

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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CARERS CELEBRATION DAY

11th June 2022

Go to page 6 for
more details.



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



Mental Awareness Week From 9th -15th May 2022 Raising awareness of loneliness



**Helping people to understand the links between
loneliness and poor mental health.**

Let's Connect!

Join us for a Carers' drop in and meet the team
on **Friday 13th May 2022**

Time: **9.30 – 1.30pm**

Venue: **Derbyshire Fire and Rescue,
Nottingham Rd Community Room,
Chaddesden, DE21 6FP.**

Self development

Free training opportunities for you.

FREE FIRST AID TRAINING !

Date: Wed 18th May 2022

Time: 1pm (4 hours)

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

Limited spaces! Booking is essential
carers@citizensadvicemidmercia.org.uk
or call 01332 228777

NHS
Derby and Derbyshire
Clinical Commissioning Group

citizens
advice Mid Mercia

Derby City Council

Mental Health Awareness Week

9-15 May 2022

Theme is **Loneliness**

Let's talk

mental health

Loneliness can affect anyone and the recent pandemic has increased many people's feelings of being alone.

Feeling lonely or isolated can have a negative impact on your mental health, especially if these feelings go on for a long time, so It's really important that we all work together to help tackle it. There are lots of groups and projects across Derby contact us for more details. Alternatively, head to our 'useful to know' section of our website or page 8 of this newsletter.

Gallery



Carers Wellbeing Monthly Walk at Markeaton Park - Sunshine and ice-cream - what more can you ask for?



Glass Mosaic Birds - Carers Craft at Quad Every 1st Tuesday of the month

Below is a fantastic painting done by one of our clients! Please send in any pictures of your artwork or creations.



Carer's Compliments:

Thank you for this afternoon's lovely walk in Markeaton Park followed by coffee with a group of lovely people. Roy

We would like to say a big thank you for putting us on the list to see the show on Saturday it was marvellous - Gabby and Faith (Derby Theatre - Emperors New Clothes).

Carers Celebration Day

YOU'RE INVITED TO JOIN OUR

CARERS **CELEBRATION DAY** **FOR THE WHOLE** **FAMILY**

Making caring visible, valued and supported

SATURDAY 11TH JUNE 2022

12:00 TO 16:00

SPONDON VILLAGE HALL,

DE21 7FG

Schedule of *FREE* Events:

Happiness Enchanters - All Day Crafts and fun
Fieldwork - Laugh like a Hyena Wellbeing Workshops
Jenny Raphael Therapies - Hand Massages all day
Local Vocals Choir - Special performance
Angela Phillips - Qi Gong and Tai Chi Taster
Lou Espley - Yoga workshops
Angela Sandland - Drumming Meditation

Light refreshments will be available.

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

Schedule

Wellbeing Special Event:

Event: Glass Mosaics
Practitioner: Maggie
Venue: Markeaton Craft Village
Date: 10th May
Time: 10:00 (4 hours)
Who can attend: Carer only



Wellbeing Special Event:

Event: Tai Chi and Qi Gong 4 week course
Practitioner: Angela Phillips
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: Downton Abbey
Date: 17th May - Every 3rd Tuesday.
Time: 12:00 (2 hours).
Who can attend: Carer and cared for.
Adult only screening.



Wellbeing Event:

Event: Carers Monthly Crafts.
Venue: Quad.
Date: 3rd May - Every 1st Tuesday.
Time: 12:00 (2 hours).
Who can attend: Carers only.
Limited spaces available



Wellbeing Event:

Event: Special Spring Carers Walking Group
Practitioner: Jo - Wellbeing Coordinator
Venue: Kedleston Hall - FREE access to house and gardens. Spring garden in bloom.
Date: 17th May
Time: 13:00 (2 hours).
Who can attend: Carers and cared for.



Wellbeing Event:

Event: Derby Museum and Art Gallery
Venue: Derby Museum
Date: 26th May
Time: 13:00 (2 hours).
Who can attend: Carer and cared for
We will visit the café afterwards for a cuppa



Peer Support Group

Event: Carers Café
Venue: Derby Theatre
Date: Friday 27th May
Time: 2pm till 4pm
Who can attend: Carers and cared for.
Special Guest - Qi Gong with Angela.



Training Event:

Event: First Aid Training
Practitioner: Support One Group - Shaun
Venue: Derbyshire fire and rescue, Mansfield Road, Community Room
Date: 18th May
Time: 13:00hrs (4 hours)- Carers only



Mental Health Awareness Week

Event: Carers Drop in
Practitioner: Carers Team
Venue: Chaddesden Fire Station
Date: 13th May
Time: 10am (4 hours)- Carers only

Carers week event

Event: Carers Celebration Day
Date: 11th June 2022
Venue: Spondon Village Hall
Time: 12:00- 16:00hrs
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 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 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>