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We apologise if your newsletter is delayed this month.

We are again experiencing delays due to the postal strikes.



01332 228777



carers@citizensadvicemidmercia.org.uk



www.citizensadvicemidmercia.org.uk/carers/



[@Carers_Derby](https://twitter.com/Carers_Derby)



[@Carers_Derby](https://www.instagram.com/Carers_Derby)



[@Carersinderby](https://www.facebook.com/Carersinderby)



Derby and Derbyshire
Integrated Care Board



Mid Mercia



Derby City Council

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. These are used as the first step in getting a Carers Assessment. 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. (Please note, Carers Conversations are for unpaid carers aged 18+, caring for someone who is aged 18+). Please call or email us to book an appointment.

Wellbeing: We have a variety of indoor, outdoor and virtual 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 the events we have planned this month on **page 6 and 7***).

Information and awareness: 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 your 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 peer support groups, we are able to advise you about any groups that are running through our helpline or via email. We also 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



Drop in Event for Carers, Families and Professionals.

Monday 23rd January 2023

Drop In: 10:30am-4:00pm

At the Derbion Centre Community Room

(Opposite Superdrug)

Come along and meet the Universal Services for Carers Team.

We will be able to offer information and support to assist you in your caring role.

We are looking forward to seeing you.

Community



St. Martin's invites you to our **WARM SPACE** for as long as you need 9:30am – 6pm on Thursdays throughout the winter months.

Whether you need somewhere to keep warm, charge your phone, simply chat to someone or be fed, you are welcome. Plus, there will be games and puzzles available.

Every Thursday

- FREE light breakfast before 11am, usually cereal and toast.
- FREE hot teatime meal from 4pm to 4.30pm. Please book teatime meal with Chatterbox Café on 07862 109296

For more details contact Lianne 07834 902427 or Kathy 07960 021094
St. Martin's Church & Community Centre, Flint Street, Allenton, DE24 9BH

at
Alvaston Baptist Church
every **Monday**
Morning
9am – 12 noon



57 Alvaston Street, DE24 0NX

Bring your knitting, your jig-saw, your book or just bring yourself. Have a chat and a cuppa with us. If you have an idea for an activity, tell us and we will see what we can arrange.

Save on your heating bill and come to us for a while

Anyone visiting us during the first two weeks (November 14th & 21st) can leave us their email address, and enter a prize draw for a FREE CHRISTMAS HAIR-DO

Carer Peer Support

Just a reminder that there will be no Carers Peer Support groups this month, we would like to take this opportunity to thank you for attending and making these groups a success.

To build on the success of these groups we would like you to take a few minutes to list what things you would like to see happening in the groups next year.

The more ideas and involvement we have from you the better we can plan for the coming year. Use the columns below to jot down any ideas and we can discuss together in the New Year.

Type of activities	Talks from other professional/ Voluntary organisations	Building on hobbies

Don't forget, there is still time to share your views and be part of shaping what you want by calling 01332 228777, emailing us on carers-events@citizensadvicemidmercia.org.uk or by filling in our survey.

<https://forms.office.com/r/zx09Tkmw8E>

Schedule

Drop in - All Welcome **Carers Christmas Gathering**

12-4pm

Saturday 3rd December

Chellaston Community Centre,
Barley Croft, DE73 6TU

Seasonal Arts & Crafts
Choir & Carols @ 1.30pm
Front Door Festive Theatre's
A CHRISTMAS CAROL @
2.30pm
Mince pies, Coffee & Chats



Wellbeing Event

Event: Front Door Festive Theatre's
A CHRISTMAS CAROL

Time: Various time slots available

Date: 29th & 30th Nov - 7th & 8th Dec

Venue: Your Front Door!

Places Limited - Please register your
interest ASAP



Carers Awareness Session

Event: Understanding the Care Act 2014

Time: 2-3pm

Date: Tuesday 6th December 2022

Venue: Zoom Virtual Event

Please also get in touch if you
need help to access Zoom



Wellbeing Event

Event: Kedleston Hall Christmas House Visit

Time: 11.00-2.30pm

Dates: Fri 9th and Mon 12th December 2022

Venue: Kedleston Hall

Places Limited on both dates. The site has
some accessibility limitations, please advise
us of any access needs when you contact us



