

# Derby Carers Centre News



Summer Newsletter 2014 Derby Edition No. 77 [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)



***'Caring  
for Carers in  
Derby City'***

Registered Charity Number 1062777



## Derby Carers Centre

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Andrew Spriggs  
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Emergency Plan  
Officer

Megan Singleton  
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Worker

Louise Gamblen  
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Co-ordinator

Amran Ashraf  
Ambassadors  
Co-ordinator/Carers Connect  
Worker

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information.

# Lots happening for Carers ...

Hello Friends

I want to say a big thank-you to everyone in our Carers Community for the warm welcome given to me over the past few months while I have been meeting Carers, cared-for and all the professionals supporting them.

I have been impressed by the resilience of Carers who quietly support their family and loved ones without thanks or payment.

Their lives, we hope will be made better as result of reform of the law relating to support for Carers. The Social Bill has now completed all its stages in the House of Commons and will now return to the House of Lords for consideration of amendments. When the dust has settled DCA will be providing a synopsis of outcomes for our many Carers.

The raison d'être of DCA is to care for those who find themselves caring. We aim to provide information and advice when they need it. We're never complacent, always looking to improve our services to Carers and I'd like to share with you a few of the developments that are moving forward.

We have an exciting series of events for Carers Week 9th-15th June. You will find a programme of events enclosed with this newsletter or turn to pages 6 and 7 for further details.

During Carers week we will also be launching our new website - it's bright and fresh and more easily accessible. However, we recognise, that not everyone has an interest in - or access to - digital information and will still continue with this newsletter.

We are fortunate to have progressive local authorities who greatly value Carers and support DCA both financially and in others ways. During the week they - and many other partners including the NHS and prominent employers - will publically pledge their support for the 118,000 Carers in Derby City and the whole of the County.

**Young Carers update:-** There are many younger Carers who need support whilst they look after frail and ill parents and relatives and we are developing ways of reaching this very vulnerable group in our newly launched Young Carers Project, led by Debra Dudley.

We also welcome to the DCA parents and volunteers who have been developing support for children with additional needs in education. Emily Brailsford and her team will be rolling this out across the County, contact Emily at:parentingadditionalneeds@yahoo.co.uk for further details. For now - it's business as normal - we're working tirelessly to support all our Carers across the whole of Derbyshire, not just for today but in the forthcoming years.



## Thank you to our Volunteers

We would like to thank our wonderful volunteers:-

Susan	Admin/Support Call List
Karin	Emergency Plan Admin
Ashley	Emergency Plan Admin
Sarah	Admin/Support
Christina	Admin/Support
Maggie	Support Group Facilitator
Peter	Support Group Facilitator
Lucy	Display Stand Promotional Worker
Elizabeth	Display Stand Promotional Worker



Website: [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk) Email: [derby@derbyshirecarers.co.uk](mailto:derby@derbyshirecarers.co.uk)

# Spotlight on Volunteers .....

I am fairly new to Derby Carers Centre having applied as a volunteer administrative assistant. There is a great team here who have been so helpful and encouraging as I have been wishing to enter back into the work environment. They have given me invaluable experience to help me back onto the works ladder and the training in office procedures and the charity log database is very interesting. Thank you to all the team!

**Christina Farier**



"I have been volunteering at DCA since January. I'm volunteering as part of my Occupational Therapy training. It has been absolutely brilliant to come and volunteer with such a dedicated and inspiring team. While at DCA I have had the great opportunity to meet lots of Carers while supporting staff on hospital promotion stands. I will definitely be taking the knowledge and experience I have gained into my future career to ensure that carers are receiving the support they deserve."

**Lucy Watson**



I retired 2 years ago and since then have been a volunteer one day a week on a Tuesday at Derby Carers Centre. I have found the work most enjoyable and rewarding. Varied administration duties, covering many aspects make for varied days and occasional contact with Carers and a very pleasant mix of colleagues means Tuesday is the highlight of my week.

**Ashley Nicholson**



We have 14 volunteers who help in the office, at promotional events, hospital and GP displays and at our Pamper Days and other events throughout the year. Our Babington Lane Carers Group could not survive without Maggie, the volunteer facilitator. Maggie is a Carer herself and is very committed to making this group fun and informative.

