



# UNIVERSAL SERVICES

for Carers in Derby

Our service aims to empower **unpaid carers** who are caring for someone who lives in **Derby City**. An unpaid carer is anyone who is looking after a family member, friend, or neighbour who, due to disability, physical or mental health condition, illness, or addiction, cannot cope without support.

We offer practical and personal support to enable carers to lead healthy and fulfilled lives. **To access our support the carer must be over 18 years old.**

## What we offer:

**Helpline and email**- available Monday to Friday, 9 -5- Offering information, guidance, referrals to other services and Carers Conversations (*Please note, Carers Conversations are for unpaid carers aged 18+, caring for someone who is aged 18+*)

**Emergency Planning**

**Well-being activities and events**

**Awareness raising and personal development**

**Community Engagement**- including Peer Support and our 'Carers Monthly' newsletter.



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[www.citizensadvicemidmercia.org.uk/carers/](http://www.citizensadvicemidmercia.org.uk/carers/)



@Carers\_Derby



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Derby and Derbyshire  
Integrated Care Board



Mid Mercia



Derby City Council

Supporting carers and their families throughout Derby City