Peer Support Group

Event: Carers Dementia Café

Time: 2pm - 4pm

Date: Friday 16th December 2022

Venue: Derby Theatre

Carers and cared for welcome



Wellbeing Event

Event: Wind in the Willows

Time: 2.30pm

Date: Saturday 17th December 2022

Venue: Derby Theatre

Carers and Cared for Welcome
Places Limited. Please register your
interest ASAP



Wellbeing Event

Event: Winter Wellbeing Walk

Time: 1-3pm

Date: Tuesday 20th December 2022

Venue: Markeaton Park

Carers and Cared for Welcome



Wellbeing event

Event: Plot to Plate Allotment Session

Time: 2-3pm

Date: Thursday 5th January 2023

Venue: Little Chester Allotments,
Chaddesden

Carers and Cared for Welcome



Wellbeing event

Event: Lunchtime Meditation & Relaxation

Time: 1.30pm - 2pm

Date: Monday 9th & 23rd January 2023

Venue: Online - Zoom

Carers and Cared for Welcome



Schedule

Wellbeing & Awareness Event

Event: Anxiety RESET - Information, Hypnotherapy & Relaxation

Time: 2-3.30pm

Date: Tuesday 10th January 2023

Venue: Face to Face - TBC
Limited Places - Carers Only



Wellbeing Event

Event: Wellbeing Walking Group

Time: 1-3pm

Date: Wednesday 13th January 2023

Venue: Darley Park
Carers and Cared for Welcome



Peer Support Group

Event: BAME Carers group

Time: 9.30 - 11.00

Date: Wednesday 18th January 2023 -
3rd Wednesday of the Month

Venue: Normanton Library, Almond Street,
Derby



Peer Support Group

Event: Carers group

Time: 10:30am

Date: Thursday 26th January 2023 -
last Thursday of the Month

Venue: Chaddesden Fire Station community
Room



WE'VE CHANGED THE WAY WE TAKE BOOKINGS!

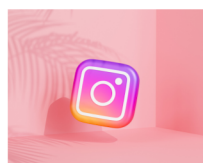
Please call on 01332 228777 or email us at carers-events@citizensadvicemidmercia.org.uk to REGISTER YOUR INTEREST. We will then allocate places 2 weeks before the event. This is to ensure everyone has the opportunity to at least 1 event.

WANT TO GET INVOLVED?

Bournemouth Survey

Dr Catherine Talbot, Bournemouth University, is currently leading research on unpaid carers' views & experiences of social media. As part of this research, she would like to hear from people caring for family members with dementia, even if they or person they care for do not currently use social media

To find out more or get involved, carers can go to:
https://bournemouthpsych.eu.qualtrics.com/jfe/form/SV_09t44pMcsYp6WPk



Information & Awareness

Looking After Yourself at Christmas

Christmas is a time of year that often puts extra pressure on us and can affect our wellbeing in lots of different ways. If Christmas is a hard time for you, you are not alone, but there are things you can try that might help:

Plan Ahead

Think ahead about what might be difficult, and if there's anything you could do that would help you cope. Think about whether you really need to do things if you're not looking forward to them. Don't be afraid to cancel plans if you're not up to it. If you're worried about feeling lonely, think about some activities that might pass the time, like spending time in nature or relaxing. Perhaps plan something nice to look forward to after Christmas. "Christmas can be a very busy time of year. If you need a break, don't feel bad about taking one".

Be Gentle, Generous and Patient With Yourself

It's ok to prioritise what's best for YOU, even if others don't seem to understand. Think about what you need and how you might be able to get it. Talk to people you trust about what would help you cope.

Don't Believe the Hype

Don't compare yourself and your Christmas with the 'perfect' Christmas moments on social media or adverts. Most people only share the good bits and you don't know what goes on behind the scenes. Don't get sucked into measuring your experience against something that isn't real

Talk To People

Connecting with others is one of the best ways to protect your mental wellbeing, friends, family or online communities can help you connect with others who have similar experiences. If you are struggling, let people know. When you keep your feelings to yourself, it can often feel like it's just you – when it's not. You don't have to justify your feelings to anyone nor do you need their permission to look after yourself.

Look After Yourself

Let yourself experience your own feelings. Even if they don't match what other people are feeling, they are no less valid or real. Take time out for yourself. Watch a film, read a book, spending a day hanging out in your pyjamas is fine, it's great! But make sure you're not too house-bound and spending all day eating and drinking. A brisk walk is a nice way to spend an afternoon, or a day trip somewhere. If you can't avoid something difficult, plan something for yourself afterwards. It might help reduce the stress. Why not give the most important person – yourself – a present for Christmas. "I make myself up a self-care stocking for Christmas. . Filled with things that make me feel good"



Information & Awareness

The Care Act 2014 Carers Rights



6th December 2022

Please join us on Zoom for an information session about your rights as a carer under The Care Act 2014.