The above testimonials demonstrate the varied work that they support us with and we hope that valuable skills and experience is gained for our volunteers when they decide to move on or find paid employment.

Our organisation is always recruiting and often we may not have the capacity to support another administrator but this changes with some volunteers moving on to employment quite quickly. Other volunteers are with us for as long as we need them as they are retired or work part-time as well as volunteering.

Volunteering starts with a short interview where we have an informal chat about their expectations and what we would require of them. They then complete a volunteer application form. When we have 2 character references, volunteers are contacted for an induction to the role. Within the administration positions there is a need for volunteers who have a good knowledge of using a computer and microsoft packages as we use a data input system called Charity Log but office procedures and training in this is given upon induction with ongoing training provided. Volunteers also can claim back their travelling expenses. Currently we are looking for volunteers who have another language for interpreting but this will be on an as needed basis. If you have any plumbing or DIY experience then we would also love to hear from you. For more information about volunteering opportunities at Derby please call Lisa Hallsworth, Volunteer Co-ordinator on 01332 200002.

## Cycling to Skegness for DCA

Hi, my name is Andrew Spriggs, I am an Emergency Planning Officer for Derbyshire Carers Association and I am cycling to Skegness for funds for the charity on 18th and 19th May in preparation for Carers Week in June. I am cycling over 2 days with two friends and I have arranged for us to stay over night in Lincoln.

Cycling is one of my favourite pastimes and I am hoping to raise awareness for the support that Derbyshire Carers offers and how beneficial it is to Carers across Derby City.

If anyone would like to sponsor me there is a sponsor sheet in the office on Babington Lane.

Alternatively you can text a donation to 70070 and type "DERBY25" and then the amount you wish to sponsor e.g. £10.

Thank you very much!



# Carers Lunch and Consultation

In April we held a Carers Lunch at the Slug and Lettuce.

11 Carers attended the Lunch which was part funded by DCA.

Carers gave feedback via a questionnaire about the service they have received and how they would like to see it improved.

The conclusion from those who completed the questionnaire were happy with the service they received from DCA. However, there was a limited representation from younger carers and carers working full-time. In further questionnaires this population of Carers must be included. Certain themes

emerged; having an emergency plan gave some carers peace of mind, 'I have not needed to use it, but it is nice to know its there'. The Carers Assessment enables Carers to know what support is available 'It made me realise that help was available' and also provides Carers a chance to be listened to 'Nice to know that someone is out there and interested'.

More Carers accessed the Carers Breaks than Carer training. A variety of breaks had been accessed and provided positive benefits for Carers, 'Gives me time with other Carers and away from my home situation. Time for me!!!', 'They are brilliant; I just forget everything and they make you feel like a different person'.

This pilot provides a base for DCA and has enabled us to get feedback for further improvements. Some Carers felt that they would like more opportunities to have a Carers Break. If a Carer is working full time it is hard to access the breaks.

Overall it was an enjoyable lunch and we are planning a future event towards the end of the year.



'What a splendid time we had with the Carer's. Is there no end to all they do for us? It was a truly delightful break enhanced by the presence of some staff from DCA who made us feel so very relaxed. I've not had a break for such a long time and was somewhat apprehensive as to its significance. How could I enjoy being away from caring for my wife? At first, I felt guilty but the 2 hours was a very enjoyable experience - I had forgotten how needful the break was from each repetitious day. Finally, I drove home to my wife invigorated with the knowledge that I had shared a special time with others in similar circumstances. DCA is once again proving to be a lifeline of hope for us Carers. Thank you for all you do.'

Mr V. Shaw-Willson



# Derby City Carers Breaks Scheme



## PAMPER DAYS

- REIKI
- REFLEXOLOGY
- FACIALS
- MANICURE
- PEDICURE
- MASSAGE
- INDIAN HEAD MASSAGE
- AROMATHERAPY
- HOPI EAR CANDLES
- GEL NAILS
- MAKE-UP
- MASTERCLASS



Derbyshire Carers Pamper Days offer Carers time to relax and enjoy a range of therapies. All of the treatments are provided by a team of beauty and holistically qualified therapists who have been supporting Carers for over eight years. All sessions are delivered in a calming and sensitive environment.

