

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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Have Your Voice Heard!
Head to Page 3, and find
out how you can
complete our survey!

No access to the
internet? No problem.



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.

Well-Being: 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: We are looking for new peer support groups to launch, so if you have any ideas, give us a call and let us know! 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.

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

Your voice matters

THIS MONTHS TOPIC IS- PEER SUPPORT GROUPS

We have created a **10 question survey** to help us shape what is offered by us for Peer Support. Most of these are multiple choice. There are options for this in other languages. If you are able to fill this out online, please follow the link-

<https://forms.office.com/r/zx09Tkmw8E>

If you are not able to fill it out online, please call us to be sent a survey with a return envelope or alternatively ask for a call-back to go through the Survey.

Call 01332 228777.

Peer support groups are designed to connect people. These may be for people who have similar experiences of something difficult or challenging or could simply be to create an environment to socialise with others who you have something in common with. These are typically done regularly and help people to make new friends and connections.

People who attend peer support groups often have shared characteristics, experiences, and/or interests, and will play a crucial part in creating a safe environment for each other within the peer support space. People can use their shared experiences to give and receive support from each other. In creating these relationships within the group people may share coping strategies that work for them, reducing loneliness and, learning from each other.

Peer support groups can allow people to try new things or rekindle hobby or interest. Universal Services for Carers create Peer Support Groups for carers. We want these to be as enjoyable and rewarding as possible. By answering the questions below, we will be able to get a better insight into the types of groups you want to see. We will use the results from this survey to guide what we do.

Self development

At Universal Services for Carers, we are always looking at enjoyable and relevant training for carers. The training available is free, so you can develop at your pace, learn new things, gain knowledge and enjoy yourself.

Free training opportunity: Learning from Lives and Deaths People with a Learning Disability and autistic people (LeDeR)

- Are you a carer looking after anyone with a learning disability or autism? Come and join LeDeR training sessions run by the NHS Derbyshire Healthcare NHS Foundation. You will:
- **Gain access to information;**
- **Hear from the experiences of people with learning disabilities and autism across the East Midlands;**
- **Find out how to access services;**
- **Discover the importance of Annual Health Checks;**
- **Find out how you can reduce inequalities and much more.**

Session time: 10.00 am - 12.30 pm

Session dates : Tuesday 1st & 22nd February 2022. The meeting will be done over Microsoft Teams.

The free LeDeR training will be running until March 2022. If you are interested please contact us so that we can send you the link to you.

Monthly Free falls Awareness Workshops

Come and join us. Find out the common reasons why people fall, the long term impact it can have on someone and what you can do as a carer to prevent falls.

Date: Thursday 24th February 2022

Time: 10.30am -12.15pm

Venue: Virtual event (On Zoom)

Zoom Training available if needed

Prevent a Fall



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

Self development

Stress Awareness

Come to our free training on stress awareness, and positive psychology workshops. These workshops help complement our wellbeing sessions.

Time: 10.00 am - 12.30pm

Date: Thursday 17th February 2022

Venue: Zoom Event.

Self Development Opportunities

Want to know more about Health & Social Care sector, or are just keen on learning? Take a look at these sites for more free courses.

Vision2learn

Vision to learn, offer a number of fully funded and free courses to those who are eligible on a wide range of subjects. From digital coding to nutrition to healthcare, you can get qualification that suits you!

<https://www.vision2learn.net>

ELFH

Health Education England e-learning for healthcare, is a learning platform that offers a wide range of subject matters at level 1& 2 within the health care sector. Both professional and unpaid carers can access the courses. Simply create an account and start accessing some fabulous training.

<https://www.e-lfh.org.uk>

If you need any support with the above just contact us. We can help talk you through signing up to the free courses or support you with getting on Zoom. We can also refer you to our digital connect team for more in depth support

Free Monthly First Aid Training



We are about to start our monthly First Aid workshops in Derby City. There will be 10 places available at each workshop.

Look out for the post on Facebook & Twitter or call for more information.

If you are interested call to book your place now!



