

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



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2022
happy new year

Take a look at our events
schedule on page 11. 🙄🙄

All our events are
completely **FREE** for
Derby Carers!



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 on to 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 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: We have some great sessions and handout sheets available. Book in for an emergency plan 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.

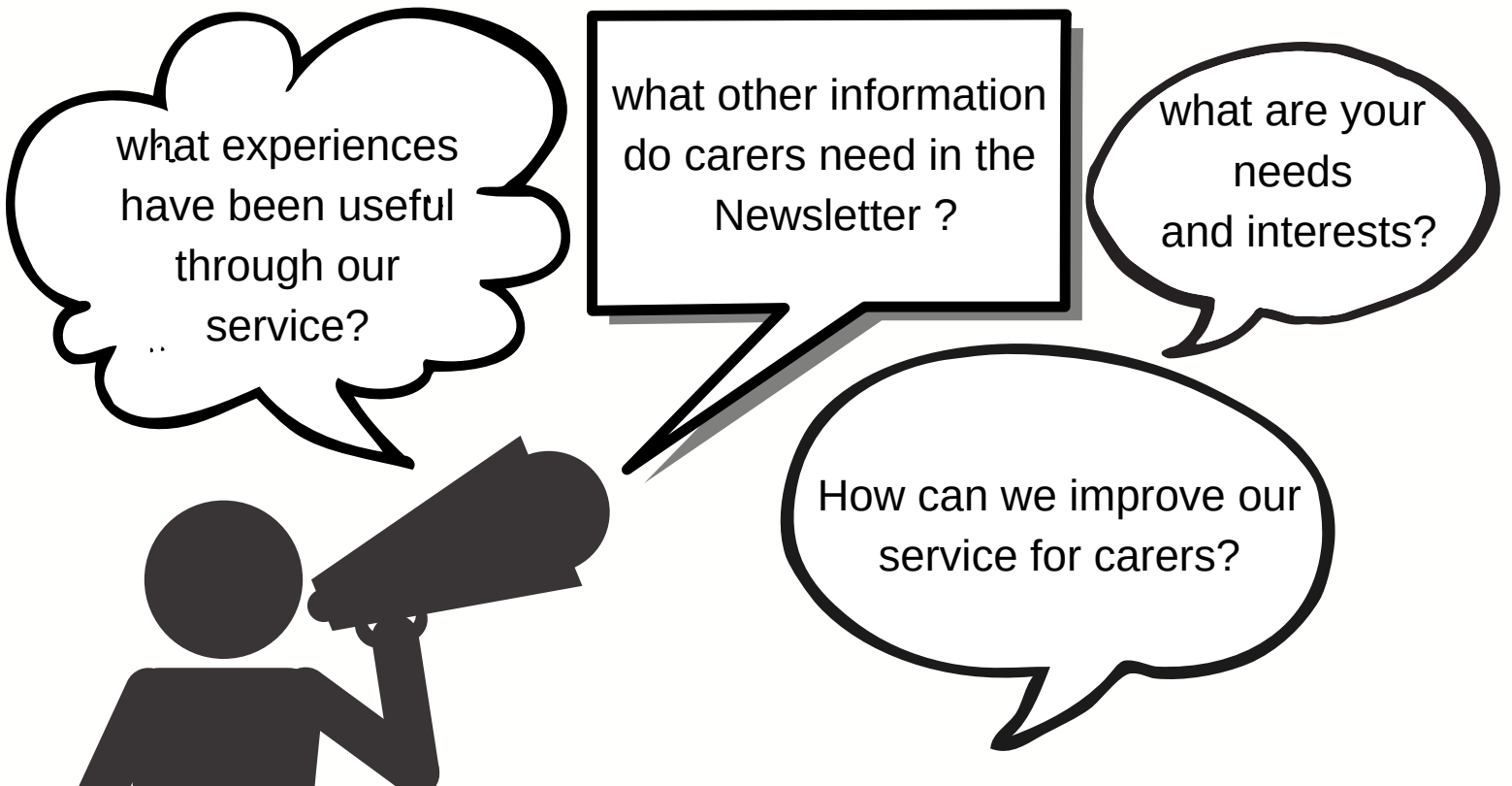
Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Your voice matters

