

DERBYSHIRE CARERS ASSOCIATION

# CARERS NEWS

Over 29 years supporting carers

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

Winter 2017

Edition 85

## CARERS BALL 2017



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NHS

DERBYSHIRE  
County Council

DERBY CITY COUNCIL

Supporting all Carers and their families throughout Derby City and Derbyshire



# DEAR FRIENDS

## DERBYSHIRE CARERS ASSOCIATION DELIVERY CENTRES

**Alfreton**  
Derbyshire Carers Association  
Genesis Business Park  
32-46 King St  
Alfreton  
DE55 7DQ  
Tel: 01773 833833

**Chesterfield**  
South Lodge  
Boythorpe Avenue  
Chesterfield  
S40 2BF  
Tel: 01246 559524


**High Peak**  
Jubilee Day Centre  
81 Jubilee Street  
New Mills  
SK22 4PA  
Tel: 01663 745500

## CARERS CENTRES

**Chesterfield**  
South Lodge  
Boythorpe Avenue  
Chesterfield  
S40 2BF  
Tel: 01246 559524

**Derby Carers Centre**  
22 Mallard Way  
Pride Park  
Derby  
DE24 8GX  
Tel: 01332 200002

## KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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 [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
 [www.facebook.com/derbyshirecarers](https://www.facebook.com/derbyshirecarers)  
 [@derbyshirecarer](https://twitter.com/derbyshirecarer)

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accuracy of any information  
given. However, the Association  
accepts no liability for any  
actions taken as a result of  
such information.

### Dear Friends,

"It was the **best of times**, it was the **worst of times**, it was the age of wisdom, it was the age of foolishness" I couldn't help but reflect on these words when compiling this edition of the Newsletter.

### THE BEST OF TIMES

The Carers Ball this year was as usual overflowing the venue. We had attending over 150 Carers for some of whom this is the highlight of their calendar. It was also enjoyed by the High Sheriff of Derbyshire and the Mayor of Derby. The professionalism of our staff who organise this event is second to none.

The Young Carers Service is going from strength to strength, we now have in place a Group Activity Worker, School Liaison Worker and Young Adult Carer Worker. These roles are enabling us to further identify Young Carers, engage with them and offer support. Our raising the awareness of the vital work that Young Carers do has been increased dramatically as a result of the hard work and commitment of these new staff members.

We have developed a Young Carers School Award that has been adopted across Amber Valley. Enthusiasm has been such that we hope it will be embraced throughout the County. In addition we have convened a multi-disciplinary steering group, a big thank you to all those who are driving this work forward in their various agencies. We have high hopes for the steering group, resulting in systemic change throughout society.

The Young Adult Carer role enables DCA to work in a focused manner with 18-25 year olds. Many Young Carers in this age group have to make tough decisions resulting in their educational aspirations being limited. The aim of this innovative role is to provide support enabling Young Carers to broaden their options, to successfully access employment and further education opportunities.

In the County the new Carers Breaks and Training service is taking off in a huge way. I am happy to share with you the exciting news which has been reported on throughout the

Newsletter.

Opportunities for Carers to enjoy some quality time with and without their cared for are being created by dedicated staff who are on a daily basis establishing sustainable partnerships with small and large organisation. These include self help peer groups and trips to the Duke of Devonshire Chatsworth Estate.



**NARINDER SHARMA**  
CEO – Derbyshire Carers

You will find news of our upcoming events and I would love for you to join us at the very popular Crooked Spire service on 14th December 2017 and looking to the New Year our EGM which is to take place on 26th January 2018 and includes Pamper Sessions, arts and crafts and the opportunity to get all your IT questions answered.

Since April we have been joined by 15 excellently qualified new staff. Some of these roles include our Community Engagement Team increasing our support for Carers from BME communities, those looking after someone with a intellectual disability, physical disability or addiction. Over the coming months we shall be recruiting additional staff to further meet the needs of over 90,000 Carers in the County of Derbyshire.

### THE WORST OF TIMES

According to the 2011 census there were **25,516** Carers in the City of Derby. **6312** are providing more than 50 hours unpaid Care a week.

In recent years, the Carers journey in the City of Derby has not been what we would want for these heroes. The Carers journey has become fragmented as a result of the attempt to make a "market" of Carers Services. As a result some Carers have experienced delays in payments and an insufficient training and breaks offer that is difficult to measure.

# NEWS & EVENTS

Despite this Derbyshire Carers Association remains, by far, the main provider of Carers services in the City. We assist 9132 Carers each year with information and advice and prevent the decline of health and wellbeing of 3504 Carers each year. We find in excess of 1250 unsupported Carers each year. In addition we fulfil, on behalf of Derby City Council, 1241 Carers assessments yearly and then also support these Carers on an ongoing basis. This is a must do function set by Central Government and must not be put at risk.

One would have hoped that the above would be recognised and those parts of the Carers journey that are not working would be looked at again. Unfortunately, the preferred option in the current consultation perversely ends our contract on the 31st March 2018. Elsewhere in this Newsletter we have informed you as is our duty of this consultation and how you may make your views known.

