

DERBYSHIRE CARERS ASSOCIATION

CARERS NEWS

You Care, We Care

Over 30 years supporting carers

www.derbyshirecarers.co.uk

Celebration Edition

HAPPY BIRTHDAY DCA!

of Supporting Carers

30 years



Supporting all Carers and their families throughout Derby City and Derbyshire



DEAR FRIENDS

DERBYSHIRE CARERS ASSOCIATION DELIVERY CENTRES

Ripley
Derbyshire Carers Association
3 Park Road
Ripley
DE5 3EF
Tel: 01773 833833





Derby Carers Centre
Derby Carers Centre
66-68 St Peters Street
Derby
DE1 1SN
Tel: 01332 200002

OUTREACH OFFICES

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

KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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

**Please note
our new
address
above**

Derbyshire Carers Association
is a Company Limited by
Guarantee. Company Number:
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.

'As Derbyshire Carers Association celebrates its milestone 30th birthday, I would like to reflect on the progress DCA has made in the development and delivery of support services for Carers'.

Gerry Fryer MBE

The founder of Derbyshire Carers Association

As Carer for my son Robert, I realised that support for Carers was few and far between - I had an idea of an organisation run by Carers for Carers. Never could I have imagined how DCA would grow into the organisation it is today.

As one lone carer I couldn't profess to know the views of other Carers but I realised that together we could create a forum in which everyone as individuals was heard not as a lone voice but as a united voice of Carers. We would offer an individually tailor made service for Carers that didn't have the restraints of the public / private sector, which would sit within the voluntary sector as a charity.

This enabled us to be diverse in our design to meet the needs in an ever evolving community, and would see us leading the change in positive ways to meet an ever-changing environment in statutory services.

DCA has always been at the forefront of progress on how Carer support is delivered and I hope that it will continue to be a beacon well into the future. The work in the recognition of who Carers are in broader communities of reaching those hidden Carers and of reducing their feelings of isolation has surpassed all I had hoped we could achieve when I started out.

There are many important milestones the Carers and DCA have reached together,

Carers voices echo these:

'as a daughter I am now caring for both of my parents whose lives have been severely changed by illness and disability. It's been wonderful to have the support worker from DCA by my side to help me navigate through the journey that we as a family are taking as Carers'

'I knew nothing about the Care Act, I now have an emergency card, support plan, carers assessment, personal budget and help'

Quotes like 'Backbone of community care' and 'unsung heroes' have been used to describe Carers. We are family and friends who support the person we love and care for. Passion has driven and focused the organisational direction over the years. The carers themselves have expressed their wishes to the carers support team in how their support is shaped.

It's the perfect opportunity to celebrate the achievements of the amazing work that Carers do and to appreciate the vital role the Carers Service plays in Carers lives, and to recognise and thank the extraordinary Carers - the everyday heroes - whom we are there to support and represent day in, day out.

CELEBRATING

30

of Supporting Carers

years



The beginning...

Gerry Fryer who was a Carer himself had a vision of how to increase support for unpaid Carers, it was suggested to him that he created an independent organisation run by Carers for Carers.

He started planning the Derbyshire Association of Family Carers, this was launched at Ripley Leisure Centre in July 1988. This was the fore-runner of Derbyshire Carers Association.

1988

OVER THE YEARS WE HAVE BEEN OUT TO TALK TO MANY AGENCIES ABOUT BEING A CARER INCLUDING HOSPITALS, GP'S, ALZHEIMER'S SOCIETY, CANCER CHARITIES AND MORE.

My congratulations to you on the success of your Carers Information Day at the Derby Assembly Rooms.

I found it very helpful, and its nice to feel that one's "not on your own"

Mr B – Derby



Six members of staff working for DCA, Gerry of course at the helm, with telephone/admin support and just four Support Workers.

National Carers Strategy "Caring about Carers".

Carers week, Carers Lunch's, picnics and a Carers Day

Successful Carers Conference with over 140 Carers.

Two GP Liaison Workers to help identify Carers and enable GP's to better support Carers.

Carers Day 2000 Assembly Rooms, Derby.

1991

1999

2000

Caring with confidence

Previously referred to as the expert carers programme (ECP), Caring with Confidence was designed for carers to mix and match how they further develop their knowledge and skills - by taking part in one or more free, local group sessions, by using self learning packs or by accessing online resources.

Sessions covered coping with being a carer, managing your finances, balancing your caring role with other aspects of your life and looking after yourself.

"I can't say how much it means to have someone on your side, seeing things from a caring point of view"



Gerry, accompanied by his son and daughters, went to Buckingham Palace for his MBE on March 2nd, and the Investiture was carried out by the Prince of Wales.

