 took place from the 10th June – 16th June. This year's theme was, 'Putting Carers on the Map', highlighting the invaluable contributions of Carers across the UK and ensuring their voices are heard loud and clear.

DAACSS hosted a variety of events and activities, both online and in-person across the county, with lots of different ways to get involved.

Carers enjoyed activities such as; a Pamper Session at Blythe House, a trip to Bolsover Castle and Rosiliston Park, as well as Carer Awareness and Carers in Employment sessions online.

## Pamper Session

Carers enjoyed a range of treatments, including; reiki, massage, reflexology and manicures.



# University Hospitals of Derby and Burton receive Carer Friendly Employer Quality Mark

The accreditation is a result of the UHDB Carer's Network's hard work and dedication to building a supportive and inclusive workplace for colleagues with caring responsibilities over the last two years. This achievement will make a significant difference for working Carers connected to the Trust and across Derbyshire and Staffordshire.



**Jayne Davies, DAACSS Employment Engagement Lead said:**

*"We extend our heartfelt congratulations to the University Hospital of Derby and Burton NHS Foundation Trust for achieving the Derbyshire Carers Association's Carer Friendly Employer Quality Mark. Their commitment to supporting unpaid Carers has included an improved Carer's leave policy, the establishment of a vibrant Carers Network, training of Carers Champions and the organisation and delivery of the annual Care in the Community event.*

*It's been a pleasure collaborating with such a dedicated team of individuals at the Trust, and we look forward to continuing our joint efforts to provide unwavering support to unpaid Carers within the Trust and beyond."*

Since signing the Carers Pledge in 2022, the Network has worked with senior leaders and colleagues across the Trust to review policies to provide further support to carer colleagues, as well as enhancing the type of support available - including the roll out of the Carers Passport and dedicated training for line managers to enable them to support Carers within their teams.

**Jemma Walker, Lead of UHDB Carers Network, said the accreditation comes as a result of years of hard work, and it will have wide-ranging benefits for Carers across Derbyshire and Staffordshire:**

*"I am immensely proud for the Network and the Trust to have been recognised in this way. This has been something we have been working towards together for almost two years, so to see everyone's efforts rewarded in this way is quite moving.*

**Rachel Kirby, Deputy Lead for the UHDB Carers Network said:**

*"Being a carer for my father has been an extraordinary journey, filled with both challenges and triumphs. I feel deeply honoured that he trusted me with his care. Although he's no longer here to witness our achievements, I'm proud of what we've accomplished together, including the establishment of the Carers Staff Network obtaining Accreditation, and the recent Caring in the Community event. I'm immensely grateful to Derbyshire All Age Carers Support Service for their unwavering dedication and guidance."*



For more information on the DAACSS Carers in Employment project please visit our website.

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## Adrian's Journey

In recognition of Volunteers Week 2024, our lovely befriending volunteer, Adrian, shared his journey.



*"I moved to an area I didn't know early in 2023 and also took partial retirement. Being aware of becoming slightly isolated, I started looking for things to do with my spare time. It was then that I spotted a piece in the weekly Derbyshire County Council email that mentioned the Befriending Service.*

*Feeling that this was something that could benefit both myself and Carers, I applied.*

*With the help of Project Worker, Rachel, I went through the induction process and have been part of the service for a year now.*

*I find the various conversations with Carers extremely interesting. Some only need a short weekly call where we catch up on the events of the previous week, which could be about the person they care for or just to give them a break. Others need a more lengthy chat, telling you about their work history and interests that removes them for a short time from the 24/7 care they are delivering. But everyone has a story to tell.*

*Ultimately the benefit for myself is very simple - to feel that in a very small way I am making a difference to someone else's life.*

*Anyone who has read this and isn't already a befriender, I strongly urge you to give it a go and look forward to meeting you at one of the occasional socials we have."*

For more information on volunteering for DCA, please visit our website.



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## 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.

**Carer Learning and Wellbeing** connecting Carers together through a variety of wellbeing and learning sessions, such as; yoga, walks, mindfulness, menopause workshops, dementia awareness training and much more...

## DCA announced as Mayor's Charity of the Year



In May 2024, we were fortunate enough to have a visit from Councillor Paul Loble, the **Mayor of Amber Valley**.

Whilst visiting our head office in Ripley, it was announced that Derbyshire Carers Association have been chosen to be the Mayor's Charity of the Year.

The Mayor officially opened our new lift that was installed thanks to a kind donation from, the **Edward Gostling Foundation**.



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## Would you like to tell your Carer story?

We're looking to publish short stories and poems written by Carers on our website and social media platforms.

If you would like to share your unique experience of caring for a loved one with us, please email:

**[comms@derbyshirecarers.co.uk](mailto:comms@derbyshirecarers.co.uk)**

## Get in touch

Contact us by email

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

or call **01773 833833**



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