## ANNUAL DCA CARERS BALL HIGHLIGHTS

The Carers Ball on the 13th October 2017 was a great success with over 150 Carers and Professionals attending including the Sheriff of Derbyshire and Mayor of Derby.



The event which took place at Derbyshire County Cricket Clubs Pavilion Rooms looked wonderful decorated with balloons and sparkles in DCA colours. Highlights included a tasty buffet, exciting raffle and a chance to dance to live singers Lawrence Penn and Rose Devine. In addition each Carer in attendance received a complimentary box chocolates kindly donated by Thornton's.

The Ball which takes place every October gave Carers the chance to enjoy time away from their caring with roles and meet other people in the same situation. Following the event Carers comments included:

*"It was great having an opportunity to meet wonderful people with good hearts, the food was excellent, 11/10", "The best thing about the event was meeting up with old friends and making new ones.", "It was good to meet DCA staff and managers and find out information."*

We would like to thank everyone who made this event such a success, many Carers enjoyed the evening so much they are already looking forward to the ball next year!

For more information on upcoming events for Carers see page 10 or call 01773 833833

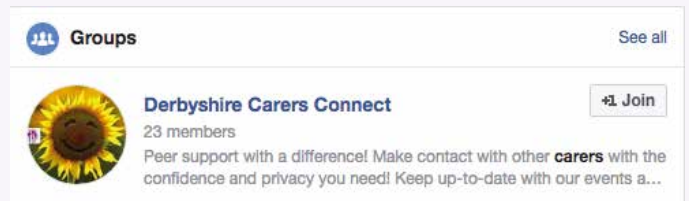
Derbyshire Carers Association does not claim to be perfect, merely that any change, especially a radical one such as this, should be based on good data collection, analysis and decisions be evidence based.

We are aware of 93 Carers who have responded to the consultation expressing their view that the preferred option should be fundamentally reviewed. This is a crucial time for decision makers to lead the future of Carers Services in the City of Derby. We hope that this consultation will be truly meaningful and the views of seldom heard Carers and the expertise of Derbyshire Carers Association acquired over 29 years will result in a future that is an **Age of Wisdom**.

Kindest Regards

*Narinder*

## WE ARE PROUD TO PRESENT DERBYSHIRE CARERS CONNECT!



Carers Connect is a new Facebook group that allows you, the carer, to take more control of your peer support. The group will allow for more opportunities to meet new people and find other carers in your community. It will also enable us to provide the support that you want to see. You can keep up to date with our events and even create some of your own.

To join our group log into Facebook and then either...

- Search in the Facebook search bar for Derbyshire Carers Connect and request membership

OR

- Search Derbyshire Carers Association, click onto the page and then find the Groups section. Under this you will find the Derbyshire Carers Connect group. You will then need to request membership to the group.

Once you have requested membership please tell us whether you are a current carer or not. This ensures that only carers are a member of the group and makes the group more secure.

We are really excited about this new group and the possibilities it can provide so please get involved!



## DERBYSHIRE YOUNG CARERS SERVICE



Hello my name is Sophie Botchett and I am the Young Carers Group Activity Worker. I am new to this role and I have been busy over the summer organising events and activities across the county for Young Carers.

The 'Wild Things' activity day on the 30th August 2017 and Thorntons factory tour on the 25th October 2017 was a huge success and enjoyed by all Young Carers who attended. We are already looking into offering this again in 2018.

Young Carers wanting to sleep in them overnight.

Feedback from the Young Carers was really encouraging, comments such as:

- 'It was great doing stuff with nature and learning to survive.'
- 'I loved making a key chain with material found in the wood.'
- 'I've never made a fire before and cooked food on it!'

Many Young Carers asked if they could do something similar again, with the possibility of a camping weekend in 2018



### YOUNG CARERS SUMMER ACTIVITY

#### WILD THINGS

On an overcast day in the summer holidays 8 Young Carers attended an outdoor activity day with 'Wild Things' charity at Shining Cliff Woods, Belper.

This was a great opportunity for the Young Carers who attended experience the outdoor space and have a go at:

- Making an open fire to cook popcorn, toast, hot chocolate and sweetbread
- Swinging on a rope swing
- Exploring caves
- Making keyrings out of wood found in the forest
- Den making
- Using flint and leaves to make a fire
- Wood whittling

The staff were incredibly helpful, encouraging everyone to try all the activities whatever their abilities and enabling the Young Carers to really enjoy 'hanging out' in a wood.

One of the groups climbed deep inside a cave, managing to weasel themselves through small holes to reach another part of the cave and explore. We then saw a protected wild bees nest!

Everyone was fully involved in the activities, supporting and encouraging each other. Some of the dens the young people made were amazing, with a couple of the

# NEWS & EVENTS

## THORNTONS FACTORY TOUR

In the October half term, 18 Young Carers attended the Thornton's Factory in Alfreton for a fun filled day, learning about how chocolate is made.

The group were able to decorate their own chocolate bars to take home, using different sprinkles and chocolate pieces. They also got the chance to have a tour around the factory to see how the chocolate is made and packaged – which of course involved lots of chocolate tasting!

