

DERBYSHIRE CARERS ASSOCIATION

# CARERS NEWS

Over 28 years supporting carers

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

Spring 2016

Edition 81

**DCA SHORTLISTED  
FOR HSJ AWARD**



## IN THIS ISSUE

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DCA Shortlisted For National Award

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Supporting all Carers and their families throughout Derby City and Derbyshire



# DEAR FRIENDS

## DERBYSHIRE CARERS ASSOCIATION

### Ripley Head Office

White House  
The Willows  
Slack Lane  
Ripley  
Derbyshire  
DE5 3HF  
Tel: 01773 743355

### Chesterfield Carers Centre

69 West Bars  
Chesterfield  
S40 1BA  
Tel: 01246 222373

### Derby Carers Centre

17 Babington Lane  
Derby  
DE1 1TA  
Tel: 01332 200002

### Glossop Office

Volunteer Centre  
Howard Town Street  
High Street East  
Glossop  
Derbyshire  
SK13 8DA  
Tel: 01457 858383

## CARERS CENTRES





### Chesterfield

69 West Bars, S40 1BA  
Open 10am - 3pm  
Monday to Friday  
Tel: 01246 222373

### Derby City

17 Babington Lane, DE1 1TA  
Open 10am - 3pm  
Monday to Friday  
Tel: 01332 200002

## KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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

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3250078

Registered Charity No: 1062777

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

I can't believe we are fast approaching Easter. Carers, more than most, value that rare commodity, TIME, so it's disconcerting when it slips by so quickly. That is why it is important to imagine it, plan, and do it. As somebody once said it's only a dream until you plan and take action. The team at DCA have been busy doing this. Please pull out and keep the calendar of activities and carer events we have scheduled for the year. Please book as early as possible, as many of you are aware many of our events are attended by hundreds of carers and places get taken up very quickly. Thank you to Michaela Bell and Nicky Parsons who lead on so many of our community events.

I have some congratulations to hand out. Helen Weston and the health liaison team were shortlisted by the Health Service Journal (HSJ) the leading news magazine for all matters NHS. To be one of 11 organisations selected from 1600 applications is true recognition, jolly well done to them. This indicates how hard and thoughtful DCA staff members work on behalf of carers in Derbyshire.

It is coming up to one year since the Care Act was introduced. From a standing start our carer support workers in Derby City and Derbyshire County have been working tirelessly to ensure that carers have received comprehensive reviews and received appropriate support to continue in their caring roles. The numbers of people needing and wanting support is formidable, but I am pleased to report we are making significant impact. Don't forget to share your personal stories, these help us to help others and build groups of mutual support and as well as provide a voice for carers at the various forums we attend.

The Care Act entitles a personal budget for carers providing necessary care. In the County, we successfully undertake all administration for personal budgets. Over twelve hundred payments have been issued, following careful consideration at panel meetings. In Derby City, all personal budget requests are submitted to the Council for consideration. Administration of budgets is carried out internally at the Council House.

Thank you to those of you who have come forward to help with our fundraising efforts. I am pleased to say there has been considerable success. Please be in touch if you can offer to drop off and bring back a collection box.

All of us at DCA are in awe of what carers do day in day out. Thank you and help us to help you.

Kindest Regards

*Narinder*

## THANK YOU DAVID

In our last edition of Carers News, we reported back on our Carers Tea Party event held during Carers Week at the Derbyshire County Cricket Ground Marquee.

We would like to take this opportunity to thank David Hammond for the time he took out of his busy schedule to come and take photographs of the event.

## OVER TO YOU

We would love to hear your suggestions on what you would like to see in our future editions of Carers News. To share your ideas please contact us – see details to the left.



**NARINDER SHARMA**  
CEO – Derbyshire Carers

# NEWS & EVENTS

## CARERS BALL

On the 9th October 2015, over 150 carers and their families joined DCA at the famous Derbyshire County Cricket Club Marquee for our annual 'Carers Ball'.

The evening was filled with live music from Frankie Stynes – Legendary Crooner and David Sykes – Soul Singer (courtesy of Cosam Entertainment).

We would like to thank Derbyshire Cricket Club for providing such a wonderful venue and Thornton's for donating a box of chocolates for everyone who attended. A special thank you to the carer's, staff and their families for taking the time out of their busy schedules to join in the celebrations.

