

To contact us or to book onto an event:

01332 228777

carers@citizensadvicemidmercia.org.uk



Twitter: @Carers_Derby



Instagram: @Carers_Derby



Facebook: @Carersinderby



Carers Monthly

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**WE ARE ON
INSTAGRAM,
FACEBOOK
AND
TWITTER.**



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 7.***)

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



Save the date! Be part of Learning Disability Partnership Board taking place on Wednesday 13th July 2022. It's important to have your voice heard and be a part of making changes.

Contact pamela.thompson@derby.gov.uk for more details.

Derby City's Learning Disabilities Partnership Board



What does the partnership board do?

The Learning Disabilities Partnership Board (you may see this written as LDPB) is made up of people with Learning Disabilities, carers of people with Learning Disabilities, and people from Derby City Council and local health and community services.

The LDPB works to improve the lives of people with Learning Disabilities and their families in Derby City. It works for and with people with Learning Disabilities as equal partners and in many ways its work is led by them.

Much of its work concerns the lives of adults, but it also works to improve life chances for young people and adults in the future.

Is this right for you?

We welcome adults with a Learning Disability aged 18+ who can participate on their own and carers of adults and children with a Learning Disability who may not be able to participate on their own.

You can choose to join the meetings face-to-face or online using Microsoft Teams.



or



If you want to attend face-to-face, meet us at:

Community/Cultural Centre, Carrington St,
Derby DE1 2ND



If you want to attend on Microsoft Teams you need:

A digital device



Internet



Email address



Next Meeting Wednesday 13th July 2022

10AM-3PM with an
hour break at 12PM.

If you want to attend the LDPB, email:
pamela.thompson@derby.gov.uk

Community Events

ALL WELCOME

Derbyshire
Fire & Rescue Service
Making Derbyshire Safer Together

FREE EVENT

NOTTINGHAM RD FIRE STATION

OPEN DAY

Sunday 24 July 2022
12PM - 3PM

- Meet Your Local Firefighters/Police
- Mini Fire Engine Ride
- Ice Cream Van / Tea / Coffee
- Sporting Communities
- EMAS • Blood Bikes

No Parking at Fire Station

Raising Funds For
The Fire Fighters
Charity

DerbyshireFRS

www.derbyshire-fire.gov.uk

Derbyshire
Fire & Rescue Service
Making Derbyshire Safer Together

FREE EVENT

Nottingham Road Fire Station
DEAF COMMUNITY
OPEN DAY
Tuesday 16 August 2022
11AM - 2PM

- BSL Interpreters • Explore a Fire Engine
- Firefighter Demonstrations • Refreshments
- Fire Service & Police Safety Talks
- Sporting Communities • Information Stalls



Text Contact: 07825 693951
Email: southareaadmin@derbys-fire.gov.uk

Supported by



NO PARKING AT STATION

DerbyshireFRS **www.derbys-fire.gov.uk**

Sat 2nd July 12-4pm Sat 9th July

Osmaston Park Sinfin Moor Park (Redwood)

Osmaston & Sinfin

COMMUNITY FUN DAYS

FREE Family Events

Free Fun for all the Family including...

- Jewellery Making
- Circus Workshops
- Reptiles
- Inflatables
- Climbing Wall
- Plus Stalls,
- Entertainment,
- Activities & much
- Much more....

Proudly Partnered with:

DERBY LIVE

POWERED BY LOTTERY ANTIPOD, PARKS, LEGAL, NATURE, RECREATION

SCX SINCERITY COMMUNITY EXCHANGE

SINFIN COMMUNITY CENTRE

LOTTERY FUND

Free Coffee Morning

Every Tuesday morning

10am - 12noon

Sinfin Community Centre



**SINFÍN
COMMUNITY
CENTRE**

Community Cafe
Every Tuesday 10 - 12.30

Join us for a cup of Coffee/Tea/Squash and biscuits, meet new people . Children are welcome.
Please join us!!