At universal services for carers, we want to put the carers at the heart of all that we do and your feedback and opinions mean a lot. If we know what you think about our service or have suggestions for positive change then we can ensure our service is doing all it can to support you in the future. Each month in our newsletter we will be asking for your views on various subjects that effect you as a carer good and bad. This feedback from carers is essential for our service to meet your needs and shape the work we do in Carers and citizens advice as a service.

All feedback is useful, and we encourage you to use your voice for change. In the coming months we will add our feedback survey for your general thoughts and as certain topics are raised, we will run zoom meetings or face to face meetings (if able), so you can voice your thoughts together. We look forward to hearing your voice.

Email: carers@citizensadvicemidmercia.org.uk.



what experiences
have been useful
through our
.. service?

what other information
do carers need in the
Newsletter ?

what are your
needs
and interests?

How can we improve our
service for carers?

Training and Guidance

"I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do."

— Leonardo da Vinci

Leonardo Da Vinci, was and remains one of the greatest master artists of all time. Naturally gifted, he never stopped questioning, exploring and investigating things to find the truth to inspire his work.



At Universal Services for Carers, we aim to support our carers who want to self develop and gain new skills.

We are here to help on your journey as a carer by:

- Giving you access to up-to-date information about what is happening in the care industry.
- Access free courses & resources.
- Learn new skills that can help to reduce and prevent accidents occurring inside and outside of the home.
- Boost your ability to care for your loved one.
- Improve your confidence.

So come along and sign up to our training events!

What we have done so far :



Emergency Plan
workshops & Open
Days

DERBY CITY
LIFE
LINKS

Mental Health & Self Development
Workshops



A Carers Cards



information on Carers Rights



Manual Handling
Information



First Aid Training



Energy information/advice & sign
posting

Training and Guidance

Prevent a Fall



Our next free workshop

Falls Awareness

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

Date: Wednesday 26th January 2022

Time: 10.30am -12.15pm

Venue: Zoom event



Facts about Falls:

- 30 % of people aged 65+ fall.
- 50 % of people aged 80 and over fall each year in the UK.
- Around one third of older people will fall each year in the UK. This means 11, 000, ambulance call outs.
- In Derby & Derbyshire, around 60 % of falls are taken to hospital.
- In 2014 /15, 6,000 hospital admissions were due to falls. 6% of those were serious.
- Women are at greater risk of falls than men.
- In Derby in 2017, 2, 175 falls were admitted to hospital. The national average in England is 2, 125 a year.
- 478 people had hip fractures, as a result from falls

Falls are Preventable!

Falls can be prevented by following these simple steps:

- Keep active.
- Do exercises that encourage muscle strength and flexibility.
- Ensure your home environment is safe.
- Attend fall awareness programmes. These help identify falls risk factors and may prevent falls from occurring.

Join us on our Zoom workshop on Wednesday 26th January 2022

Prevent a Fall Prevent a Fall Prevent a Fall



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

Wellbeing

Try Something NEW in 2022!

The benefits of trying something new:

- Time becomes more memorable;
- Fear takes a backseat and your sense of adventure grows;
- You'll get to know yourself better;
- Creativity grows;
- Meet new people.



We have lots of BRAND NEW *FREE* wellbeing activities for you to try this year.

Wellbeing events are advertised on page 11 of this newsletter each month.



Relaxing January Wellbeing Schedule:



Sleep like a log 24th January with Kate and Pip - Fieldwork - 19:00 (90 mins) on Zoom - ***Learn tips and techniques on how to get a better nights sleep.***

Step into the New year 28th January with Jo our Wellbeing Coordinator - Wrap up warm and come for a gentle stroll around the lovely grounds and lake at Allestree Park - 13:00 (2 hours).

