

01332 228777

carers@citizensadvicemidmercia.org.uk

carers-events@citizensadvicemidmercia.org.uk



Twitter: @Carers_Derby



Instagram: @Carers_Derby



Facebook: @Carersinderby



Carers Monthly

- 2 What we do
- 3 Your voice matters
- 4 Community events
- 5 Gallery
- 6 Information and awareness
- 7 Schedule
- 8 Useful contacts



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



Citizens' Panel

Do you have views on how we can improve services that impact on your health and wellbeing?

Do you live in Derby or Derbyshire?

Are you aged 16 or over?



Join us as a Citizens Panel Member

Have your say on health and care in Derbyshire

Society's health and care needs are changing. People are living longer, new medicines and technologies are being discovered and more of us are living with long-term conditions such as diabetes and asthma.

To meet these challenges, local councils, care homes and different parts of the NHS – hospitals, family doctors, mental health teams and others – have come together to form partnerships, and are working together more closely than ever before. In Derbyshire this partnership is called Joined Up Care Derbyshire (JUCD), Derbyshire Integrated Care System (ICS). The role of JUCD is to co-ordinate services better, keep people healthy and out of hospital and agree shared priorities for the future. Click [here](#) for more information.

JUCD has developed the Citizens' Panel to ensure that we can listen to and learn from our local residents. By sharing your feedback and opinions on health and care services, you can help us to design services that take into account 'what matters to people', on a range of topics related to health and care services.



Where can I get more information?

You can find more information about JUCD on our [website](#) or email joinedupcarederbyshire@nhs.net



Community Events



Support, Help, Fun!

ACTIVE SUPPORT

Active Support are a micro provider based within Sunnyside Community Centre. We provide day support and short breaks. Our service is aimed at adults who have a learning disability.

We encourage and support people to take part in many varied activities individually and as part of a group.

We aim to provide an excellent support service to individuals who are working towards a level of independence, whilst accessing activities within the community.



SUNNYSIDE COMMUNITY CENTRE

A great time for people

Helping groups of people already.

Monday - Friday
8:30am - 15:00pm

SUNNYSIDE COMMUNITY CENTRE
Coleridge Street, Sunnyside,
Derby, DE23 5AF
Email: activesupport@talktalk.net
Tel: 07757340627

KEEP THE DATE
Sunday 11 September 2022 3—5.30pm
Join us for a community celebration of the
113th birthday of Normanton Park



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



AGES 6-12

ROCKIN' ROBINS
DRUM SERVICES

SUMMER SCHOOL
3 DAYS OF DRUMMING FUN AT 4 FINAL PERFORMANCE AT

DERBY ARENA AND DUBREK STUDIOS

9TH-11TH AUGUST
10AM - 3PM

WORLD DRUMS - STICK KIT MUSIC AND PE CLASS - SPECIAL GUESTS - DIGITAL
BEAT MAKING - LET'S PLAY DRUMS! - PREPARING FOR A LIVE PERFORMANCE -
LIVE CONCERT - ARTS & CRAFTS - GAMES + MORE!

SPECIAL GUESTS COMING SOON!

dubrekk Stagg

BOOK TODAY -
WWW.ROCKIN-ROBINS.CO.UK/SUMMERSCHOOL



Lunch club 65+

11am every Friday

£6

2 courses and hot drink

102 Baker Street
Alvaston United Reformed
Church



padley
Helping people to grow

CHARITY ABSEIL

**THIS IS YOUR CHANCE TO
ABSEIL 212 FT DOWN THE
DERBY CATHEDRAL! THE
CHALLENGE IS EXHILARATING,
THE CAUSE REWARDING.
ARE YOU UP FOR IT?**

**SATURDAY 3RD SEPTEMBER 2022
9.00AM**

- SECURE YOUR PLACE TODAY £20.00 DEPOSIT
- MINIMUM SPONSORSHIP OF £100.00

Go to <https://linktr.ee/padleygroupderby> to
register for the abseil and set up your
online fundraising page or contact 01332
774480 kerry@padleygroup.com for more
information



FLYING HIGH
SPIRAL SUMMER SESSIONS

WEDNESDAYS 1PM-3PM
27 JULY - WINDSOCKS
3 AUG - FLAPPING BIRDS
10 AUG - WINDMILLS
17 AUG - KITES

Free Sessions, everyone welcome
Grove Lodge, Derby Arboretum,
Grove Street, Derby DE23 8EL

spiral arts

community fund

IKEA

Gallery



If you enjoyed the Quad Carers crafts, look out for our future crafty events. We will be looking at utilising different venues, different practitioners and lots of different times and days - so more carers can enjoy crafting and connecting through the arts.