Arthritis Action

In March, Ruth Smith from Arthritis Action will be holding a workshop.

The focus will be on :

- What is Arthritis,
- Care & Treatment and much more.

If you are interested call to express your interest .



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

Wellbeing

MUSIC OF OUR LIVES 4 WEEK MUSIC LISTENING COURSE WITH ALEX BLOOD

Starting on 24th February in partnership with Derbyshire Music Therapy, we are holding a short music listening course where we will spend time listening to the songs and pieces of music that mean something to you. Share tracks and songs that have supported you in your life and chat with others who also use music as a way to relax or process emotions. Sessions will be lead by music therapist Alex Blood who will offer some insight into why the music we choose to listen to has such an effect on us.

Venue: Inspirative Arts - Charnwood Street

Date: Thurs 24th Feb - 17th March

Duration: 4 weeks

Time: 15:15 (90 mins)

Carers Only

Limited Spaces

To book, call our helpline on - 01332 228777 or email carers@citizensadvicemidmercia.org.uk

citizens
advice

Mid Mercia



Derby and Derbyshire
Clinical Commissioning Group



Derby City Council

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Wellbeing

Nature-based Wellbeing Workshops



fieldwork

Rooted Like Trees

Helping you connect to the calm and deeply rooted part of yourself to assist when you are feeling anything-but-calm. Our theme for this session is inspired by trees, knowing that growth and stability rely on a strong connection to our roots and our environment.



Fieldwork has partnered with Universal Services to deliver this Wellbeing Workshop. Fieldwork aims to improve how people and organisations connect with one another and the natural world. Kate and Pip will be holding a safe, comfortable space for carers to connect and share as much or as little as they like. Each workshop will also include tips and simple techniques.

Friday 18th February 2022
7pm – 8:30pm on Zoom

To book your place, please email:
carers@citizensadvicemidmercia.org.uk
or call 01332 228777

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 and all at various times to accommodate everyone's needs. The groups are small, friendly and welcoming. Limited spaces - Booking essential.

1st February - Carers Crafts at Quad - 12:30 (2 hours) - Each week we create and learn something new - No crafting experience necessary. Carers only.



10th February - Darley Park - 13:00 (2 hours) - Carers Monthly walking group. Each month we visit a new park in Derbyshire. Its a gentle pace. Carer and Cared for are welcome.



15th February - Carers Screening at Quad - 12:00 (2 hours) - Movie Announcement - **Death on the Nile**. Carer and cared for welcome.

16h February - Derby Theatre - The Legend of Sleepy Hollow - Free Tickets - Limited spaces available. Carer and cared for welcome



***Special Event* 18th February - Rooted like Trees** 19:00 (90 mins) on Zoom -with Pip and Kate from Fieldwork. This is a workshop to help you feel calmer. This is the 2nd in the series of nature based wellbeing workshops that Kate and Pip are offering. Carer and cared for welcome.



***Special Event *24th February - 4 week Music Listening Group with Alex Blood** - 15:15 (90 mins). - Derbyshire based Music Therapist and Musician. Held at Inspirative Arts - Charnwood Street. Carers only.

25th February - Relaxation Masterclass with Lou Espley. 19:00 (90 mins) on Zoom. - Carer and cared for welcome.



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

Out and About

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 25th Feb
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.

February's café will include a Dementia Friends information session. This is an Alzheimer's Society initiative that enables people to learn more about what it is like to live with dementia and to turn that understanding into action. You can find more information at **www.dementiafriends.org.uk** Don't worry, there will be plenty of time to chat afterwards!

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



Carers' Creations



There are some beautiful parks and outdoor spaces in and around Derby so why not grab your coat and hat and get out for a walk even if its just your local area and take some pictures of what you see. check out our carers wellbeing walks on the schedule page or below is a list of some local walks that you could join. If you need some inspiration there is also some ideas for pictures you could take when out and about.

Don't forget to send us your pictures for the next newsletter.

Walk well Derby are running short, free to attend walks in Derby that are suitable for people of all ages, (under 18s must be accompanied by an adult). The walks take in local parks, countryside, and residential areas of Derby City. All are welcome to join on the day.