Remember to pull out our yearly events calendar and save the date for our next Carers Ball!



## THORNTONS

DCA would like to say a big thank you to Thornton's for donating a box of Thorntons chocolates to each Carer who attended our Carers Ball on Friday 9th October 2015. The Chocolates made Carers feel very special as they arrived at the event.



## HIGH SHERIFF

I am the current High Sheriff of Derbyshire, 2015-16. The office is held for twelve months and runs from April to April; so I am just approaching the end of my year.

Many people don't know what a High Sheriff is; there is one of them (and one only) in each county of England and Wales. So, 55 of us in total.

High Sheriffs are appointments made by the Monarch. Our official role is to look after the welfare of the judiciary in the County, which is a roundabout way of saying that we have oversight over law and order. My wife and I have spent time in Court with Judges, Magistrates and Coroners. We have been welcomed many times by the Police, and by Prisons both in Derbyshire and in Leicester. Additionally, we spend a great deal of time with charities, the emergency services, with the civic authorities, and with the military.

Amongst the charities I have visited, I was very pleased to meet Derbyshire Carers Association in January. Caring for an infirm or aged relative, or friend, or neighbour, or loved-one can be an onerous task. The plight of the carer is often overlooked and I was greatly impressed by what DCA achieves within our County. Sometimes, a carer doesn't choose to care for someone, it is just something that 'happens', and slowly but surely the job takes over

their life, especially affecting that person's ability to go out and earn money. It can be exhausting and lonely too.

When I went to the Ripley Headquarters I met Chief Executive Narinder Sharma and some of the team that work with him. Narinder explained to me that districts of North East Derbyshire and of Bolsover have amongst the highest density of carers in the United Kingdom. No wonder DCA play such a fundamental role in our County; and well done to them!

Being High Sheriff has been a great honour and privilege for me. I have been all over the County, from Glossop in the North to Swadlincote in the South, and wherever I have gone I have met interesting and welcoming people. It is amazing how many people there are out there, working to make our County a 'better place'. Derbyshire is a truly great County and the Carers Association plays a great part in it.



Oliver Stephenson



## CARERS CELEBRATE IN STYLE AT THE 'CROOKED SPIRE'

Hundreds of Carers and their families flocked to be part of our seasonal celebrations on the 10th December 2015 at the 'Crooked Spire'.

Derbyshire Carers' Association special event offered carers a golden opportunity to meet other carers and DCA staff from across the county, old friends and new, in an informal and relaxed setting.

Attended by Revd. Patrick Coleman, local dignitaries, including Chesterfield MP Toby Perkins, the Mayor and Mayoress of Chesterfield and many other civic leaders.

There were readings from carer's, carol singing and live jazz from students at Highfields Halls, Matlock, all celebrating carers and the positive impact they make.

Attendees were then treated to refreshments and mince pies and the chance to mingle in a seasonal setting.

Joan, a local carer, said, 'We loved it today and enjoyed meeting new friends in a lovely venue'.

DCA CEO, Narinder Sharma said, 'What better way of celebrating carers at this time of year than by holding this very special celebration service. This event has raised the profile of the tireless work carers do.'

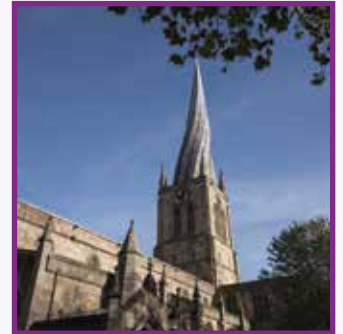


Photo: david muscroft / Shutterstock.com

## 'CARERS PLEDGE' SHORTLISTED FOR NATIONAL AWARD

Derbyshire Carers' Association's 'Carers Pledge' project was recently put forward for a Health Service Journal (HSJ) award by Southern Derbyshire CCG and they received an invitation to the award ceremony on the 18th November at the Grosvenor House Hotel, London to celebrate carers.

The Awards are a chance to come together as a community, celebrate achievements and how people have transformed patient care. Created in 1981, the awards are the largest celebration of excellence in UK healthcare, highlighting the most innovative and successful organisations, people and projects in the sector.

They give national recognition to the projects and initiatives that deliver healthcare excellence and innovation. By focusing on cutting-edge innovations and best practice, the awards give impetus to improving the quality of health care in the UK.