Carers Day 2001, 200 members attending. They enjoyed the buffet lunch, and the jazz band. Carers enjoyed a relaxing day away from the responsibilities of caring.

DCA launched its website.

Carer's information day, Assembly Rooms.

Queens Golden Jubilee Celebration Pride Park, Derby. Spectators included many Carers who participated in the cavalcade marshalled by our Director, Roland Brown.

Carers Rights Day 2002 helped individuals identify themselves as Carers.

Carers Trust Quality Mark

This year through the hard work of staff and volunteers Derbyshire Carers Association was awarded the Carers Trust Quality Mark.

2001

2002

2003

I spent 10 years working at Derbyshire Carers Association and a lot of changes occurred within that time here is some of what stood out for me.

When I started all our funding was grant based from Health and the local authority social services.

At that time raising money from other sources hadn't been done and it was clear that grant funding was on its way out. We started putting in bids for projects to deliver for example learning disabilities Carers project.

Referrals from GP's were none existent so we funded new GP liaison worker roles to increase engagement with GP's and highlight the role of Carers, this ran for several years before we ran out of money, but in that time we had created links and saw a large number of referrals coming in from GP's.

The government announced a new Carers initiative called Caring with Confidence, we were successful in bidding for money to deliver this across Derbyshire and were very successful in delivering this. When the funding for this eventually ran out we valued the benefits to Carers this course achieved so much that we funded a slimmed down version of it ourselves.

Rowland Brown
(Past Chief Executive DCA)



The value of the local Support Group was very beneficial, the camaraderie, information and advice from people who can empathise with ones circumstances helped me through it all.

"Having the carers assessment helped me to realise what was important in my life. Being able to sit and talk to someone who listened, about the impact caring for my wife was having on me helped me to review what was happening. It was vital to me."

Multi Faith Centre

Grace Carers group started in Derby city.

Carers Service at Derby Cathedral.

A Pamper Day at the Parklands Connexion in Long Eaton.

Carers celebratory lunch Chelleston.

Christmas shopping trip to Meadowhall for Carers.

Carers Service at Derby Cathedral had over 100 people attend, including the Mayor of Derby Councillor Roy Webb and his wife Ann.

The Association continued to administer the Holiday Grant on behalf of Derby City Social Services.

Regular Service of Affirmation in the Multi Faith Centre attended by the Mayor of Derby.

2004

2005

2006

THE TEAMING UP FOR TRANSITION PROJECT REACHED OUT TO COMMUNITY HOSPITALS AND GP'S SURGERIES, IN ORDER TO LIAISE WITH HEALTH PROFESSIONALS, INCREASE REFERRALS AND IDENTIFY AND SUPPORT CARERS.



Major success of the last few years is having a significant input into the Carers strategy with the County Council. We have played a big part in providing statistical information about Carers to help form that county strategy. Coproduction between Derbyshire Carers, Derbyshire County Council and Carers working towards a common inclusive Carers strategy has been one of the highlights.

The carers in Derbyshire website is an outstanding achievement and shows what can be accomplished when partnership working is used to help create a single point of access. In the County having Carer support services under one Umbrella makes life so much easier for Carers when they need to access support.



20th Anniversary of Derbyshire Carers Association.

20th Anniversary of Derbyshire Carers Association.

We completed 931 home visits, provided telephone support on 3126 occasions and ran 283 support groups. The attendance at support groups totalled 2957 Carers.

Carers Week.

In partnership with Derby City Council and the NHS, Derbyshire Carers Association organised the annual Carers Conference "Valuing our Carers". Workshops included Caring with Confidence, Telecare, Power of Attorney and Emergency Planning Service.

Valuing our Carers

Paul Lobley (Trustee)

Carers Ball

Caring with confidence courses

Carers Rights Day Service

The Work and Families Act.

Derbyshire Carers Association put in place an Emergency Planning Officer role.

Learning Disabilities Co-ordinator funded by Derbyshire County Council, this post provides encouragement and support for Carers of people with a learning disability.

3658 Carer members.

Derbyshire Carers Association continued to run the Network of Carer Organisations.

Carers Week went with the National theme for the year being Carers 'The UK's Secret Service'.

Carers Ball in October, Carers Rights Day service at the beginning of December.

Caring with confidence courses designed to help Carer's to look after their own wellbeing and that of the person they care for.

2007

2008

2009

"it was worth its weight in gold just to know someone was on the end of the phone if I needed them"

693 home visits, 219 visits to Carers away from the family home. Number of telephone support calls to Carers rose 4955 which has meant more Carers being reached. Telephone advocacy doubled to 1160.

235 Carers were helped to develop an Emergency Plan.

200 Carers came together for a nostalgic journey through the beautiful Derbyshire Dales on a Peak Rail vintage steam train.