Carer Compliment about our Year of Crafts at Quad:

I would just like to say a really big thankyou for organising the craft sessions. I have thoroughly enjoyed being a part of this group and doing all different types of crafts. It was lovely to have chats with the other ladies in the group, very relaxing and rewarding. Our instructor was also fab many thanks. Looking forward to being able to participate in future craft sessions. Many thanks Jo and team. Ellen Busby

Information and Awareness

**Would you know what to do if someone you cared for needed First Aid?
Watch out for an exciting new programme of First Aid Awareness Session.**



**We are reaching out to people from the BAME community.
Please join us on 15th September 2022 from 10am to 2pm - at Normanton Library.
This will be for a fun filled, yet informative session of First Aid.
Numbers are limited so please book early via the helpline or email address.
Refreshments Provided.**

**As a carer are you protecting yourself from harm? Would you like more information on
how to support and move the person you care for?**

We have a wide range of leaflets available to assist you in your caring duties.

**Please contact the helpline on 01332 228777
or email carers-events@citizensadvicemidmercia.org.uk**

Coming up later in the year:

Wills and Power of Attorney Awareness.

**Do you or the person you care for
have a will?**

**Do you understand power of
attorney?**

If not,

**then this awareness session may
be for you.**

**Please keep an eye out for further
details.**



Do you care for someone with arthritis?

**Did you know that National Arthritis Week is October
7th - 12th 2022.**

**Universal Services for Carers will be marking this week with
an awareness session on October 12th - Global Arthritis
Day.**

Please await further details.

Schedule

Peer Support Group

Event: Carers Café

Venue: Derby Theatre

Date: Friday 30th September

Time: 2pm till 4pm

Carers and cared for welcome

This Carers Café is for anyone caring for someone with Dementia. This session will involve a backstage tour of Derby Theatre - come and join us at our carers café and get to see where all the magic behind the scenes happens. Dates planned up to 2023. **No August date.**



Wellbeing Event

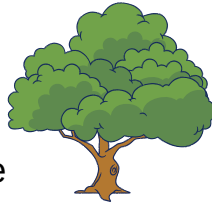
Event: Walking Group

Date: Friday 19th August

Venue: Darley Park

Time: 13:00 to 15:00

Carers and cared for welcome



Come along and join our popular walking group. We take a slow gentle pace to ensure we walk at a speed that is comfortable for everyone. We always end the walk with an optional cafe stop for a cuppa and a cake.



First Aid Awareness

Event: First Aid Training.

Date: September 15th

Venue: Normanton Library

Time: 10.00 to 14.00.

For Carers only.



Reaching out to our BAME community, please join us for a first aid session helping you to understand and perform basic first aid.

Places are limited, please book early.

Save the date- drop in:

Event: Derby Pride 2022

Date: Saturday 10th September

Venue: Markeaton Park

Time: 12pm - 6.30pm

Everyone welcome- We will have a stall so come along, and speak to us.



Save the date:

Event: Jekyll and Hyde - Theatre Show

Date: Saturday 15th October 2022

Venue: Derby Theatre

Time: 14:30hrs

Carer and Cared for welcome. This is a relaxed performance - Dementia friendly. FREE tickets - Booking essential - Limited spaces.



**To book onto any of our events, please call
01332 228777 or email
carers-events@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

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

PAPYRUS Hopeline UK – Helpline for people under 35 who have suicidal thoughts and for anybody worried about another young person's mental health. Open 9am- Midnight daily. Tel: 0800 068 4141 Text: 07786 209697 pat@papyrus-uk.org

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