The HSJ received over 1,600 applications from 600 services and organisations and the Carers Pledge has been shortlisted to the last eleven in the category 'CCG Commissioning for Carers.'

### ABOUT THE CARERS PLEDGE:

2014 saw the launch of the now successful Carers Pledge in Derbyshire - an exciting new initiative to encourage organisation's and individuals in local communities to work together to reach out to carers.

It's aim is to enable the many partners who have signed up to reach out to the thousands of carers in Derbyshire who maybe missing out on services that can help them with their caring role. Partners such as GP surgeries and hospitals are encouraged to pledge to identify carers, to provide support and campaign to improve their lives.

Partners -including both South and North Derbyshire CCGs -pledge to use networks and expertise to identify and support carers working with all parts of our communities to reach carers wherever they are: in workplaces, in GP surgeries, on-line, through pharmacies and in places like supermarkets and sports centres.

Find out more about the Pledge at [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)



# NEWS & EVENTS

## CARERS RIGHTS DAY

It is really important when caring that you get the right information at the right time. That is why our community and health liaison workers work closely with local organisations, businesses, GP surgeries and hospitals to identify family carers as early as possible into their caring responsibilities.

The team regularly attend team meetings, student talks and, continually, raise awareness of the work and support family carers provide across the County and City of Derby.

As part of the national 'Carers Rights' awareness day on the 28th November 2015, Derbyshire Carers Association held a Carers Open day at the Derby Carers Hub and a Carers Express event at The Post Mill Centre, South Normanton.

Carers, their families and professionals were invited to attend to: raise awareness of family carers and to ensure they received relevant and up to date information.



### CARERS OPEN DAY – DERBY CARERS HUB

The day was officially opened by Cllr Martin Repton and, Mayor Paul Pegg attended in the afternoon to have a chat to some of the carer's.

Local organisations held an information stand, to share their services. Carer's and their families received some great information whilst enjoying a cuppa.

We would like to thank: Telecare, Local Area Coordinator team, Care Coordinators, Citizen Advice Bureau, Creative Carers and Making Space for making the day a success and holding an information stand about services on offer and, for the kind donations from Reliant, Sainsbury's Wyvern, Asda Spondon.

### CARERS EXPRESS

For those who have not been fortunate to attend our express days. It is whistlestop tour of services available. We invite a range of different organisation's and give them 4 minutes each to talk about the services they offer to carers and their families.

28 organisations came together on the 28th November to showcase their services. The day was a success and was very informative. Everyone who attended received information packs and goodie bags to take with them and an afternoon tea was provided.

We are organising more Carer Express days throughout the year. Keep in touch through our Facebook and Twitter pages or visit our website and look out for the next available dates.

## DERBYSHIRE FREE HEALTH CHECKS

Did you know about the free annual health checks for people with learning disabilities?

People aged 18 or over who have been assessed as having moderate, severe or profound learning disabilities, or people with mild learning disability

who have other complex health needs, are entitled to a free annual health check.

For more details including what the benefits of a health check are, as well as how to get one, visit the NHS Choices website.

## ASSISTED ACCESS SCHEME - DERBY THEATRE

The Assisted Access scheme is available to those that need someone to support them to be able access theatre performances.

To register for the scheme, there is a membership form that you can obtain from Derby Theatre. Together with the form, Derby Theatre require original documentation to show you receive one of the following:

- Disability Living Allowance
- Attendance Allowance
- Personal Independence Payment

Once you are a member, the person that assists you on your theatre trips receives a free ticket.

For more information, please contact the Box Office on 01332 593939 or email [tickets@derbytheatre.co.uk](mailto:tickets@derbytheatre.co.uk)



## WORKING WITH GP PRACTICES

From the successful work we have through our Carers Pledge, it was recognised that the carers assessment service should be embedded within GP practices, allowing better joint working within the community and, a more accessible and flexible service for carer's.

DCA's very own Helen Weston has been working jointly with Dr Kaysia Heafield from Somercotes Medical Practice to introduce a pilot project, this was a success and as a result we are now working with 18 GP practices within Amber Valley and Southern Derbyshire Dales.

If you would like to take the opportunity to have a face to face carer assessment, please contact a GP surgery from the list below. You do not have to be registered at the GP practice to access this service.