The Thornton's staff went above and beyond for the Young Carers, providing them all with gift bags full to the brim with chocolate; fed them ice-cream and also gave them the chance to make their own Nutella B-ready bars. The Young Carers also got the chance to pipe icing onto a chocolate plaque for a competition, then three people were crowned winners. Each winner got another full bag of chocolate treats to take home with them.

The day was a great opportunity for all the young people to meet other Young Carers in a fun environment. We are looking forward to returning next year!

For more information on upcoming events for Young Carers call 01773 833 833 or email [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk).



## CHRISTMAS GIFTS FOR YOUNG CARERS

Derbyshire Carers Young Carers Service would like to thank Balfour Beatty and Rothera Sharp Solicitors for their generosity in donating Christmas gifts for Young Carers in Derbyshire. Their kind gesture is appreciated by the Young Carers and DCA team.

### Derbyshire Carers Association Carers Celebration 2017 At the Crooked Spire

## Thursday 14th December

**The Crooked Spire  
(Saint Mary & All Saints Church,  
Church Way, Chesterfield,  
Derbyshire S40 1XJ  
12 noon - 1.30PM**

To be seated for 11:45am, service to start at 12 noon.

For Carers, the people they care for, family, friends and associated professionals.  
Readings by Father Patrick Coleman and live music.

Tea, coffee and mince pies will be available following the service.

To book your place or for more information please contact DCA on:

## 01773 833833

Registered Charity Number: 1062777

### Derbyshire Carers Association Carers Activity Day & EGM

## Friday 26th January

**10:30am-4:00pm**  
Post Mill Centre, Market Close,  
South Normanton, Alfreton DE55 2EJ

Come and join us in our exciting event celebrating, you, the carers.

We have a packed line up for all to enjoy including:

- Do and Dabble Craft Event
- IT Assistance for all your gadget queries!
- Buffet Lunch
- Short Extraordinary General Meeting at 1pm
- Pamper Sessions in the afternoon—book on the day, first come first served.

*£5 donation payable on the morning and this will include all activities*

To book your place or for more information please contact us on:

## 01773 833833

Registered Charity Number: 1062777



# NEWS & EVENTS

## MAYOR OF EREWASH SUPPORTS LOCAL CARERS

Derbyshire Carers Association has gratefully received a donation from Erewash Mayor Abey Stevenson to support activities and opportunities for both the Ilkeston and Long Eaton Carer Support Groups. Councillor Stevenson attended events organised by the Erewash Carers' Group during the year and has shared his support of the work to assist Carers in the borough of Erewash.

The presentation was held on Thursday, 14th September 2017 in the Mayor's Parlour, Town Hall, Ilkeston and was attended by DCA representative Helen Weston.



## PLAY READING RAISES AWARENESS ABOUT ALZHEIMER'S DISEASE

On Saturday 14th October 2017 DCA was proud to support a professional play reading at Bolsover Library with 5 professional actors. The play interweaved two stories inspired by the real experience of couples impacted by Alzheimer's disease and the effect a diagnosis can have on families' lives. Following the thought-provoking performance was a discussion led by Dennis Skinner MP, whose own mother and sister had a diagnosis of Alzheimer's. Members of the audience were also encouraged to comment and contribute.

If you are caring for someone with dementia and would like information or support contact Making Space on 01925 571680 or visit [www.makingspace.co.uk](http://www.makingspace.co.uk)



## DERBY CATHEDRAL SERVICE FOR CARERS

Tuesday 5th December 1pm-2:30pm. Derby Cathedral, 18-19 Iron Gate, Derby DE1 3GP.

For Carers, the people they care for, family, friends and associated professionals. We are asking people to arrive at 12:30pm for the service to start at 1pm.

The Breakaway Singers will be performing festive carols along with the St Peter's Junior School Choir. Tea, coffee and mince pies will be available following the service!

To book your place or for more information please contact Derby Carers Hub on 01332 200002.

## SUPPORT FOR THOSE CARING FOR A LOVED ONE WITH A DRUG OR ALCOHOL ADDICTION



Addiction is defined as not having control, overdoing, taking or using drugs or alcohol to the point where it could be harmful.

Many family members and friends of substance user's don't identify themselves as actually being a carer even though the care and support that they provide is so valuable.

Some substance users can also suffer from mental health problems (Dual Diagnosis) the combined mental health and drug or alcohol dependency can be very difficult for the carer to understand therefore getting advice and information can help the carer to better manage their caring role which can then result in reducing their own personal stress and anxiety.

Caring in this role can be one of the most stressful aspects of caring. Carers of substance users often suffer profound feelings of shame and stigma this then enhances their feelings of isolation. Accessing support and getting information and advice can help to remove feelings of isolation.

Derbyshire Carers Association offer carer's assessments for those caring for a loved one with a drug or alcohol addiction: There is evidence that if the carer accesses support positive change can be achieved for the carer and the person they care for. Derbyshire Carers Association understands that carers caring for someone with a drug or alcohol addiction are often reluctant to attend generic support groups, this is often because of the shame and stigma that they feel.