New funds for new services for Carers including Carers as Researchers, Carers as Ambassadors, Carers Breaks and Reaching out to Carers Innovation Fund.

Carers Conference at the Assembly Rooms in November with the theme 'A Helping Hand for Carers'.

Christmas Lunch in December 2010 at Littleover Lodge Hotel, Rykneld Road, Littleover, Derby

Craft days for Carers including Hanging Baskets, Gardening Day, Quilting, Glass Painting, Christmas Crafts, Painting, Jewellery Making, Flower Arranging, Card Making.

A Helping Hand for Carers

The Derbyshire Carers Association's (DCA) 'Carers Clinics' project was shortlisted for a prestigious national award.

Each year the Health Service Journal Awards (HSJ) attract around 2,000 applications from across the UK, so to be shortlisted, for the second year in a row, was a considerable achievement and a coup for Derbyshire as we have become a county leading the way in carer support.

The awards are the largest celebration of excellence in UK healthcare,

highlighting the most innovative and successful organisations, people and projects in the sector. Since the launch of the award nominated Carers Pledge project in 2014 Derbyshire Carers Association have been working closer partnership with GP Surgeries and other organisations, encouraging them to reach out to carers in their own organisations and within the community.

Many carers visit their GP regularly so Carers Clinics allow our support workers to meet carers at a time and place convenient to them. Carers can contact their surgery to book an appointment to talk about their caring role, have a carers assessment and potentially access their carers personal budget.

Currently 18 GP practices host Carers Clinics each month, due to the success of these initiatives this year Derbyshire Carers are down to the last 7 in the HSJ 'CCG & Local Authority Integrated Commissioning for Carers' award category.

Carers as Ambassadors project continued

Craft Days

Carers Allowance, Attendance Allowance and Disability Living Allowance.

As 2011 dawned we revealed that we were able to help Carers in the City with form filling for Carers Allowance, Attendance Allowance and Disability Living Allowance.

Opening of our two Carer Drop-in Centres in Derby and Chesterfield during the year was a huge achievement for Derbyshire Carers.

820 home visits were made, 1002 visits to Carers away from the family home, telephone support calls made to Carers rose to 10315.

Derbyshire Dignity Bronze award, PQASSO Quality qualification, Princess Royal Trust for Carers quality mark

Awarded increased funding to support the increased number of carers as well as providing some of the services previously provided in house by Derby City Council. Covered the period January 2012 to 31st March 2015.

The Carers as Ambassadors project continued to develop.

Carers Breaks

The highlight of 2012 was the securing of a substantial three year project from the Department of Health which will ensure Carers are identified and supported much earlier than had previously happened.

We were now supporting over 8,400 carers.

Carers Breaks

Carers should have a strong voice and be able to influence the services on offer, Carers as Ambassadors in Derby City and Carers Voice in the county enabled Carers to be heard.

2010/11

2011

2012

CELEBRATING

30
of Supporting Carers
years

OVER THE YEARS WE HAVE USED NEW AND INNOVATIVE WAYS TO IDENTIFY CARERS AS A RESULT OF THIS THE NUMBER OF CARERS WE SUPPORT HAS GROWN YEAR ON YEAR.



Derby City Carers Breaks

Afternoon Tea Party

Carers Week

Carers Ball

Over 10,000 Carers grants

As of April 2014 we had over 10,000 Carers as members.

Hospital / GP Liaison work: We worked in partnership with Hospitals and G.P practices in Derby City to support and recognise Informal Carers.

1116 Carers grants were awarded to Carers.

Derby City Carers Breaks included:

Pamper Days: A range of Therapies offered to Carers, including massage, facial, aromatherapy, reflexology, Hopi ear candles, Reiki treatments to balance and restore wellbeing and beauty treatments including manicures, pedicures and makeovers.

Carers Week saw us host celebrations in Derby Cathedral, supermarkets and GP practices.

As of March 2015 we supported over 12,500.

The Celebration of Carers event at The Parish Church of St Mary and All Saints (The Crooked Spire) Chesterfield was a great success with close to 500 Carers and professionals attending.

We provided training sessions for Carers to help Carers grow in confidence in their caring roles. Identifying stress and coping mechanisms; looking after yourself; nutrition; manual handling and first aid.

From April, the Care Act introduced a new, national eligibility criteria for Carers.

Afternoon Tea Party held at the Derbyshire County Cricket Ground.

Derbyshire Carers Association with Southern Derbyshire Dementia Implementation Group pilot a new document: ALL ABOUT ME

A Derby City Carer was in the limelight when he appeared on BBC's Breakfast TV – celebrating National Carers Week 2015.