We are continuing to work with GP practices and, are hopeful this will be available across Derbyshire and Derby City within the near future.

| GP SURGERY                             | ADDRESS   | DATES                       | TIMES                    | CONTACT NUMBER |
|--|---|-----------------------------|--------------------------|----------------|
| Appletree Medical Practice             | 7A Town St Duffield, Belper DE56 4GG                    | 1st Thursday of each month  | 9.15am – 2.30pm          | 01332 842288   |
| Arthur Surgery                         | Main Street, Horsley Woodhouse, Ilkeston, DE7 6AZ       | 4th Friday of each month    | 9.15am – 2.30pm          | 01332 880249   |
| Ashbourne Medical Practice             | Part of St Oswald's Hospital<br>Clifton Road, Ashbourne | 3rd Wednesday of each month | 9.15am – 2.30pm          | 01335 230085   |
| Ashbourne Surgery                      | Clifton Road, Ashbourne, DE6 1RR                        | 2nd Friday of each month    | 9.15am – 2.10pm          | 01335 300588   |
| Brailsford and Hlland Medical Practice | The Green, Brailsford, DE6 3BX                          | 4th Tuesday of each month   | 1.00pm – 4.30pm          | 01332 360328   |
| Brooklyn Medical Centre                | 5 Mansfield Rd, Heanor, DE75 7AL                        | 3rd Wednesday of each month | 1.00pm – 4.30pm          | 01773 712552   |
| Crich Medical Centre                   | Oakwell Drive, Crich, DE4 5PB                           | 3rd Monday of each month    | call surgery for details | 01773 852966   |
| Hannage Brook Medical Centre           | Hannage Way Wirksworth, Belper, DE4 4JG                 | 1st Tuesday of each month   | 9.15am – 3.30pm          | 01629 822434   |
| Ivy Grove Surgery                      | Ripley Medical Centre, Steeple Drive, Ripley, DE5 3TH   | 2nd Wednesday of each month | 9.00am – 4.00pm          | 01773 514130   |
| Jessops Medical Practice               | Greenhill Lane, Leabrookes, DE55 1LU                    | 1st Friday of each month    | call surgery for details | 01773 602707   |
| Kelvingrove Medical Centre             | 28 Hand's Road, Heanor, DE75 7HA                        | 1st Wednesday of each month | 9.15am – 2.30pm          | 01773 713201   |
| Park Surgery                           | 60 Ilkeston Road, Heanow, DE75 7DX                      | 2nd Thursday of each month  | 9.15am – 2.30pm          | 01773 531011   |
| Parkside Surgery                       | Church Street, Alfreton, DE55 7AH                       | 3rd Thursday of each month  | 9.00am – 4.30pm          | 01773 546900   |
| Ripley Medical Centre                  | Derby Road, Ripley, DE5 3HR                             | 2nd Tuesday of each month   | 9.00am – 4.00pm          | 01773 303591   |
| Riversdale Surgery                     | 59 Bridge Street, Belper, DE56 1AY                      | 4th Thursday of each month  | 9.15am – 2.30pm          | 01773 822386   |
| Somercotes Medical Centre              | 22 Nottingham Road, Somercotes, DE55 4JJ                | 1st Monday of each month    | 9.00am – 5.00pm          | 01773 602141   |
| West Hallam Medical Centre             | The Village, West Hallam, DE7 6GR                       | 3rd Friday of each month    | 1.00pm – 4.30pm          | 01159 440088   |
| Whitemoor Medical Centre               | Whitemoor Lane, Belper, DE56 0JB                        | 4th Tuesday of each month   | 9.15am – 2.00pm          | 01773 880099   |

# FUNDRAISING

## EASY FUNDRAISING

**easyfundraising**  
.org.uk

Easyfundraising.org.uk is a great way to raise money for charities and other good causes by simply shopping online. You don't pay anything extra. The retailer makes the donation, to the charity of your choice, on your behalf to say thank you for shopping with them.

So far, easyfundraising.org.uk has helped raise over £9 million for charities throughout the UK.

Why not join over 500,000 supporters and support Derbyshire Carers Association today!

Just follow the simple steps opposite and help raise money for Derbyshire Carers Association, money raised

will help us to support carers throughout Derby and Derbyshire.

1. Set up an account on easyfundraising.org.uk
2. Select the charity you would like to support
3. Every time you make a purchase, make sure you shop via easyfundraising.org.uk
4. Once your transaction is complete, the retailer will donate to Derbyshire Carers Association on your behalf

For more information please visit the easy fundraising website. You will find some helpful guides and FAQ's, there is also a useful video to watch.