Current walks to join are:

Alvaston Riverside - every thursday 12 till 1pm

Chaddesden park - every tuesday 11am till 12am

Darley park - every tuesday - 10.30am till 11.45am

Littleover park- 3rd Saturday of the month 2pm till 3.15pm

Markeaton Park- Every wed- 10am till 11am

Mickleover Community every mon-10.15am till 11.15am

Normanton Park every Wed- 10am till 10.45am

Old canal Path- every Friday-10am till 11.30am

Sunnydale Park – 1st Sat of each month- 10.30am till 11.30am

Check out the website for more details on where to meet

www.walkingforhealth.org.uk/walkfinder/walk-well-derby

or contact Paul McGinty - Livewell Coordinator

Call- 07812 302022

Or email-paul.mcginity@derby.gov.uk

Themes and ideas to get you thinking

- 1) Flowers and leaves.
- 2) Raindrops and rivers
- 3) scenery and places you enjoy.
- 4) Ground growth like toadstools.
- 5) Gates, windows and archways.
- 6) Birds and wildlife in the park.
- 7) Morning mist/evening sunset.
- 8) Rooftops and chimneys.
- 9) Benches, sculptures and pathways.
- 10) Interesting buildings.
- 11) Dewy spiderwebs.
- 12) Look up!
- 13) street art
- 14) Tree bark and textures
- 15) silhouettes and shadows
- 16) Street signs
- 17) Trains and transport
- 18) Black and white
- 19) Your garden or window plants
- 20) Reflections



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

Schedule

Wellbeing Special Event:

Event: Rooted Like Trees
Practitioner: *Kate and Pip - Fieldwork*
Venue: Zoom.
Date: 18th February.
Time: 19:00 (90 mins).
Who can attend: Carer and cared for.
Please see page 7 more details!



Wellbeing Special Event:

Event: Music Listening Group - 4 weeks
Practitioner: Alex Blood - Derbyshire Music Therapy
Venue: Inspirative arts - Charnwood Street
Date: 24th February - Every Thurs for 4 weeks
Time: 15:15 (90 mins).
Who can attend: Carers only



Wellbeing Event:

Event: Carers Movie Screening - Death on the Nile
Venue: Quad
Date: 15th February - Every 3rd Tuesday.
Time: 12:00 (2 hours).
Who can attend: Carer and cared for.

Wellbeing Event:

Event: Carers Monthly Crafts.
Venue: Quad.
Date: 1st February- Every 1st Tuesday.
Time: 12:30 (2 hours).
Who can attend: Carers only.

Wellbeing Event:

Event: Winter Walks
Practitioner: Jo - Wellbeing Coordinator
Venue: Darley Park
Date: 10th February
Time: 13:00 (2 hours).
Who can attend: Carers and cared for.

Wellbeing Event:

Event: Relaxation Masterclass
Practitioner: Lou Espley
Venue: Zoom
Date: 25th February
Time: 19:00 (90 mins).
Who can attend: Carer and cared for.

Wellbeing Event:

Event: Sleepy Hollow - FREE Theatre Show
Venue: Derby Theatre
Date: 16th February
Time: 14:30 (2 hours).
Who can attend: Carers and cared for.
LIMITED SEATS AVAILABLE - BOOK SOON

Training Event

Event: LeDeR
Venues: Virtual- Zoom
Date: 1st & 22nd February
Time : Mornings, 10.00 - 12.00 am
Who can attend: Carers in Derby City

Peer Support Group

Event: Carers Café
Venue: Derby Theatre
Date: 25th February
Time: 2pm till 4pm
Who can attend: Carers and cared for.



Training Event

Event: Falls Awareness
Venue: Virtual- Zoom
Date: 24th February 2022
Time : 10.00 - 12.00 am
Who can attend: Carers in Derby City

Training Event

Event: Stress Awareness
Venue: Zoom
Date: Friday 17th February 2022
Time: 10- 12pm
Who can attend: Carers in Derby City.

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.

Community Support

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