New DCA website, Young Carers Project Carers Pledge

Celebration of Carers event

Just to say thank you for a fantastic day on Tuesday at Buxton

Mr P – Derby

15,000 Carers

BBC's Breakfast TV

Health Service Journal Awards (HSJ)

The Derbyshire Carers Association's (DCA) 'Carers Pledge' project was recognised in the prestigious Health Service Journal Awards (HSJ).

As of April we had over 15,000 Carers on our database.

Secondment to the Chesterfield Royal .

2014

2015

2016

NEW

DERBY CARERS CENTRE NOW OPEN

66-68 ST PETERS STREET, DERBY DE1 1SN

Carers
Ball

Talking
points

April 2017 Derbyshire Carers Association (DCA) became the main organisation charged with providing services to young and adult carers in Derbyshire after securing funding from Derbyshire County Council.

Talking points were set up across the Derby city area where Carers could pop along to get advice and support.

Derbyshire Carers Association staff and volunteers attended the prestigious Carers Awards Ceremony at Pride Park in July, two Derby City carers were nominated for awards Victor Shaw-Willson and Janet Stocker.

Carers gathered at the Derby County Cricket Ground Pavilion in June for our ever popular and memorable tea party.

The Carers Ball in October was a great success with over 150 Carers and Professionals attending including the Sheriff of Derbyshire and Mayor of Derby. The event took place at Derbyshire County Cricket Clubs Pavilion Rooms.



2017/18

Europe is now covered by the world's strongest data protection rules.

The mutually agreed General Data Protection Regulation (GDPR) came into force on May 25, 2018, and was designed to modernise laws that protect the personal information of individuals.

The GDPR is Europe's new framework for data protection laws – it replaces the previous 1995 data protection directive. Previous UK law was based upon this directive. GDPR legislation is designed

to "harmonise" data privacy laws across Europe as well as give greater protection and rights to individuals.

In line with the new laws we have updated our privacy notice which is shown below.



Privacy Notice

We are committed to safeguarding the privacy of Carers and Service Users and the data we hold.

We will retain your data for as long as is reasonably necessary for the purpose for which you have provided it. If you ask us to remove you from our database we will do so, but we may then be unable to assist you.

Derbyshire Carers Association's purpose for processing your data is the legitimate interest of helping Carers and Service Users.

You have the right to object to data processing where we are relying on a legitimate interest to do so if you think that your rights and interests outweigh ours and you wish us to stop. To do so, you should contact the Data Protection Officer mentioned below.

There may be times when we have to provide some data to our commissioners to meet contractual requirements or conditions attached to grants. If you do not allow us to provide this data we may not be able to provide certain services to you that are funded or partly funded by those commissioners.

Your data is not processed outside of the UK.

We do not use 'automated decision making'.

Your rights

You have the right to information about what personal data we process, how and on what basis as set out in this policy.

You have the right to access your own personal data by way of a subject access request (see above).

You can correct any inaccuracies in your personal data. To do so you should contact the Data Protection Officer mentioned below.

You have the right to request that we erase your personal data where we are not entitled under the law to process it or it is no longer necessary to process it for the purpose for which it was collected. To do so you should contact the Data Protection Officer mentioned below.

If you request that your personal data is corrected or erased or contest the lawfulness of our processing of your personal data, you have the right to apply for its use to be restricted while the application is made. To do so you should contact the Data Protection Officer mentioned below.

You have the right to object if we process your personal data for the purposes of direct marketing.

You have the right to receive a copy of your personal data and to transfer your personal data to another data controller. We will not charge for this and will in most cases aim to do this within one month. You have the right to be notified of a data security breach concerning your personal data.

You have the right to complain to the Information Commissioner. You can do this by contacting the Information Commissioner's Office directly. Full contact details including a helpline number can be found on the Information Commissioner's Office website (www.ico.org.uk). This website has further information on your rights and our obligations.

Our Data Protection Officer is Narinder Sharma CEO of DCA contactable on 01773 833 833.

The Current Derbyshire Carers Association Service for Derby City

5670

Carers assisted with information and advice annually

3962

Number of Carers referred to prevent declining health and wellbeing annually

1266

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

1201

Number of unsupported Carers found and helped annually

2462

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

1380

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

661

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

Derby City Carer SUPPORT GROUPS

CHADDESSEN

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

Open to all. 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 their cared for goes into 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.

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

2nd Monday of the month 2pm – 4pm
Our Lady of Lourdes Roman Catholic Church, Church Hall, 36 Utttoxeter Rd, Derby DE3 9GE

Contact: 01332 200002 for more information.

ALVASTON

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.

'Would you like to start a support group in your area? Derbyshire Carers could help you to do this....

CONTACT US FOR MORE INFORMATION!



TEAMING UP FOR TRANSITION
CARING FOR THOSE WHO CARE



CARERS PLEDGE
Supporting carers in Derbyshire

Supporting all Carers and their families throughout Derby City and Derbyshire