## CARERS ENJOY SOME SPECIAL 'ME TIME'

Carers in Derbyshire enjoyed some much deserved "me time" with a revitalising pampering session at Buxton & Leek College's salon at the Devonshire Dome on the 11th February.

Level 2 beauty students at the college gave members of the Buxton carers group of Derbyshire Carers Association the works with a facial, manicure and massages coupled with complimentary refreshments including a wellness cocktail on arrival and a goodie bag.

The treat had been organised by volunteer Jean from Derbyshire Carers Association who said that her group of ladies were really looking forward to the session. She said:

"These carers work so hard and I feel that the pamper session would cheer them up and offer some respite from their day to day caring duties."



Operations Co-ordinator for Hair and Beauty at The Dome, said: "I am sure, as is often the case, that the carers are as much in need as the people they are looking after. They provide care 24 hours a day and can easily reach burn-out so we are delighted to help bring a bit of feel-good factor into their lives with our Revitalise Me package. Jean has worked really hard by raising funds through car boot sales and other events to make this happen."

## SPECIAL THANK YOU

Special thanks to all who have donated and helped fundraise for Derbyshire Carers Association. All monies donated and raised will help us to support Carers even further. For example; trips, resources and support groups. These donations include;

- £500 donation from Derby Masons
- £250 donation from The Rotary Club of Derby
- £125 donation from BRM Solicitors
- £123 was collected at The Crooked Spire event.
- £116 was raised by a raffle which was held by Sue Hutsby-Bacon at Cilla's Hairdressers in Langley Mill.
- Derby College's National Citizen Service collected £276.51 for DCA.

- The Carers Ball raised £820.00
- Private donations made raised a total of £853.00

**\* THANK YOU TO THORNTON'S FOR THE DONATION OF CHOCOLATES, THIS HAS HELPED AND WILL CONTINUE TO RAISE MONEY FOR CARERS**

**THANK YOU TO EVERYONE WHO HAS HOUSED ONE OF OUR COLLECTION BOXES (ALONG WITH ALL OF OUR WONDERFUL VOLUNTEERS WHO HAVE DELIVERED AND COLLECTED THE BOXES), WHICH IN TOTAL, TO DATE, HAVE RAISED AN IMPRESSIVE £1496.69.**

**IF YOU WOULD LIKE TO SUPPORT DERBYSHIRE CARERS AND MAKE A DONATION, PLEASE COMPLETE THE FORM ON THE BACK PAGE OR TEXT DERB25 AND THE AMOUNT TO 70070.**

**THANK YOU**

# SUPPORT GROUPS

## CARER COMMUNITY AND SUPPORT GROUPS

### BUXTON

**Buxton support group meets the first Wednesday of each month at:** Vault, 2-4 High Street, Buxton, Derbyshire, SK17 6EW. 11.00am – 12 noon

Wednesday 6th January 2016  
Wednesday 3th February 2016  
Wednesday 2nd March 2016  
Wednesday 6th April 2016  
Wednesday 4th May 2016  
Wednesday 1st June 2016  
Wednesday 6th July 2016  
Wednesday 3rd August 2016  
Wednesday 7th September 2016  
Wednesday 5th October 2016  
Wednesday 2nd November 2016  
Wednesday 7th December 2016

### CHADDESSEN

**Chaddesden Support Group meet the third Tuesday of each month at:** The Fire Station, Nottingham Road, Chaddesden, DE21 6PF. 10.00am – 12 noon

Tuesday 19th January 2016  
Tuesday 16th February 2016  
Tuesday 15th March 2016  
Tuesday 19th April 2016  
Tuesday 17th May 2016  
Tuesday 21st June 2016  
Tuesday 19th July 2016  
Tuesday 16th August 2016  
Tuesday 20th September 2016  
Tuesday 18th October 2016  
Tuesday 15th November 2016  
Tuesday 20th December 2016

### CHAPEL EN LE FRITH

**Chapel en le frith meet the fourth Monday of each month at:** Chalkers Snooker Club, Unit 6 Redmoor Mill, Buxton Road, New Mills, SK22 3JT. 2.00pm - 3.30pm