KEEP THE DATE

Sunday 11 September 2022 3–5.30pm

**Join us for a community celebration of the
113th birthday of Normanton Park**

FAMILY FUN DAY

If you or your organisation would like
to run a stall or activity at this birthday
event, please send an email to
fofnpark@gmail.com

 **Sporting
communities**


small text: we're here to support you
Friends Of Normanton Park
we bring you the best
www.friendsofnormantonpark.co.uk


Green Thyme
Growing and Learning Together

 **Friends of Derby Arboretum**
invite you to



LARK

IN THE PARK

Derby Arboretum, DE23 8FR

Sunday 19th September 2021, 12 noon-4pm



music, family activities, games and stalls

For stall enquiries and offers of activities please contact:
secretaryfda@gmail.com

For general enquiries please contact:
friendsderbyarbo@gmail.com

 @Derby
Arboretum
Friends of Derby Arboretum

 **DERBY**
PARKS

 Retain

 Derby City Council

 Derby Arboretum

 Derby Arboretum

 Derby Arboretum

Gallery

Carers Celebration Day 2022



Know your rights



This month this page is being used to inform you about
One Advocacy in Derby City.

At 'One Advocacy', we are led by the people who we support.

- We are a rights based independent charity. Our services are free and confidential.
- We can help you to understand your rights, and to feel empowered to act upon them.
- We provide specialist independent advocacy support focused on one-to-one, issue based advocacy services.



One Advocacy provides the Independent Mental Capacity Advocacy service (IMCA) including the Relevant Persons Paid Representative Role under the Deprivation of Liberty Safeguards, the Independent Mental Health Act Advocacy service (IMHA), Care Act, NHS Complaints and Specialist Advocacy in Derby City.

Care Act Advocacy

When decisions are being made about what kind of care and support you need to live as full a life as possible, it is important that you are put at the centre of those decisions as you are the expert in your own life. It might be difficult to be fully involved (substantial difficulty) if you have no-one who can support you.

The local authority must instruct an independent advocate under the Care Act when they are preparing:

- An adult needs assessment (to see what care and support an adult might need);
- A carer's assessment (to see if someone who provides care for someone else needs support);
- A child's needs assessment (to see what support a child might need as they become an adult);
- A care and support plan for an adult, or a review of an existing care and support plan;
- A safeguarding enquiry, or a safeguarding adults review, if they believe someone is at risk of being abused and/or neglected.

The advocate will:

- Find out the person's wishes, thoughts and feelings;
- Support the person to communicate their thoughts, wishes and feelings;
- Support the person to take decisions and to challenge decisions made by the local authority, if they differ to the person's individual preferences.
- Referrals are made by the local authority and in some instances, can be made by the individual or someone caring for them.

**You can contact One Advocacy by calling 01332 228748.
visit their website for more information:**

<https://www.citizensadvicemidmercia.org.uk/advocacy/>

Schedule

Wellbeing Event:

Event: Carers Monthly Crafts.

Venue: Quad.

Date: 4th July- Last session.

Time: 12:00 (2 hours).

Carers only event

Limited spaces available



This session is for anyone who enjoys doing crafts. Come along, meet other carers and get creative. This session will be ran by the lovely artist, painter and sculptor, Lynne Hollingsworth

Wellbeing Event

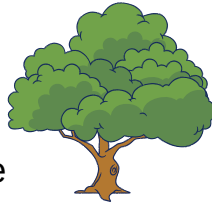
Event: Kedleston Hall Walk

Date: 22nd July

Venue: Kedleston Hall

Time: 12:30 to 15:00

Carers and cared for welcome



Explore the beautiful open spaces surrounding Kedleston Hall. This walk is for all abilities.



Wellbeing Event:

Event: Creative Writing with Sunita Thind

Date: 14th July

Venue: Zoom

Time: 18:30 to 20:00

Carers and cared for welcome



Creative writing expresses the writer's thoughts and feelings in an imaginative, unique and poetic way.

Creative writing is guided by the writers need to express feelings and ideas.

Peer Support Group

Event: Carers Café

Venue: Derby Theatre

Date: Friday 24th July

Time: 2pm till 4pm

Carers and cared for welcome

This Carers Cafe is for anyone caring for someone with Dementia. Derby Theatre and University of Derby are creating a play from some stories and experiences shared. Dates planned up to 2023.



**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 116 123, Open 24 hrs a day, 365 days a year. This is a free number to call.

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 Road, Derby DE22 3NE

Derby Urgent Care Centre: 01332 224700 - Address: Urgent Care Centre, Entrance C, Osmaston Road, 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?](https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once?msclkid=f1201fbcaa9e11ec92d5f19c10c729f4)
msclkid=f1201fbcaa9e11ec92d5f19c10c729f4