Mindfulness and Meditation 14th January at 18:30 (90 mins) on Zoom with Dani Bello - Bello Mind and Soul.

Carers Crafts 4th January at Quad 12:30 (2 hours) - Every 1st Tuesday we learn something new - This month we are learning how to felt.

Carers Screening 18th January at Quad 12:30 (2 hours) - Every 3rd Tuesday there is a carers screening. Movie advertised 2 weeks prior.

Did we mention that ALL activities are completely FREE for unpaid carers in Derby?

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

Wellbeing

Nature-based Wellbeing Workshops



Sleep Like a Log

Sleep is nature's way of allowing us to rest and recover. When we don't get enough sleep or the right quality of sleep, our physical and mental wellbeing soon suffer. We'll give you our tips and suggestions to help you create a bedtime routine for a better night's sleep. ★

Fieldwork has partnered with Universal Services for Carers 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.

Monday 24th January 2022
7pm – 8:30pm on Zoom

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



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Moments of Wellbeing

Take a look at the photos from our *special events* in December for Carers.



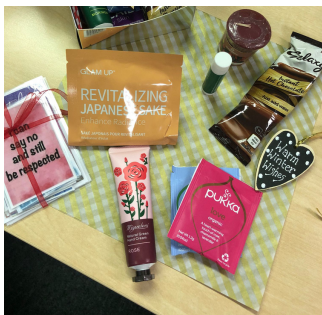
Did you get to see the magical performance of Twas the night before Christmas? Front Door theatre performed to over 30 carers and their families at their own homes. Some carers got their whole street to watch. What a wonderful way to bring to the community together!!

Feedback from carers:

'That was pure magic - thank you so much'.

'I havent seen my Mum laugh in years - what a beautiful gift'.

'Thats a memory that will last a lifetime. Thank you'.



Winter Warmer Special Event at Breadsall Village Hall - What a fabulous turn out on a cold wintery day. We learned how to keep well during the winter months with Derby City Life Links, Front Door Theatre performed Twas the night before Christmas, Angela Se showed us how to keep our bodies warm with Tai Chi and Angela Sandland showed carers the health benefits of raw chocolate with a mini cacao ceremony and ended with a a delightful drumming meditation, where we all got wrapped up warm with our blankets and drank our cacao drink. **30 of our carers** received a **special winter warmer wellbeing box** filled with lots of goodies: Candles, hand-cream, lip-balm, face-mask, hot choc, inspirational cards. We also sent many of these boxes to carers in the post - what a lovely surprise to receive!



50 carers and cared for got to see **Treasure Island**. Many thanks to **Derby Theatre** for donating the tickets. Everyone absolutely loved it!



Thankyou to the **Down to Earth Allotment team** and Bethan who showed our carers how to make a wreath from foraged items from their allotment. Take a look at how beautiful they look!



Out and About

Making Space are starting a much needed new group for carers that have lost loved ones or have loved ones with Dementia that have moved into care. if you are interested in attending this group please contact the number on the leaflet to book your place and meet others in need of support.

Derby City

Dementia Support Service

The Next Chapter of Caring



Making Space have created a new group for people who's loved one's have moved into care and for those who have lost loved ones. This group is designed for those who have been dedicated carers to loved ones with Dementia in order to provide them with a safe space to meet friends and support each other as they move into the next chapter of their life.

Please come along and join us for a light lunch.

For further information or to book your place, please contact the Making Space office on **01332 497640**

Second Tuesday
of each month,
Starting January
2022

At
The Argosy,
Manor Road,
Littleover,
Derby,
DE22 3HZ
11.30 –13.30

2022 Dates
11th January
8th February
8th March



Carers' Creations

This page is all about what carers are creating at home. By sending in your creations for our newsletter you could be inspiring another carer to get creative too. you could re-visit an old hobby or have a go at something new, a great way to start the new year. There are many interests amongst our carers, and we would love to see and share what you have been up to or done in the past. Here are some suggestions to get you thinking.