Monday 25th January 2016  
Monday 22nd February 2016  
Monday 28th March 2016  
Monday 25th April 2016  
Monday 23rd May 2016  
Monday 27th June 2016  
Monday 25th July 2016  
Monday 22nd August 2016  
Monday 26th September 2016  
Monday 24th October 2016  
Monday 28th November 2016  
No group in December

### CHESTERFIELD

**Chesterfield ASD/ADHD Parent Carer Group meet the last Tuesday of each month at:** St Thomas Centre, Chatsworth Road, Chesterfield, S40 3AW. 9.30am – 11.30am

Tuesday 26th January 2016  
Tuesday 23rd February 2016  
Tuesday 29th March 2016  
Tuesday 26th April 2016  
Tuesday 31st May 2016  
Tuesday 28th June 2016  
Tuesday 26th July 2016  
Tuesday 30th August 2016  
Tuesday 27th September 2016  
Tuesday 25th October 2016  
Tuesday 29th November 2016  
No meeting in December

**BRAND NEW Chesterfield - Carers Community Group meet second Wednesday of each month:** Monkey Park Café (Former Tile Studio), Chester Street, Chesterfield, Derbyshire, S40 1DW. 2.00pm – 3.30pm

Wednesday 10th February 2016  
Wednesday 9th March 2016  
Wednesday 13th April 2016  
Wednesday 11th May 2016  
Wednesday 8th June 2016  
Wednesday 13th July 2016  
Wednesday 10th August 2016  
Wednesday 14th September 2016  
Wednesday 12th October 2016  
Wednesday 9th November 2016  
Wednesday 14th December 2016

### DERBY

**Derby Carers Group meet the last Tuesday of each month at:** Derby Carers Centre, 17 Babington Lane, Derby, DE1 1TA. 10.30am-12 noon

Tuesday 26th January 2016  
Tuesday 23rd February 2016  
Tuesday 29th March 2016  
Tuesday 26th April 2016  
Tuesday 31st May 2016  
Tuesday 28th June 2016  
Tuesday 26th July 2016  
Tuesday 30th August 2016  
Tuesday 27th September 2016  
Tuesday 25th October 2016  
Tuesday 29th November 2016  
No meeting in December



# SUPPORT GROUPS

Derby City Grace Group (for those that have recently lost a loved one) and Guise Group (male carers group) meet the last Wednesday of each month at: The Book Café, 21 Corn Market, Derby, DE1 1QH.

10.30am – 11.30am

Wednesday 20th January 2016

Wednesday 17th February 2016

Wednesday 16th March 2016

Wednesday 20th April 2016

Wednesday 18th May 2016

Wednesday 15th June 2016

Wednesday 20th July 2016

Wednesday 17th August 2016

Wednesday 21st September 2016

Wednesday 19th October 2016

Wednesday 16th November 2016

Wednesday 21st December 2016

## MICKLEOVER AND ALVASTON

Support Groups in Mickleover and Alvaston are run independently to DCA. Please call the Derby Centre on 01332 200002 for more information and contact details for each group.

## HEANOR

Heanor Support Group meet the second Monday of each month at: Park Court Community Centre, Next to the Fire Station, (under Archway of Sheltered Housing), Heanor, DE75 7DS. 10.30am – 12 noon

Monday 11th January 2016

Monday 8th February 2016

Monday 14th March 2016

Monday 11th April 2016

Monday 9th May 2016

Monday 13th June 2016

Monday 11th July 2016

Monday 8th August 2016

Monday 12th September 2016

Monday 10th October 2016

Monday 14th November 2016

Monday 12th December 2016

## GLOSSOP GROUP

Please call Valerie Logan (new carer support worker for Glossop) on 01457 858383 for more information

### UNWIND, SOCIALISE, HAVE FUN IN OUR NEW CITY CARERS RETREAT

Do you look after someone  
ill or disabled because  
they're family or a friend?

Meet others like you in our brand  
new space for Derby carers.  
For FREE, you can try out:

- a community café (come for tea, cakes, sandwiches and a chat)
- loads of fun sessions e.g. drama, singing, drumming, clay-making
- ways of relaxing and taking it easy e.g. massage
- social events.

Become a member for  
FREE to find out what's on.  
Email: [creativecarers@gmail.com](mailto:creativecarers@gmail.com)  
Telephone: 01332-227711



We all look after someone. We know what  
it's like. We'll help each other:

- share experiences
- let off steam
- relax
- be entertained.