We are in the process of setting up a support group specific to the needs of such carers. For more information about the support group please contact Dot Inger on 07773173684 or you can call the Derbyshire Carers Office on 01773 833833.

Accessing support provides families and carers with the chance to cope with the effects of a loved ones addiction.

# NEWS & EVENTS

## NEW SERVICE FOR LEARNING DISABILITY CARERS

Peter Dawson  
Learning Disability  
Engagement  
Worker- Photo  
I have recently  
joined DCA and  
would like to take  
this opportunity  
to say "hi" and to  
tell you a bit about  
my background  
and role within the  
organisation.



For many years I have been involved with people with learning difficulties and their carers. This has included working for both the City and County Council Social Work departments and prior to that in the Health Service as a nurse, nurse manager and tutor. For the past twenty years or so, however, I have been employed in the voluntary sector in work allied to advocacy and learning disability. From 2004 until recently I had the pleasure of developing and managing a person-centred advocacy service in the north of the county.

My role within DCA as Learning Disability Engagement Worker is in many ways a continuation of my long-term commitment to people with learning difficulty and their families. I am here to play a part in letting learning disability carers know what is on offer that can benefit both them and the people they care for, within Derbyshire Carers Association and in services generally. Another important aspect of my role is to support carers to get

involved in the meetings and forums that need their lived experience as carers to inform the policy, practice and direction of services.

One particular forum that needs learning disability carers input on a regular basis is the Derbyshire Learning Disability Partnership Board. This is organised into three "local" Boards: North Derbyshire, Amber Valley /South Dales, and Erewash/South Derbyshire. There is also a County Board that has over-all responsibility but it is the local boards that need increased representation by carers. In particular it is the South Dales area (Wirksworth, Ashbourne, Sudbury, Brailsford), South Derbyshire and the North Derbyshire area (High Peak, North East and Bolsover). These local forums meet quarterly in their localities and I see it as part of my job to give new volunteer representatives support to be part of these meetings.

It's great to be working with Derbyshire Carers Association and with valued colleagues from other agencies to assist carers and learning disabled people to have as good as life as possible. So if anyone reads this and is interested in getting involved or would like to know more about what a carer representative role on the Learning Disability Partnership Board might entail they are more than welcome to contact by email: [peter.dawson@derbyshirecarers.co.uk](mailto:peter.dawson@derbyshirecarers.co.uk) or may phone on 01773 833833. If you have any information you would like to pass on that would be on use to other learning disability carers or learning disabled people or have any query that you think I might be able to help with please do contact by either by phone or email.

## GILLIAN BUTTERFIELD - LEARNING DISABILITY VOLUNTEER



Hi, my name is Gillian Butterfield and until last year I was a Parent & Carer to my 23 year old son, who has Downs Syndrome, Autism & challenging behaviours. After a huge amount of searching we found a wonderful residential setting in Derbyshire, in which he is now happily settled and is part of that community.

I still have many responsibilities regarding my son, however as I no longer have the same level of demands to care for him I decided to offer my services and experiences to DCA in a voluntary capacity.

During these last few months have been working as a volunteer with the Learning Disability Team in a varied and exciting role.

I have been attending various events including Carers information mornings, support groups, planning meetings (to promote the services of DCA to all Carers within the County) and Partnership Board meetings. I am thoroughly enjoying being part of such a wonderful organisation that provides such valuable support and advice to Carers. I feel happy to be able to use the years of knowledge and experience of caring for my son to help others who are in similar situation.

It is inspiring to be working with the Learning Disability Engagement Team helping listen, support and promote the truly valuable service that is provided by DCA to Carers of learning disabled people.

**Get Involved! DCA has a long history of facilitating volunteers. If you or anyone you know would be particularly interested in volunteering with the Disability Engagement Team please contact us on 01773 833833 or email [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)**

## FUTURE OF CARERS SERVICES IN DERBY CITY

Since the 9th October 2017 we have been informed that the current position of Derbyshire Carers Association providing information and advice, undertaking Carers Assessments, and providing ongoing support is potentially to cease on the 31st March 2018. See below a summary of the consultation:

Following the results of the Carers Survey in March 2017 work has been completed by Derby City Council to review the current process for Carers services within Derby. These services include information, advice and support, promoting carers wellbeing, emergency plans, training, Carers breaks and Carers assessments. The Future of Carers Services consultation is designed to inform how assessments and other Carers services could be delivered in the future.

There are currently two commissioned Carers contracts. Firstly with Derbyshire Carers Association (DCA) for support to discharge duties as defined in the Carers Act 2014 including assessment and signposting. Secondly with Creative Carers who provide carers short breaks, training, information and advice. These two separate contracts expire at the end of March 2018 and the end of August 2018 respectively, so the Council now need to consult on different approaches to the Carers Service in Derby City.

### DERBY CITY CARERS ACTION GROUP

Following the announcement of the consultation a group of Derby City Carers have formed an Action Group (please see letter on the right) If you wish to join this Action Group please contact Derbyshire Carers Association on 01773 833 833 or email [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk).

