

To contact us or to book onto an event:

01332 228777



carers@citizensadvicemidmercia.org.uk

Twitter: @Carers_Derby

Facebook: Universal Services for Carers in Derby City



Carers Monthly

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Mid Mercia



Derby City Council



Derby and Derbyshire
Clinical Commissioning Group

What we do

Helpline: Our helpline is able to offer support in a variety of ways. Any calls will be dealt with by one of our advisors. They will be able to signpost you to other organisations, explain what we do and book you onto events. Being part of Citizens Advice Mid Mercia, we are able to refer you to various other parts of our organisation to assist with benefits, debt, housing and more.

Carers Conversations: A Carers Conversation is designed to offer carers a more person-centred approach to support. Our advisors will have 'conversations' with you to best understand what is happening in your caring role and how it is impacting on your health and well-being. The Carers Conversation is designed to understand what really matters to you and to connect you to the resources and support that can help you continue with your caring role independently. This service is for anyone over 18, who cares for someone over 18 and would like a Carers Assessment. Please call or email us to book an appointment.

Wellbeing: We have a variety of zoom classes, indoor and outdoor workshops and events that are supporting carers to take some respite, helping to reduce stress, anxiety and promoting better sleep. (*Please see our schedule of all the events we have planned this month on **page 11.***)

Training Opportunities: There are great sessions and handout sheets available to you. Book an Emergency Plan appointment and make provisions for the future. If you were ever absent from the caring role what would happen to the person you are caring for, who would support them? We will help you to get your own personalised plan set up.

Peer Support: If you are interested in any existing peer support groups, we are able to advise you about any groups that are running through our helpline or via email. We work with other organisations and connect with GP surgeries to help people access support easier and help more people find and access our service.

Your voice matters



This months topic: Mental Health Services Have your say!



What is it like to use Mental Health Services with a Dual Diagnosis?

Let's talk

mental health

The last couple of months we have displayed our surveys on this page and asked you for feedback. Thank you to everyone who has answered these as the feedback has been very useful and is helping to shape the work we do.

We would now like to encourage carers to give feedback on caring for someone with a Dual Diagnosis. This survey has been created by Mental Health Together and we will not have any access to survey results.

This would be anyone with a Mental Health condition and any of the following - Learning Difficulties, Learning Disability, Autistic Spectrum Disorder or Attention Deficit Disorder.

Below is the link to a 10- question survey. Most of these are multiple choice. If you are able to fill this out online, please follow the link-
<https://www.surveymonkey.co.uk/r/VP7CVRV>

It's important to be part of shaping services and making sure that the right support in Mental Health is available to all.



Self development

Free training opportunities for you.



FREE FIRST AID TRAINING STARTING IN APRIL!

Date: Tuesday 26th April 2022

Time: 10am (4 hours)

Venue: Derbyshire Fire and Rescue,
Nottingham Road Community Room.

Booking is essential

carers@citizensadvicemidmercia.org.uk
or call 01332 228777

Join this virtual event and get your questions answered.


Derbyshire Healthcare
NHS Foundation Trust

Questions about dementia?

You are invited to attend a **virtual** informal question and answer session where a group of health professionals, including Doctors, Nurses, Pharmacists, Occupational Therapists and Physiotherapists trained in dementia care, will be available to answer the many questions you may have about this commonly misunderstood illness.



Wednesday 20th April 2022
6pm - 8pm

The Virtual Q & A will be held over MS Teams; please respond with your email address to dhcft.specialistdayservices@nhs.net; or telephone 01332 866980 option 1 for Dovedale Day Service

Carers café

Universal Services for Carers are working in partnership with *Derby Theatre* and Nicky Bellenger to deliver our new monthly **Dementia Café** at *Derby Theatre*. This group aims to provide a safe space to talk, develop friendships, offer support and understanding for carers of people living with Dementia. In addition to this, Nicky will be developing ideas to produce a play about dementia, aimed at educating young people and their families, reducing the fear and stigma often linked with this disease.

Friday 29th April
2pm till 4pm

Join us at *Derby Theatre* for the next relaxed and welcoming session. You can grab a cuppa and share your stories in a safe and compassionate space or just sit and listen to others. This is all **free!**

We look forward to meeting you there.

The last few cafes have been a real success and carers have been able to freely talk about issues they may be struggling with and meet other carers that are going through similar experiences. Nicky will be taking us through some gentle activities to create conversation and discussion around living with Dementia.