We will deliver a short informative presentation via Zoom with a chance to ask questions afterwards.



citizens
advice

Mid Mercia

WE ARE HIRING! NOW!

**EVENT AND PEER
SUPPORT VOLUNTEER**



Twitter: @Carers_Derby



Instagram: @Carers_Derby



Facebook: @Carersinderby



Send your CV with a cover letter or an application form to:
staff@citizensadvicemidmercia.org.uk



Wellbeing



PLOT TO PLATE : NEW ALLOTMENT PROJECT FOR CARERS

Universal Services for Carers were approached by Disability Direct about working together on their new project. After the success of Plot to Plate and supporting so many disabled and older people, both at the allotments and in the community, they wanted to expand to help those who care for others too.

They have recently taken on a third allotment, The Carers Plot, specifically for unpaid carers. The allotment is one & a half plots in size and has a huge 35ft polytunnel, ground beds, a caged fruit area and a big pear tree. It also has a patio area for enjoying that all important cuppa. (Yes, there is a stove in the tea shed, sorry, tool shed!...and toilets on site too.)



Come and see for
yourself, have a
cuppa and a chat.

2-3pm

5th January 2023

**For more information, please email
carers-
events@citizensadivcemeridmercia.org.uk
or call 01332 228777**

The benefits of accessing The Carers Plot go far beyond growing fruit and vegetables. Of course, healthy eating is probably the first thing that comes to mind. We also encourage people to try new recipes by using the produce they have helped to grow. Accessing the allotment is a great way to increase exercise levels and keep people physically active. It also combats social isolation and helps to improve mental health too. To be perfectly honest, the only downside is the great British weather when it rains!

"We hope that the allotment will provide a space where carers can have some time to themselves and grow their own fruit & veg. All carers will have the opportunity to decide on exactly what they will grow and how the allotment develops, working together with like-minded people as a friendly team. Not only will it give members a place where they can exercise, it will also give them the opportunity to socialise with others in a similar position to their own." **Lea Omeara - Plot to Plate Project Manager**

Gallery



FIRST AID TRAINING 7TH NOVEMBER 2022



This 4-hour course was held at Dovedale hospital.
Basic emergency first aid was covered.

"It was absolutely brilliant. I now feel that if needed I would be
confident enough to even use a defibrillator.
The two instructors were excellent."

**OUR NEXT COURSE IS
11th Jan 2023.**

Places limited. Venue and time TBC.



MICKLEOVER F.C. MATCH - 19TH NOVEMBER 2022



20 tickets were kindly
donated by Mickleover FC to
our Carers."It was great to
get a chance to get out and
it turned out to be a very
exciting game with
Mickleover getting a winner
in the final minute,
A most enjoyable afternoon".



"Our family had a great time watching a great
match on Saturday, all the staff at the ground
were so helpful. The atmosphere was brill!"

We would value your feedback. If there is anything you'd like to see us organising
for you, please let us know by emailing:
carers-events@citizensadvicemidmercia.org.uk

Useful Contacts

We will be unavailable from the end of the day on 23rd December 2022 to 3rd January 2023.

We will try to resolve as many queries as possible before then.

Whilst we are closed you will be able to leave us a message on 01332 228777. Please leave your name, number and a brief reason for your call and we will endeavour to contact you as soon as we can in the new year.

Please be advised that the answerphone will not be monitored so if you require more urgent help or support our newsletter has helpful contact numbers on the last page,

If you are experiencing a medical emergency or are at immediate risk of harm, call 999.

If you are unsure if you require support from the emergency services, call the non-emergency numbers. These are **101** for police and **111** for medical advice.

Here are some other contact details that you may find helpful:

- Adult Social Care- **01332 640777** (out of hours care line number is **01332 956606**)
- Mental health support, please call **0800 028 0077** (open 24 hours a day, 7 days a week)
- Silverline- **0800 4 70 80 90**- free confidential helpline providing information, friendship and support to older people. Open 24 hours a day, every day of the year.

We look forward to supporting you throughout 2023 and wish you a safe and happy festive period.