Photography- you may be a keen photographer or a phone camera snapper. There are some lovely things to see out and about, so grab your coat and scarf and get outside. Send us your pictures to share of what you have seen.



Baking or cooking- Feeling inspired by the bake off or its just your turn to cook the dinner? Why not look at some recipes and get creative in the kitchen? Let us know what you enjoyed, send us the recipe or a picture of your creation.



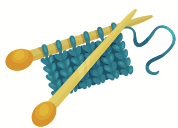
Drawing and painting- There are a few groups around that you could join or check out some free tutorials on line. If you are a budding artist or a fresh new creative, you can benefit from trying your hand at some drawing or painting.



Poetry and verse- Either a short story or a poem can inspire and delight anyone, and is a great way to express your thoughts and experiences.



Craft projects- you may enjoy woodwork, papercrafts or upcycling. There is a large variety of crafts to try or re- visit, let us see what you have tried or already enjoy.



Knitting- Did you know there are lots of health benefits to knitting and lots of free online tutorials to teach you the basics. Even Tom Daley enjoys knitting, who knew? why not pick up some needles and get knitting.

Daley says" Knitting is his secret weapon to staying calm during games", as well as yoga and visualisation he has found that knitting offers many well-being benefits.

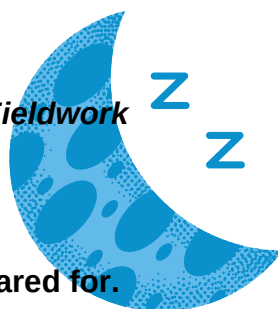


Email pictures of your creations to: carers@citizensadvicemidmercia.org.uk

Schedule

Wellbeing Special Event:

Event: Sleep like a log
Practitioner: *Kate and Pip - Fieldwork*
Venue: Zoom.
Date: 24th January.
Time: 19:00 (90 mins).
Who can attend: Carer and cared for.



Wellbeing Event:

Event: Mindfulness and Meditation.
Practitioner: *Dan Bello - Bello Mind and Soul*
Venue: Zoom
Date: 14th January.
Time: 18:30 (90 mins).
Who can attend: Carers and cared for.

Wellbeing Event:

Event: Carers Movie Screening
Venue: Quad
Date: 18th January - Every 3rd Tuesday.
Time: 12:30 (2 hours).
Who can attend: Carer and cared for.
Movie announced 2 weeks prior.

Wellbeing Event:

Event: Carers Monthly Crafts.
Venue: Quad.
Date: 4th January - Every 1st Tuesday.
Time: 12:30 (2 hours).
Who can attend: Carers only.

Wellbeing Event:

Event: Step into 2022 - A gentle stroll
Practitioner: Jo - Wellbeing Coordinator
Venue: Allestree Park
Date: 28th January
Time: 13:00 (2 hours).
Who can attend: Carers and cared for.

Wellbeing Event:

Event: Bakery of Slow ideas premiere
Venue: Derby Theatre
Date: 12th January
Time: 18:30 (2 hours).
Who can attend: Carer and cared for.
Limited spaces.

Training Event

Event: Falls Awareness
Venue: Zoom
Time: 10.30am- 12.15pm
Who can attend: Carers.

Training Event

Event: Emergency Plans
Venues: By phone, Email or Face to Face.
Time : Mornings, 10.00 am
Time : Afternoons 2.00 pm
Who can attend: Carers in Derby City

Peer Support Group

Event: Dementia Café
Venue: Derby Theatre
Date: 14th January
Time: 2pm till 4pm
Who can attend: Carers and cared for.



All of our events are **FREE**
for all unpaid Carers of
someone living in Derby

Limited spaces available.
Please book early to avoid
disappointment.

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