**Dates for 2014 at the MS Centre:-**  
 21 June, 19 July, 16 August,  
 20 September, 18 October,  
 15 November, 13 December

**Dates for 2014 at Babington Lane:-**  
 26 July, 27 September, 29 November

(There is a charge of £5 for Pamper Days and Hopi Ear Candles are £8 extra)



## BECKSIDE FARM

Carers Breaks have provided over 700 Carers with a break at Becksid Farm over the past 2 years. The above pictures show Carers enjoying the rural activities that Becksid provide and learn and practice old skills to help improve health and wellbeing. Carers Breaks provided transport to and from Becksid which is situated in Hollington, Derbyshire. A lovely home-made fresh produce lunch was also included.

for more information call Louise on **01332 200002** Extension 4

## Friends and Family Pamper Day – fundraising events

at The MS Centre, Jubilee Parkway, Derby.  
 Held throughout the year.

Your choice of 2 treatments, 1 hour each.  
 Lunch and drinks included.  
 There is an option of additional discounted treatments available on the day.

Our team of holistic and beauty therapists will offer a range of luxury treatments.

### Feedback from Carers:-

*"Great way to raise money for Charity, wonderful massage, amazing atmosphere" (Ian Parr)*

*"I have been well and truly pampered! Full body massage, reflexology, pedicure, facial and eyebrows plucked, oooh, exhausted. Thank you ladies" (Fliss Shaw)*

**All monies raised will go to Derbyshire Carers Association**



# Carers Week Events

## Pamper Day

*Treatments and Taster Sessions for Carers*

Saturday 7th June at the MS Centre, Jubilee Parkway, off Stores Road, Derby

**PLEASE CALL OUR CENTRE TO BOOK A PLACE**

## INFORMATION STANDS

Tuesday 10th June

**SAINSBURYS** Westfield

10.00am-3.00pm

**ASDA** Sinfen

10.00am-4.00pm

## A Service for Carers



Monday 9th  
June 2014  
11.00am to  
12.00pm

### **Refreshments afterwards**

Carers, Cared For, Family and Friends all welcome to come along to celebrate the work that Carers do. Readings from Carers and songs from the Breakaway Singers

## Wilson Street Surgery Pamper Day

*Pamper Sessions for Carers registered with this Surgery*

**Wednesday 11th June**

TIME TBC

BOOKING

ESSENTIAL

We will be at  
The Macmillan Unit  
in Derby Royal Hospital  
on Thursday 12th June  
from 10-4.00pm  
*Giving Pamper Taster Sessions to Carers*

## Coffee Drop-In and Raffle

Carers and their Cared-for are invited to come along for free refreshments and to have a go on our raffle to raise funds for DCA and to chat with staff and other Carers.



### THE SPOT

Friday 13th June 10-12.00pm

## HOSPITAL Information Stands

London Road Community Hospital

Monday 9th June 2-4.30pm

Thursday 12th June 8-1.30pm

*Near the Main Entrance*

Derby Royal Hospital

Thursday 12th June 9.30-2.30pm

*Near the entranceway, close to Boots and Costa Coffee*

**Call us on 01332 200002**



## So long Stacey .....

We sadly are saying adieu to Stacey Smith, Carers Connect Worker at Derby Carers.

Stacey leaves to set up a new project in the Alfreton area. She will be greatly missed having been part of the team for 3 years. Her dedication, support and enthusiasm has made a great impact for Carers in Derby City.

As part of our team, sharing stories of travel, Victor her dog and fell running in which she raised funds for a Carers Lunch.

Good luck in future successes!

Call us on  
01332 200002

## Derby Royal Listening Event

Wednesday 11th June  
6.30-8.30pm

*an opportunity for the general public and staff at*



*Derby Royal Hospital to find more about support for Carers*

# Carers Tour of Derby County iPro Football Stadium

WEDNESDAY 11th JUNE 2014

Meeting at the West Stand in the Main Reception Area.

The tour will last approximately one hour with a drink afterwards at Starbucks.

Parking is available.