The Council also want to consult on the viability and potential development of a jointly funded Carers website with Derbyshire County Council to enable information and advice to be provided about relevant services and benefits, following the recommendations of Carers.



DERBY CITY COUNCIL

Derby City Council wants to hear your views on these proposals giving you the opportunity to shape future Carers services in Derby.

### HOW TO TAKE PART

You can take part by visiting [www.derby.gov.uk/council-and-democracy/consultations/your-city-your-say-latest-consultations](http://www.derby.gov.uk/council-and-democracy/consultations/your-city-your-say-latest-consultations) and completing an online survey. Alternatively, contact Adrian McNaney on 01332 642752 or email [adrian.mcnaney@derby.gov.uk](mailto:adrian.mcnaney@derby.gov.uk) to request a paper copy of the questionnaire.

**The closing date for all submissions is Friday 12th January 2018.**

#### FAO Derbyshire Carers Association

I recently attended two meetings held by Derby City Council having announced 'consultations' with regard to carers support. As a senior carer whose only aid hitherto has been proffered and delivered by Derbyshire Carers Association I am acknowledging my indebtedness to you and your admirable staff for all help received. Without such help it would have been difficult to continue. The empathy shown to me has certainly aided me in facing a caring role. The bureaucratic and faceless role being proposed by Derby City Council has persuaded me to form an Action Group to protect carers rights in the future. This, in no way, demeans the wonderful efforts carers have enjoyed and experienced through the support of your Association. It is our fervent wish of this Action Group be further announced through the good offices of your Letter Page.

Thank you

Letter by D.Victor Shaw-Wilson

### WHAT DERBY CARERS THINK OF DERBYSHIRE CARERS SERVICE

The caring professionalism and understanding has been immense. Nothing was too much trouble for them, information was always found and sorted quickly and effectively - Derby City Carer

For me Derbyshire Carers, Carers Breaks and Training days were a lifeline, giving me a reason to think about me. The programme seemed more approachable not just for show. I would be devastated if DCA lost there funding. They do a 'real' service for carers, not just something that looks good on the surface - Derby City Carer

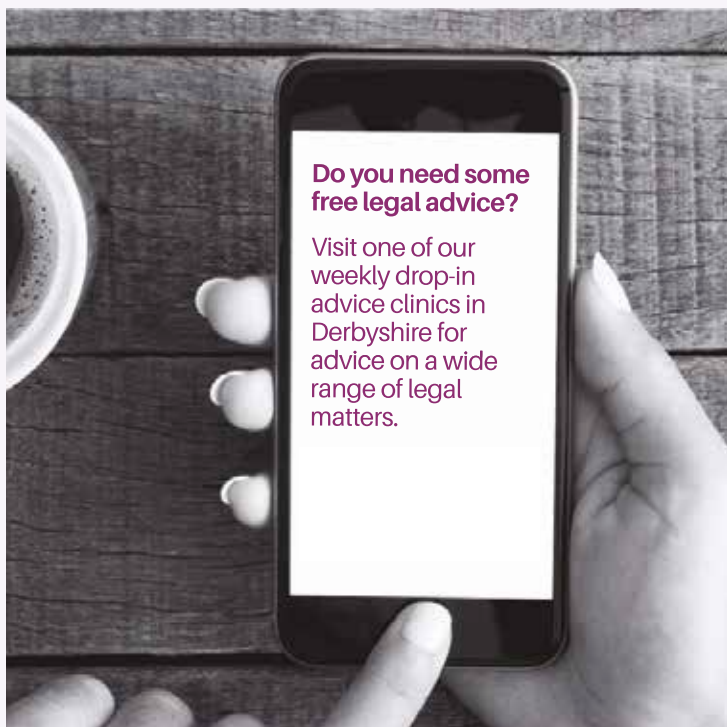
The staffs knowledge and experience allows good trusting relationships which is something that's hard to find. As a mental health user I recognise the excellent work DCA do - Derby City Mental Health Carer & User

Efficient service with dignity and no rushing as they understand the caring role and always do the best that they can do even if it is just research - Derby City Carer

The staff are always ready to help with advice and are really good at setting up regular events to keep everyone informed - Derby City Carer



# FREE LEGAL CLINICS



Rothera Sharp Solicitors are working in Partnership with The Carers Association to ensure you have access to quality legal advice. If you would like to visit one of our legal clinics, please contact the location of your choice to make an appointment.