**OUR EXCITING PACKAGE IS FREE**  
if you're over 18 and look after someone  
in the city

**And that's not all...**

Discounted benefits from local businesses  
are available for members. Don't delay.  
Join up NOW.

31 Charnwood Street,  
Derby DE1 2GU

**For opening times, contact:**

@ [creativecarers@gmail.com](mailto:creativecarers@gmail.com) or

01332-227711

We can come to your local community  
– ask us how.

Creative Carers is a Community Interest  
Company (CIC) No: 8482778



# SUPPORT GROUPS

## HILTON

**Hilton Support Group meets bi monthly at:** Wellbrook Medical Centre, Welland Road, Hilton, Derby, DE65 5GZ. 10.00am-12 noon

Tuesday 26th January 2016  
Tuesday 15th March 2016  
Tuesday 10th May 2016  
Tuesday 12th July 2016  
Tuesday 13th September 2016  
Tuesday 8th November 2016

## ILKESTON

**Ilkeston Support Group meet fortnightly every Wednesday at:** Ilkeston Community Hospital, Heanor Road, Ilkeston, DE7 8LN. 1.00pm – 3.00pm

**Carers Do Lunch meet the third Thursday of each month at:** Shipley Garden Centre, Hassocks Lane, Ilkeston, DE75 7JB. 11.00am – 1.00pm (carer's receive 20% discount) Please contact Carol Sayers on 01773 743355 for details

Thursday 21st January 2016  
Thursday 18th February 2016  
Thursday 17th March 2016  
Thursday 21st April 2016  
Thursday 20th May 2016  
Thursday 16th June 2016  
Thursday 21st July 2016  
Thursday 18th August 2016  
Thursday 15th September 2016  
Thursday 20th October 2016  
Thursday 17th November 2016  
Thursday 15th December 2016

## LONG EATON

**Long Eaton group meets the third Monday of each month (except Bank Holidays) at:** Outlook (in the Conservatory), 99 Briargate, Long Eaton, NG10 4BQ. 2.00pm – 4.00pm. Please contact Pat Desborough (DCA volunteer) on 01159 720449 for more information

Monday 18th January 2016  
Monday 15th February 2016  
Monday 21st March 2016  
Monday 18th April 2016  
Monday 16th May 2016  
Monday 20th June 2016  
Monday 18th July 2016  
Monday 15th August 2016  
Monday 19th September 2016  
Monday 17th October 2016  
Monday 21st November 2016  
Monday 19th December 2016

## RIPLEY

**Ripley Support Group meets the first Tuesday of each month at:** Field Terrace Community Rooms, Field Terrace, Off Slack Lane, Ripley, DE5 3HL. 10.30am – 12 noon

Tuesday 5th January 2016  
Tuesday 2nd February 2016  
Tuesday 1st March 2016  
Tuesday 5th April 2016  
Tuesday 3rd May 2016  
Tuesday 7th June 2016  
Tuesday 5th July 2016  
Tuesday 2nd August 2016  
Tuesday 6th September 2016  
Tuesday 4th October 2016  
Tuesday 1st November 2016  
Tuesday 6th December 2016

## SOUTH NORMANTON

**South Normanton Support Group meet the second Tuesday of each month at:** The Hub, Shimmers Way, South Normanton, Derbyshire, DE55 2AA. 2.00pm – 4.00pm

Tuesday 14th January 2016  
Tuesday 11th February 2016  
Tuesday 10th March 2016  
Tuesday 14th April 2016  
Tuesday 12th May 2016  
Tuesday 9th June 2016  
Tuesday 14th July 2016  
Tuesday 11th August 2016  
Tuesday 8th September 2016  
Tuesday 13th October 2016  
Tuesday 10th November 2016  
Tuesday 8th December 2016

## WHITTINGTON MOOR

**Whittington Moor Support Group meet the second Tuesday of each month at:** The Peter Webster Centre, Whittington Moor, Chesterfield, S41 8LQ. 10.00am – 12.00 noon

Tuesday 12th January 2016  
Tuesday 9th February 2016  
Tuesday 8th March 2016  
Tuesday 12th April 2016  
Tuesday 10th May 2016  
Tuesday 14th June 2016  
Tuesday 12th July 2016  
Tuesday 9th August 2016  
Tuesday 13th September 2016  
Tuesday 11th October 2016  
Tuesday 8th November 2016  
Tuesday 13th December 2016

# SUPPORT GROUPS



**Helping you prepare for the future**

**NO-ONE KNOWS WHAT THE FUTURE MAY BRING, but we can help you plan for the unexpected**

**LASTING POWERS OF ATTORNEY**  
We can prepare a Lasting Power of Attorney for you to appoint someone to deal with your health and financial affairs if you are no longer able to.