To book your place contact the helpline on 01332 228777 or email carers@citizensadvicemidmercia.org.uk



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Wellbeing

4 Week Beginner Tai Chi and Qi Gong Taster Course with Angela - 28th April to 19th May at Oakwood Community Centre



Come along and join Angela in person at Oakwood Community Centre at 13:30 (45 mins) to learn some basic and gentle Tai Chi and Qi Gong movements. This can be done stood up or seated. No experience necessary.

This is designed as a 4 week taster course - we recognise that this can be too much of a commitment for carers - so we are opening this up for you to join the weeks you are able to commit to. We do have limited spaces available. Please book soon to avoid disappointment.

Carer and Cared for welcome.

I love my weekly Qi Gong practice - I've had less pain in my shoulders and hips since moving in this way. Angela is so clear with her instruction and I feel so incredibly relaxed afterwards.

Carer who accessed zoom classes over lockdown

Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Wellbeing

Mindful Menopause with

Mairi - 5th April - 19:00

(90 mins) on Zoom.

This workshop is open for all people of any age who would like to know more about the perimenopause and the menopause and how to support yourself or another through this natural life transition.

Often, when someone is going through these stages - they may also be trying to juggle many plates such as supporting elderly parents, ill spouses, teenagers, careers and their health may be put on the back burner. This could lead to burnout, stress, ill health, relationships issues and menopause on top of all this can feel incredibly overwhelming.

We want to create a safe space for everyone to explore what's happening during these phases, open up lots of support networks and advise you how you can help yourself with some simple tips and techniques from Mairi.

Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.



DID YOU KNOW?

Perimenopause can start at age 35 and often lasts for 10-12 years. Most will not seek help until after 7-8 years of symptoms.



Moments of Wellbeing

Take time out for your wellbeing!!

Each month we create a NEW schedule of *FREE* wellbeing events and workshops designed specially for carers based on the feedback you give us. We have a mixture of in person, outdoor and online events, all at various times to accommodate everyone's needs. The groups are small, friendly and welcoming. There are limited spaces so booking is essential.

5th April- Carer's Crafts at Quad - 12:00 (2 hours) - Each week we create and learn something new - No crafting experience necessary. Carers only. Discounted parking available



9th April - Derby Theatre - Emperor's New Clothes - Limited spaces available. Carer and cared for welcome - family friendly. This is a relaxed performance and is dementia friendly.



8th April - Markeaton Park - 13:00 (2 hours) - Carers Monthly walking group. Each month we visit a new park in Derbyshire. It's a gentle pace. Carer and Cared for are welcome. Free parking passes available.



19th April- Carers Screening at Quad - 12:00 (2 hours) - Carer and cared for welcome. Discounted parking available. Family Friendly - Movie: The Bad Guys



***Special Event* 27th April - Shine like the Sun** 13:30 (2 hours) at Darley Park - with Pip and Kate from Fieldwork. This is a workshop to help you find more energy and joy. This is the 4th in the series of nature based wellbeing workshops that Kate and Pip are offering. Carer and cared for welcome.



26th April - Derby Cathedral - Peace Doves - 10:00 (1 hour). This is the new impressive art display. After visiting the Cathedral, we will head to a café and grab a cuppa. Please call and book if you would like to join us.



28th April - Tai Chi and Qi Gong 4 week taster course with Angela - 13:30 (45 mins) at Oakwood Community Centre - Carers and cared for welcome. Limited spaces available. This is a gentle exercise class - which can be performed seated or standing. No experience necessary. This can help with aching joints and stiffness. You can join one class or all 4 depending on availability.



Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Moments of Wellbeing - Gallery

Take a look at some of what our carers have got up to in the last month at our wellbeing events. If you'd like to come along and join in the fun, take a look at our events schedule on page 11 and call our helpline on 01332 228777 or email carers@citizensadvicemidmercia.org.uk



Connecting and making friends with other carers is just as valuable as the event.



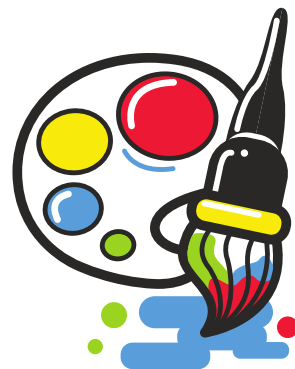
Carer's Feedback:

Thank you and all the team for today. The carer's craft session with Karen was excellent. It was all great fun. I was really pleased with my end result but more importantly for me it was the support from the whole team, the sharing with other carers and the opportunity to be creative - a rare occurrence for me these days! These are the sort of activities and opportunities that add quality to life. I really enjoyed it and look forward to the next event.

Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Carers Create

This page is for carers to share their talents and help to inspire others to be more creative and encourage each other to take a little bit of me time.