**BOOKING ESSENTIAL AS PLACES ARE LIMITED**



## GP DROP-IN'S

Clarence Road Surgery  
Monday 9th June 9-12.00pm  
Oakwood Surgery  
Monday 9th June 9-11.00am  
Parkfields Surgery  
Monday 9th June 12-2.00pm  
Village Street Medical Centre  
Tuesday 10th June 9-11.00am

Wilson Street Surgery  
Tuesday 10th June 10-12.00pm  
Overdale Medical Practice  
Wednesday 11th June 9-11.00am  
Pear Tree Medical Centre  
Wednesday 11th June 9-11.00am  
Derby Open Access Centre  
Thursday 12th June 8-12.00pm  
Brook Medical Centre  
Friday 13th June 9-11.00am

*More Drop-In's can be arranged. Please see posters in you local GP surgery.*

### Drop In at the Indian Community Centre

Rawdon Street,  
Normanton  
Thursday 12th  
June 12-1.30pm



## Relaxation Taster Sessions

We are Carers who run FREE training for other Carers. Join us during Carers Week for a 'taster' session about relaxation and to find out more.

Tuesday 10th June 2014  
5.30pm-6.30pm  
at **The Hallmark Hotel, Derby**

To book a place for the Taster Sessions please call  
**01332 227711**

## Do you care for an adult with Learning Disabilities?

Do you know there is a designated acute liaison nurse for adults with learning disabilities at Derby Royal Hospital, who can support patients with a Learning Disability and their Carers? If you know there will be a hospital admission or have an unplanned admission. If you require help with communicating with Health Professionals, supporting with reasonable adjustments in the hospital, supporting on the ward and helping make the system easier. Please contact the Acute Liaison Nurse for adults with learning disabilities, Debbie Edwards on 01332 340131 ext 88611.

At our Derby City Office we also have an NHS information book for Carers: How to help people with Learning Disabilities to keep healthy.

If you would like a copy of this booklet please come into our office, 17 Babington Lane, Derby, DE1 1TA.

We are open 9-3pm Mon-Fri



## CHADDESSEN SEATED ZUMBA

Monday 9th June  
10.00am until 12.00pm

**Mayfield Road Methodist Church  
Chaddesden  
Derby  
DE21 6FW**

**£2.00 per person**

PLEASE CONFIRM ATTENDANCE on **01332 623700** Extension 33386



## SEATED EXERCISE AND LIGHT LUNCH

Wednesday 11th June 10.00am until 12.00pm

**Mickleover Methodist Church  
Station Road, Mickleover, Derby DE3 9GH**

PLEASE CONFIRM ATTENDANCE on **01332 623700** Extension 33386



# Derby Carers' Writing Group *First Book Launch*

Derby Carers' Writing Group grew from Writing Workshops which were part of the Carers Breaks Scheme. A group of 6 Carers came together to explore and develop their writing skills and from their work they have created a unique, emotional, humorous and honest book of original poems and stories called 'From Small Seeds'. The writers have shared their thoughts and stories about caring and about who they are aside from Carers: "This book grew from small seeds of hope and continued faith and perseverance ...we value the experiences we have shared and hope that you too will now enjoy sharing these stories."

## From Small Seeds



Monica Bailey  
Bobbie Brotherton,  
Pat Eley, Paramjit Oberoi,  
Rachel Owers-Jones  
and Janet Stocker

**Come along and celebrate the launch of this unique book  
SATURDAY 7th JUNE 2014 10.30am to 12.30pm  
at The Box, QUAD, Market Place, Derby**

**All proceeds from book sales go to Derby Carers Writing Group to support Carers to continue to share, write and improve wellbeing**

For further information about the event please contact  
Rashpal Rai at Wellbeing Works CIC on

**07922 618526**

or email [rashpal@wellbeingworks.org](mailto:rashpal@wellbeingworks.org)

## AGENDA

**Introduction by facilitator and Editor,  
Cathy Grindrod**

**Readings from the book by Writers**

**Live auction of the first book sold**

**First opportunity to buy 'From Small Seeds'**

**(book price £5 each)**

**FREE Refreshments**



Balancing your role as a Carer with the rest of your life can be tough.

A new course can help you get the **Balance** right.