**MAKING A WILL**  
Our specialists can help you make a will to ensure you know where your money and property will go after your death, or to leave a legacy to a favourite charity.

**EMPLOYMENT ADVICE**  
Expert help is available for working carers with issues affecting your employment.



**For more information please contact:**  
**John Nettleship**  
t: 01246 555111  
e: john.nettleship@brmlaw.co.uk

**Our offices are located in Chesterfield town centre, opposite the rear of the Town Hall**

**We have our own free car park and disabled access**

**Free home visits are available for the elderly or infirm in most cases**

**For 20% off our usual LPA fees (not inc. disbursements) QUOTE REF. DCA**

**01246 555111**  
**www.brmlaw.co.uk**

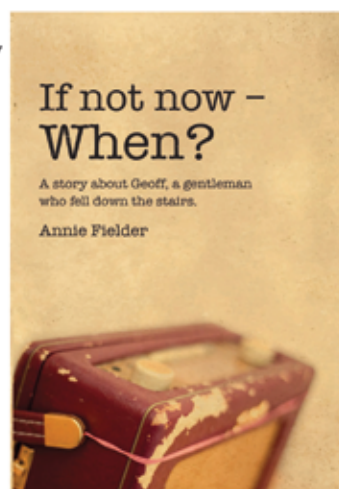
Gray Court, 99 Saltergate, Chesterfield, S40 1LD  
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Whiffle Pig is a community interest company based in Derbyshire. The company's founders Rachel and Annie have 10 years of experience, both professionally and personally of caring for someone they love. They have been running creative workshops, for free, for families living with a variety of neurological conditions with the goal of bringing respite to the carer and the loved one they care for.

If you are interested in taking part in these workshops please contact them at: [whifflepig@gmail.com](mailto:whifflepig@gmail.com) or on :07539022897

'If not now - When?' is a book written by Whiffle Pig. Not only is it a true story it is also supportive and informational. The book (along with more information about us ) is available from our website below. **All** profit from the book goes towards funding our Whiffle Pig workshops.

Please don't hesitate to get in contact.




**SCOOTERS NOW FROM £495** **STAIRLIFTS NOW FROM £895\*\***



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CHAIRS & BEDS



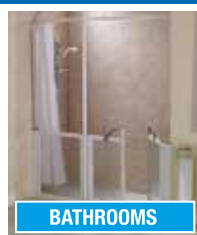
POWERCHAIRS



DAILY LIVING AIDS



STAIRLIFTS



BATHROOMS



WALKING AIDS



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\*Terms & Conditions apply, please call for details. \*\*Pre-owned, subject to survey.

Motability

**DEALER of the YEAR**



## HOW YOU CAN HELP

Derbyshire Carers Association is a not for profit charitable organisation, which means we rely greatly on donations from the public. To make a donation today, just fill out the form below and return to: **Derbyshire Carers Association, White House, The Willows, Slack Lane, Ripley, Derbyshire DE5 3HF**

### TEXT DONATIONS

To make an instant donation just text: **DERB25** and the amount (for example: DERB25 £10) to **70070**

### DONATION FORM

|   |  |
|---|--|
| I WOULD LIKE TO DONATE  |  |
| Please make cheques payable to: Derbyshire Carers Association |  |

### MAKE YOUR DONATION GO FURTHER WITH *giftaid it*

#### MAKE YOUR DONATION GO FURTHER BY AN EXTRA 25%

I confirm that I am a UK taxpayer and I want Derbyshire Carers Association to treat my donation and all donations I make from the date of the declaration and until I notify you otherwise as Gift Aid donations. Please tick ☐

| YOUR DETAILS |  |          |  |
|--------------|--|----------|--|
| TITLE        |  |          |  |
| NAME         |  |          |  |
| ADDRESS      |  |          |  |
|              |  |          |  |
|              |  | POSTCODE |  |
| EMAIL        |  |          |  |
| TELEPHONE    |  |          |  |
| SIGNATURE    |  | DATE     |  |

### THANK YOU