**All of our clinics will run from 12-5pm every Tuesday.**

**First Tuesday of every month:**

Derbyshire Carers Association Resource Hub, South Lodge,  
Boythorpe Avenue, Chesterfield S40 2BF  
Tel: 01773 833 833 | Email: [chesterfield@derbyshirecarers.co.uk](mailto:chesterfield@derbyshirecarers.co.uk)

**Second Tuesday of every month:**

32-46 King Street, Alfreton, DE55 7DQ  
Tel: 01773 833 833 | Email: [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

**Third Tuesday of every month:**

Ground Floor, Pride Park, 22 Mallard Way, Derby, DE24 8GX  
Tel: 01332 200 002 | Email: [derby@derbyshirecarers.co.uk](mailto:derby@derbyshirecarers.co.uk)

**Fourth Tuesday of every month:**

43 Market Place, Long Eaton, NG10 1JL  
Tel: 0115 973 4111 | [enquiries@rotherasharp.co.uk](mailto:enquiries@rotherasharp.co.uk)

## AN AFTERNOON OF MUSIC WITH SINGING DUO PAPER KITE

On the 14th September 2017 in the Imperial Rooms Matlock, DCA was excited to showcase the singing duo Paper Kites. They wowed all Carers present with their mix of golden oldies and favourite tunes, getting everyone to sing along. It was fantastic to see all the Carers who attended enjoying the music and getting involved. The intermission allowed for everyone to talk to the pair about their music and enjoy the refreshments provided.



## MERCIA SWAN BOAT TRIP

On the 15th September 2017 DCA Carers visited Mercia Marina in Willington, Swadlincote. A Mercia Swan canal boat was hired to take Carers along the waterway from the Marina up to Stenson Lock. They were treated to wonderful sunny weather on the way up and even the rain coming down on the way back couldn't dampen the fun!



Everyone was also able to enjoy a buffet lunch whilst looking out on the canal from the front of the boat. A brief stop at the Stenson Lock was an opportunity for everyone to stretch their legs and have a chat to the canal boat captain before making the return trip.

It was a brilliantly relaxing day with all the Carers who attended saying that they had really enjoyed themselves and wished to have another similar event in the future.

## JAMES MARTIN ENTERTAINS DCA CARERS

On Sunday 22nd October 2017 DCA arranged a trip for Carers to see a James Martin Cooking Demonstration at Denby Pottery Village. Besides being a great location, this meant that Carers could go around the shops before and after seeing the demonstration. Mr Martin was both entertaining and funny whilst showing Carers how to cook 4 different dishes, and telling them all about his recent trip to America. A lucky few were also able to meet him and get books personally signed. One DCA Carer said, "It's not just the event that I like, it's the excitement before hand as well".



For more trips like this and all of our upcoming events see page 10, call us on 01773 833833 or visit [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk). We look forward to seeing you at our next event!

# TRAINING AND EVENTS

## TRAINING AND EVENTS

All the following activities are open to Carers in the county of Derbyshire. All events and activities are free of charge unless otherwise stated, however it is essential to call 01773 833 833 to book on these activities are subject to sufficient interest. For events that are TBC please contact Jo Askew on 01773 833833 to register your interest.

We would also like to start incorporating some activities within support group sessions so pop along to your local support group to have input and enjoying sessions that you have designed yourself. These could include fitness sessions, yoga, arts and crafts as well as a range of other activities of your choosing.



### JANUARY

**Wednesday 17th January 1pm -4pm**

- Manual Handling Course designed specifically for the needs of Carers. New Mills Volunteer Centre, 33-35 Union Rd, New Mills, High Peak SK22 3EL

**Friday 19th January**

- Free Bingo at Mecca Bingo Chesterfield, Foljambe Rd, Chesterfield S40 1NJ, includes a buffet. Please note when you book on your car registration details will be required for parking.

**Friday 26th January.**

- Carers Activity Day & EGM at the Postmill Centre, Market Close, South Normanton, Alfreton DE55 2EJ. Join us for a morning of arts, crafts and IT assistance. Bring along your own gadgets and we will answer any questions you have about them. This will be followed by a buffet and then the ladies will be joining us in the afternoon for our famous pamper session. A £5 donation payable on the morning and this will include all activities, lunch and a pamper treatment.

**TBC**

- First Aid Course delivered by Paramedical training in Ashbourne

### FEBRUARY

**Friday 2nd February**

- Meet at the main entrance of Carsington Water at 11am for a walk followed by coffee and cake in the café. Parking is available with a charge.



**Tuesday 6th February**

- Meet at the main entrance Shipley Park at 11am for a walk followed by coffee and cake in their café on Parking is available with a charge.

**Tuesday 13th February**

- Meet outside Buxton Opera House 11am for a walk around the park followed by coffee and cake. Parking is available with a charge.

**Friday 16th February**

- Meet at the main entrance for Roliston Forestry Centre at 11am for a walk followed by coffee and cake. Parking available with a charge.

**TBC**

- First Aid Course delivered by Paramedical training in Ilkeston
- Manual Handling Course designed specifically for the needs of carers in Ashford in the Water

### MARCH

**TBC**

- An Art therapy session using both clay and mosaic designs lasting half a day will be held in Clowne.
- An Art therapy session using both clay and mosaic designs which will last the whole day.
- An Art therapy session using both clay and mosaic designs which will last the whole day and will be held in Bakewell.
- First Aid Course delivered by Paramedical training in Chesterfield
- Manual Handling Course designed specifically for the needs of carers in Belper

### APRIL

**TBC**

- Craft sessions
- Fitness sessions
- National Trust days out



# DCA SUPPORT GROUPS

Derbyshire Carers Association has Support Groups throughout the county to support Carers locally.