**BALANCE** is a FREE course for Carers in Derby City

**Breaks** - find out about breaks and how to reduce stress

**Ask** how local services can help you

**Learn** how to create a safety plan

**Allow** some time in your day for you

**Nurture** yourself

**Chat** with other Carers

**Experience** - share and learn from experiences

*To receive information and attend ANY of our FREE courses for Carers, email or telephone us to register.*

*We will run the **BALANCE** course to suit you, including evenings and weekends, once we have enough Carers who want the same.*

For more information call **01332 227711**  
or email [creativecarers@gmail.com](mailto:creativecarers@gmail.com)

"I never get a break and I am so tired, who can I turn to for help?"

"I want to meet other people who care for their adult children and share ideas."

"I feel so bad; I keep shouting at everyone, I am so stressed and anxious about my father."

"I've lost all my friends because of my caring role. How do I meet people who'll understand?"

Sound familiar? If so, come along and restore the **Balance** in your life.

# A Carer's Story...

My parents are in their 80's. Mum has diabetes, hypertension, heart failure, arthritis, incontinence and memory problems. Dad has Alzheimers, diabetes, asthma, hypertension and arthritis.

What do I do - my carers 'task list'

- Visit daily to check they are alright and make a hot meal, tidy and Hoover up
- Washing (often wet and/ or soiled) and ironing
- Shopping for food, clothes, household and other miscellaneous bits and bobs.
- Organise doctors/hospital/Chiropody/Opticians/Hairdresser appointments, accompanying them
- Organise prescriptions, collect drugs and ensure they are taken.
- Organise home repairs
- Liaise with social services, care agency, community nurses and daily carers.
- Manage mail and finances – have lasting power of attorney for both mum and dad.
- Taxi service and social secretary – try to make life a bit happier for them with trips out etc.

## My feelings as carer

I love my parents, I had a very happy childhood and they have always supported me and provided help when I needed it through my life. I want to give some of that back to them now and try and make their lives as happy as I can but being a carer can prevent that at times.....because I feel resentful that I have to organise my life around their needs. I feel angry that it all seems to be down to me. It's amazing how 'professionals' and society in general just assume that if there's a daughter around, they will just take on the role of carer. I can feel trapped, I have to always be thinking about them and how they are. Then I feel guilty that I am resentful and angry. I feel stressed, I worry, I feel tired physically and emotionally. In becoming a carer have I stopped being a daughter – does anybody actually care about me in all of this?

## How do I cope?

I try to enjoy my life. I have other interests, some around my former career as a nurse and I am passionate about the health service and good quality care. I am a governor at my local Hospitals Trust and I have just joined the Care Quality Commission as an 'Expert by Experience' and will be supporting them on their inspection. I chair the Patient Participation Group at my GP surgery and get involved in activities and groups related to that.

I have a group of close friends who I see regularly and who help me forget my problems. I can talk to them if I need to and we go out for meals or just meet up. I go on holiday about three times a year to re-charge my batteries. I love gardening, I read, I watch TV and am about to take up walking as a hobby I think. I also write about how I feel which I think is very cathartic, either in pieces like this or a journal that I keep sporadically.

I am generally a happy person with a positive outlook on life. I'm lucky that I have a reasonable pension that enables me to enjoy life and not worry. I really feel for other carers who aren't as lucky as me.

**What am I and where am I?**



## LANDMARK QUIZ

For the chance to win a Bottle of good vino, guess what the picture is and where it is situated in Derby City Centre. Put your answer and contact details on the slip and post it to: Derby Carers Centre, 17 Babington Lane, Derby DE1 1TA. We will draw the correct answer at random and contact the Winner by Monday 28th July. Good Luck!

Carer's Name.....

Telephone Number .....

What is the Landmark.....

Where is it situated.....

## My role as a Carer's Ambassador

When I moved to Derby in 2010 with my family, which includes my son who has learning difficulties, I was unaware of the existence of DCA and the Ambassador program.

I completed the Sharing Knowledge course, run by the city council in 2012, and realised that it was possible for me to make a difference, and that the best way to control the changes taking place within Adult Services was to become proactive, but, being relatively new to the city, I didn't know where to start.

Another course participant invited me along to an ambassadors meeting, and I realised that here was the ideal vehicle to safeguard the rights of carers and the people that they care for, in the light of impending financial cuts.