Spending time creatively doesn't have to mean arts and crafts - it can be spending time: decorating, gardening, upcycling, arranging flowers, making something new for dinner, baking a cake, going for a new walk and taking some photos... We would love to share these on this page!!



Email your creations to: carers@citizensadvicemidmercia.org.uk.

Schedule

Wellbeing Special Event:

Event: Shine like the Sun
Practitioner: *Kate and Pip - Fieldwork*
Venue: Darley Park
Date: 27th April
Time: 13:30 (2 hours).
Who can attend: Carer and cared for.
Please see page 7 more details!



Wellbeing Special Event:

Event: Tai Chi and Qi Gong 4 week course
Practitioner: Angela Se
Venue: Oakwood Community Centre
Date: 28th April - Every Thurs for 4 weeks
Time: 13:30 (45 mins).
Who can attend: Carers and cared for.



Wellbeing Event:

Event: Carers Movie Screening
Venue: Quad
Movie announcement: The Bad Guys
Date: 19th April - Every 3rd Tuesday.
Time: 12:00 (2 hours).
Who can attend: Carer and cared for.
Age: Family Friendly Easter Screening.



Wellbeing Event:

Event: Carers Monthly Crafts.
Venue: Quad.
Date: 5th April - Every 1st Tuesday.
Time: 12:00 (2 hours).
Who can attend: Carers only.
Limited spaces available.



Wellbeing Event:

Event: Winter Walks
Practitioner: Jo - Wellbeing Coordinator
Venue: Markeaton Park
Date: 8th April
Time: 13:00 (2 hours).
Who can attend: Carers and cared for.



Wellbeing Event:

Event: Emperors New Clothes
Venue: Derby Theatre
Date: 9th April
Time: 14:30
Who can attend: Carer and cared for
Family friendly theatre show.
Relaxed performance - dementia friendly.



Wellbeing Event:

Event: Mindful Menopause
Practitioner: Mairi Taylor
Venue: Zoom
Date: 5th April
Time: 19:00 (2 hours).
Who can attend: Carer and Cared for



Training Event:

Event: First Aid Training
Practitioner: Support One Group - Shaun
Venue: Derbyshire fire and rescue, Mansfield Road, Community Room
Date: 26th April
Time: 10am (4 hours)- Carers only



Wellbeing Event:

Event: Peace Doves (cuppa after event optional)
Practitioner: Jo - Wellbeing Coordinator
Venue: Derby Cathedral
Date: 26th March
Time: 10:30 (60 mins)
Who can attend: Carer and cared for welcome



Peer Support Group

Event: Carers Café
Venue: Derby Theatre
Date: Friday 29th April
Time: 2pm till 4pm
Who can attend: Carers and cared for.



Date for your diary:

Carers Celebration Day
Date: 11th June 2022
Venue: Spondon Village Hall
Time: TBC
Carers and Cared for welcome



To book onto any of our events please call
01332 228777 or email
carers@citizensadvicemidmercia.org.uk

Useful Contacts

Derby City Care Line – Social Care out-of-hours support

Phone: 01332 956606

It operates Monday to Friday 5pm–9am, with a 24-hour service during weekends and bank holidays.

Derby's Community Hub can assist anyone in the community who is vulnerable, self-isolating, or has been shielding. Those who need support can call Derby Direct on 01332 640000

Derbyshire Mental Health Helpline and Support service

Freephone 0300 790 0596 between the hours of 9am and midnight, seven days a week.

Samaritans ~ Call Free 116 123, Open 24 hrs a day, 365 days a year.

National Domestic Violence Helpline: 0808 2000 247 (Open 24hrs a day)

NHS 111 online can help you decide if you need medical help and offer advice on how to access help safely. The service is free to access and is available 24hours a day, 7 days a week.

Life-threatening emergencies - call 999 in a medical emergency. This is when someone is seriously ill or injured and their life is at risk. Non-Emergency Police:101

Royal Derby Hospital Adult Emergency Department: 01332 783111

Address: Uttoxeter New Rd, Derby DE22 3NE

Derby Urgent Care Centre: 01332 224700

Address: Urgent Care Centre, Entrance C, Osmaston Rd, Derby DE1 2GD

Emergency Dental NHS service: 01332 564911

Textline - free support 24/7 for Young people under 25- Text YM to 85258

Shout – Text mental health service free on all major networks. TEXT- 85258

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 – a 24/7 service for Derby residents

Treetops Hospice- counselling and emotional support to adults, children and young people who are dealing with a life-limiting illness or bereavement- 0115 949 1264

Tell us once- Tell Us Once is a service that lets you report a death to most government organisations in one go- <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once?msclkid=f1201fbcaa9e11ec92d5f19c10c729f4>