These groups give Carers the opportunity to discuss problems and share experiences together in an informal and relaxed atmosphere.

## AMBER VALLEY

**Ripley** Meets every 1st Tuesday of the month 10:30am – 12noon.

Field Terrace Community Rooms, Field Terrace, Off Slack Lane, Ripley DE5 3HL  
Contact: Head Office on 01773 833833 for more information.

**Parents and Carers Information Group (Not DCA Facilitated)** An opportunity for carers to get together in an informal environment to share ideas, listen and engage with speakers, learn from each other and gain strength in unity. Meetings are held between 10.00am-12.00pm on the last Wednesday or Friday of every month depending on the location.

Wednesday meetings are held at Parkwood Day Centre, Alfreton Park, DE55 7AL  
Friday Meetings are held at Whitemoor Day Centre, John'O'Gaunts Way, Belper, DE56 0DB. For further information call David Eyre on 01629 531913

**Heanor** Meets every 2nd Monday of the month 10:30am – 12:00pm  
Park Court Community Centre, next to Fire Station (Under Archway of Sheltered Housing,) Heanor. Contact: Head Office on 01773 833833 for more information.

## BOLSOVER & CHESTERFIELD EAST

**South Normanton** Meets every 1st Thursday of the month 2:00pm – 4:00pm  
Market Close, South Normanton, Alfreton DE55 2EJ. Contact: Janis Handley on 01246 559524 for more information.

## CHESTERFIELD & NORTH EAST DERBYSHIRE

**Peter Webster Centre (Not DCA Facilitated)**  
Meets on the 2nd Tuesday of each month at 10:00am – 12:00pm. The Peter Webster Centre, Whittington Moor, Chesterfield S41 8LQ. Contact: Chesterfield Office on 01246 559524 for more information.

**Carers Community Group** Meets every 2nd Wednesday of the month, 2:00pm – 3:30pm  
Monkey Park Café, Chester Street, Chesterfield, S40 1DW. Contact: Lyn McNair on 01246 559524 for more information.

## ASD/ADHD Parent Carer Group

Meets at: St Thomas centre, Chatsworth Road, Chesterfield S40 3AW. Contact: Claire Griffiths on 01246 279916 for dates of the next meeting.

## DERBY

**Chaddesden** Meets on the 3rd Tuesday of the month 10:00am – 12:00 noon.  
Fire Station, Chaddesden, Derby  
Contact: Derby Carers Centre on 01332 200002 for more information.

## Guise Group Male Carers Group

Meets on the last Wednesday of the month (not December) 10.30am – 12.30pm  
Cosy Club, Royal Buildings, Victoria Street, Derby DE1 1ES. Contact: Derby Carers Hub on 01332 200002 for more information.

**Grace Group** For carers that have recently lost the person they care for, or the cared for has entered residential care. Many Carers find themselves alone after their caring ends. Grace Group offers the chance to meet others in a similar situation, make new friends and find a new path in life. Meets on the last Wednesday of the month (not December) 10.30am – 12.30pm. Cosy Club, Royal Buildings, Victoria Street, Derby DE1 1ES  
Contact: Derby Carers Hub on 01332 200002 for more information.

## Mickleover (Not DCA Facilitated)

Meets on the 2nd Monday of the month 2pm – 4pm. Our Lady of Lourdes Roman Catholic Church, Church Hall, 36 Uttoxeter Rd, Derby DE3 9GE. Contact: 01332 200002 for more information.

## Alvaston (Not DCA Facilitated)

Meets on the 2nd Tuesday of the month at 10am -12pm. Alvaston Library, 1252 London Rd, Derby DE24 8QP. Contact: Kathy Smedley on 01332 606793 for more information.

## EREWASH

### Ilkeston (Not DCA Facilitated)

Meets fortnightly on Wednesdays 1:00pm – 3:00pm. Ilkeston Community Hospital, Heanor Road, Ilkeston, Derbyshire DE7 8LN (in The Stanton Room). Contact: Head Office on 01773 833833 for more information.

### Long Eaton (Not DCA Facilitated)

Meets on the 3rd Monday of each month (except Bank Holidays) 2:00pm – 4:00pm. Outlook, 99 Briargate, Long Eaton. NG10 4BQ (in the Green Room). Contact: Head Office on 01773 833833 for more information.

### Carers Do Lunch (Not DCA Facilitated)

Every 3rd Tuesday in the month, 10:30am – 1:00pm. Sir John Warren Pub, Market Place, Ilkeston DE7 5QB. Carers and cared for are all welcome! All attendees can order from the discounted senior's menu regardless of age. Contact: Head Office on 01773 833833 for more information.

### Erewash Carers Coffee Morning

**(Not DCA Facilitated)** Meet for coffee on the last Thursday of the month, 10am-11:30am. Little Wick Medical Centre, upstairs – lift available, Nottingham Rd, Ilkeston DE7 5PR. Contact Sarah or Keely at the Medical Centre on 0115 9325229 for more information.