By ensuring that carers' needs are assessed, and emergency plans put in place, DCA ensures that carers rights and needs are safeguarded.

Ambassadors are invited to sit on various boards and committees, where we swap ideas with professionals. We all have our own "specialisation", as we are all carers in our own right. Mine is adults with learning disabilities, and I have participated in discussions and courses relating to personalisation, support planning, carers budget cuts, etc., both as a carer and as an ambassador. I have spent some time with people from Making Space, at their offices at Kingsway, to learn more about the support available for carers of people with dementia, where the numbers are growing, as our local carers support group is finding, thanks to increased life expectancy.

I feel that my role as an ambassador is to offer offer both practical information and signposting, as well as moral support and encouragement, for carers when they need it, and provide a voice for those who might otherwise not be heard. That is a reward in itself.

*Kathleen Smedley*



## GP and Hospital Promotion

Hello, I'm Megan Singleton, working with hospitals and GP practices to promote and raise awareness of identifying Carer's, linking into Carers services

My role involves working with health professionals to raise awareness of the importance of carers, and the invaluable support they provide. This could be via presenting at a NHS meeting, providing training or linking with specific teams within the NHS to identify informal carers.

Often family and friends do not realise the amount of support they are providing for a loved one or, what support is available to them. It is part of my role to go into hospitals and talk to patients and families. This is often via carers drop in's on the wards and information stands in the entrances of hospitals, liaising with professionals who promote the service.

I love the varied nature of my role but most of all, I feel very privileged to meet so many families in Derby City who show so much love, compassion and devotion to their families.

## Carers as Ambassadors

We are looking for Carers as Ambassadors volunteers in Derby City. If you are a Carer and would like to be part of a great team, representing Carers by taking their views and concerns forward at a strategic level to influence decision making to improve Carer and Cared For services.

Supported by Amran Ashraf, the Co-ordinator, full training will be provided. Please call us on 01332 200002 if you are interested in joining the team of Ambassadors.



## Babington Lane Meet and Greet Group

A monthly group for Carers, held on the last Tuesday of the month at our Centre on Babington Lane. 10.30am until 12.30pm. This group is facilitated by Maggie McLoughlin, a Carer herself.

## Chaddesden Carers Group

This group is facilitated by Carer Peter Leetham and is held on the third Tuesday of the month at Chaddesden Fire Station, Nottingham Road, Chaddesden from 10.00am till 12.00pm.

## Parent Carer Group

A new group starting on Thursday 8th May at Babington Lane for Parents/Carers of people diagnosed with ADHD/Autism Spectrum Disorder. Facilitated by Carers.

For more information on these groups please call us on  
**01332 200002**

## A day in the life of a Carer Connect Worker

Ann and Carroll are Connect and Support Workers. We primarily complete initial assessments via home visits, however this can also be over the telephone or at the Carers Centre. These take on average two hours to complete; quite often it is the first opportunity for the Carer to discuss their role in depth and in a supportive atmosphere and so it can also be an emotive experience. We ensure that carers feel able to discuss their emotions as well as all the practical elements of their roles.

The assessment is a document that allows us to identify areas where there is a deficit of support or services both for the carer and cared for and of course the opportunity to ensure that they are aware of the services DCA offers.

Following the assessment all actions, whether referrals, signposting and advocacy are completed by us. We also identify those who would benefit from regular contact with DCA by the support call list. This is an excellent way of keeping in contact and identifying when further support/intervention is required. Carers can contact us directly anytime they choose. We also provide extended support work for carers through a number of avenues for example the Recent Carers Consultation Lunch, Carers support groups and the newly established ADHD/Autism Spectrum Disorder Parent and Carer Support Group. This is the First group in Derby that offers support for both parents and carers of children and adults who are living these conditions.

Our work is informed by the Carers, listening to what Carers want and jointly as we monitor the information collected our aim to meet the identified bespoke needs.



This voucher entitles you as a Carer to 10% OFF at

**Francesco**  
GROUP

beautiful hair

31 Victoria Street  
Derby DE1 1ES  
Tel: 01332 340532

[www.francescogroup.co.uk](http://www.francescogroup.co.uk)

Take this voucher along to book your appointment



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