**Family Friends Group – For Carers and Anyone Living with Dementia or Alzheimer's (Not DCA Facilitated)** Meets every Friday 10:30am – 1:30pm. Welcome Hall, St Johns Road, Ilkeston DE7 5PA. Contact: Head Office on 01773 833833 for more information.

## GLOSSOP

**Glossop** Meets on the second Tuesday of every month, 1:30pm – 3pm. Central Methodist Church, Chapel Street, Glossop SK13 8AT. Contact: Head Office on 01773 833833 for more information.

## HIGH PEAK CENTRAL

**Buxton** Meets on the 1st Wednesday of each month 11:00am – 12:00pm. The Vault, 2-4 High Street, Buxton, SK17 6EU. Contact: 01773 833833 for more information.

### Blythe House Support Group (Not DCA Facilitated)

Meets on the 2nd Tuesday of every month from 5pm-7pm at Blythe House, Eccles Fold, Chapel-en-le-Frith, High Peak SK23 9TJ

**Chapel-en-le Frith Support Group** Meets on the 4th Monday of each month 2:00pm – 3:30pm. Chalkers Snooker Club, Unit 6, Redmoor Mill, Buxton Road, New Mills, High Peak, Derbyshire SK22 3JT. Contact: 01773 833833 for more information.

## HIGH PEAK SOUTH AND DALES

### Ashbourne (Not DCA Facilitated)

Carers Count Group meets on the 1st Wednesday of the month 10am - 12 noon  
St Oswald's Church Hall, School Lane, Ashbourne, DE6 1AN.

**Matlock** Meets on the 3rd Monday of the month 1:30pm–3:00pm. Meadow View Care Centre, 300 Bakewell Road, Darley Dale, Matlock DE4 2JF. Contact Joanne Askew on 01773 833833 for more information.

### Reading and Discussion Group

A reading group for people with memory problems and their carers/family members. Meadow View Care Centre, 300 Bakewell Road, Darley Dale, Matlock DE4 2JF. If you are interesting in attending please contact: Brenda Creed on 07762 376401 or Katey Twyford on 01629 733840.

## SOUTH DERBYSHIRE

**Hilton** Meets on the following dates 10am – 11.45am. Wellbrook Medical Centre, Wellend Road, Hilton. Contact: Lisa Barker on 01773 833833 for more information.

- 12th December 2017  
– Xmas lunch out

**Oasis Carers Group** Meets on the last Thursday of the month. 10am –12:00pm. Community Centre Café (attached to the church). 14 West Street, Swadlincote, Derbyshire, DE11 9DE.

# NUMBER OF CARERS IN DERBYSHIRE SUPPORTED BY US

Twenty thousand five hundred and forty seven (20,547)

Carers assisted with information and advice annually

Seven thousand eight hundred and eighty four (7884)

Carers referred to prevent declining health and wellbeing annually

Two thousand seven hundred ninety two (2792)

Carers Assessments (identification of Carers needs) and ongoing support annually

Two thousand seven hundred and sixty seven (2767)

Number of unsupported Carers found and helped annually

Two thousand nine hundred and twenty two (2922)

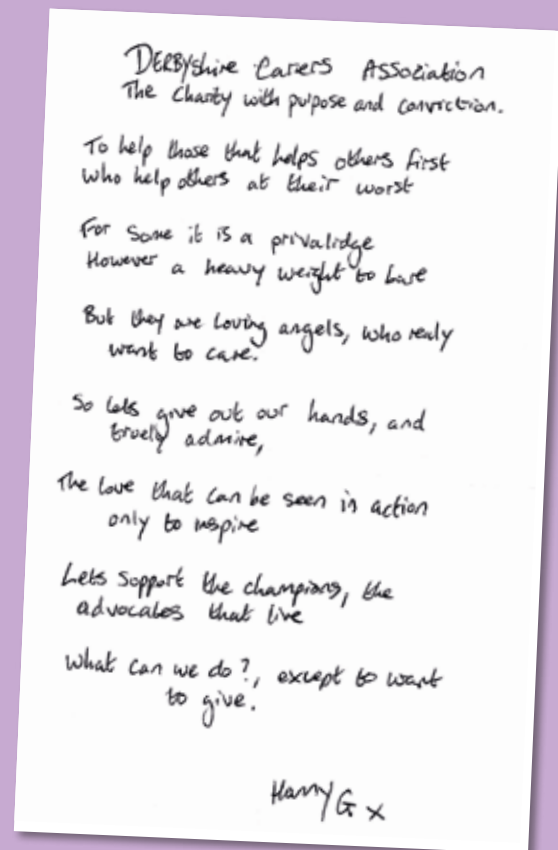
Number of Carers referred for further help from police, fire, benefits, education, housing and adult care annually

Four thousand two hundred and fifty nine (4259)

Number of Carers referred for further help from not for profit services annually

Seven hundred and two (702)

Number of Carers referred for further crisis help from Health services annually



Highfields School Choir at the Carers Celebration Service  
Book now for the Service on the 14th December 2017  
- Photograph by Emily Atkin, Highfields School

