



Carers Monthly

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You are cordially invited to a production about Dementia at Derby Theatre

on Friday 24th February at 2pm.

Please register your interest in the usual way.

Co-created with local people with lived experience of dementia and 11-14 year olds.

It is the culmination of a long-term project, in partnership with Derby Theatre and Universal Services for Carers, that seeks to provide caring spaces for people with lived experience of dementia; to challenge fear and stigma; and to empower young people to tackle a subject seldom discussed with them.

We are delighted to have been part of this incredible project.



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.

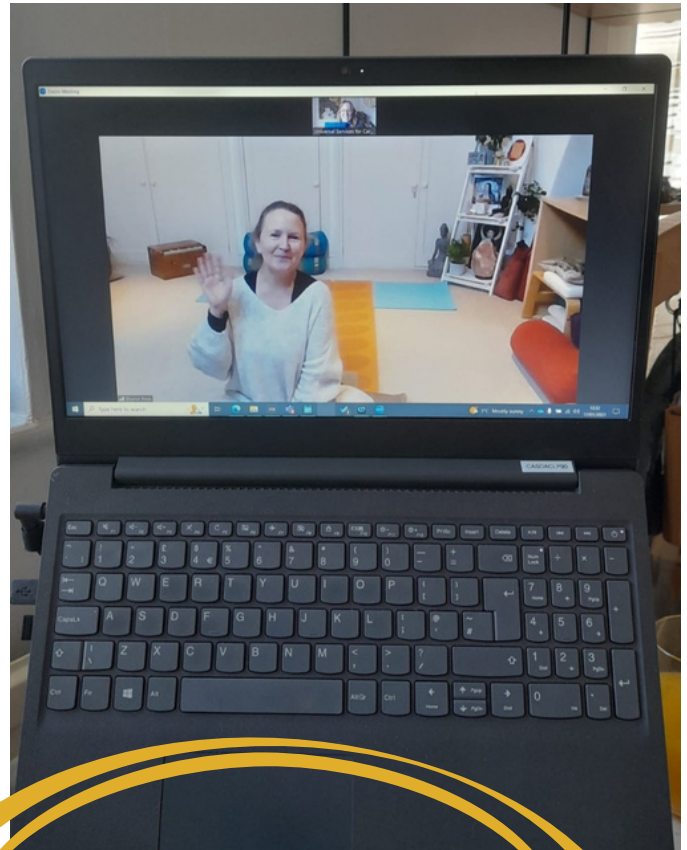
Peer Support: If you are interested in any peer support groups, we are able to advise you about any groups that are running through our helpline or via email. We also work with other organisations and connect with GP surgeries to help people access support easier and help more people find and access our service.

Gallery

A REMINDER... Did you know that 20 minutes of meditation can have the same benefits as 4-5 hours of deep sleep



Hello, I'm Sharon and I'm delighted to be guiding you through these series of online Meditation & Relaxation sessions suitable for all. If you can't make the session live then please let us know and we'll send you a link to the recording.



A beautiful crisp day for this first wellbeing walk of the year. Bracing and fresh but lovely to see people to walk and talk. COME JOIN US ON 8th FEB for the next one.



DARLEY PARK 18th JANUARY 2023

"I could feel myself deeply relaxed and nodding off in the first ten minutes! Thank you for sending me the recording of the Meditation & Guided Relaxation to access in my own time "

**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**

Community



Derby Food Banks

Here is a list of the food banks available in Derby.

If you call the Hub 01332 346266 they will be able to guide you to your nearest food bank

Derby City Mission Food Bank

W: www.derbycitymission.org.uk

W: For those wanting to donate there are more details here

www.derbycitymission.org.uk/foodbank

T: 01332 460346

E: Complete online form

About Us

Derby City Mission offer food parcels for people in need. They will support you to explore the underlying causes of your difficulties, including exploring finance and benefits problems you might be having.

How to access

Food parcels are available on Thursday mornings and have to be pre-booked.

To book a parcel call 01332 460347. If there is no reply then leave a message.

On Thursday mornings parcels can be collected at the time you have been given or in some cases parcels can be delivered.

Derby in Need Food Bank

T: 01332 919124

E: enquiries@derbyinneed.org

E: Online contact form

About Us

food bank offers free food to residents of Derby who in need help and more

How to access

Derby, DE24 0US, United Kingdom

Monday, Wednesday & Friday: 14:00 – 20:00

Tuesdays & Thursdays, 10:00 – 20:00

Volunteering: Yes

Referral Pathway: Contact via phone or Facebook messenger

Jake's Kitchen

W: newlifederby.org.uk

T: 01332 349056

E: office@newlifederby.org.uk

About Us

free hot meal to the vulnerable and people facing poverty

Community



How to access

New Life Christian Centre, Normanton Road, Derby DE23 6UU

Mondays 6.30pm to 8.30pm

Volunteering: Yes

Padley Centre Emergency Food Parcels

W: www.padleygroup.com

E: edwarddrimmer@padleygroup.com

About Us

Providing emergency food parcels to those in need. One voucher can be issued per month to those not in receipt of benefits. Hot meal vouchers can also be purchased for £1 after referral.

Padley House

Homeless Hostel & Day Centre 3 Becket St Derby DE1 1HT 01332 331280

admin@padleygroup.com (toilet & shower facilities, food, clothing, support & advice)

How to access

Professional referral only – Derby Women's Centre for referral and times

Padley Centre, 3 Becket Street, Derby, DE1 1HT

Volunteering: Yes

The Hope Centre

W: www.hopecentraderby.co.uk/?page_id=39

T: 01332 341189

E: info@hopecentraderby.co.uk

About Us

The food bank seeks to provide a three day food parcel for those who are in need

How to access

18 Hope Centre, Curzon Street, Derby, DE1 1LL

Tuesdays from 1pm – 3pm and Fridays 10am – 1pm

Volunteering: Yes

Referral Pathway:

Food vouchers needed. These are available through Derby City Council. Call 01332 640000 for details. Derby Women's Centre also provide -email us for more information kaths@derbywomenscentre.co.uk.



Schedule

Wellbeing Event

Event: Plot to Plate Allotment Session

Time: 11am- Noon

Date: 2nd February & 8th March 2023

Venue: Little Chester Allotments,
Chaddesden
Carers Only



Training Event

Event: Healthy Heart

Time: 10.30-12pm

Date: Monday 6th February 2023

Venue: Holly Court, Mickleover
Carers only



Wellbeing Event

Event: Wellbeing Walking Group

Time: 1-3pm

Date: Wednesday 8th February 2023

Venue: Markeaton Park

All Welcome



Wellbeing Event

Event: Drawing from the Heart

Time: 1.30pm - 3pm

Date: Monday 13th February 2023

Venue: Deda, Derby City
Places limited
Carers Only



Wellbeing Event

Event: Lunchtime Meditation & Relaxation

Time: 1.30pm - 2.15pm

Date: Tuesday 14th & 28th February 2023

Venue: Online - Zoom

Recording available on request

All Welcome



Drop - in

Event: Information and support

Time: 11.00am - 2pm

Date: Tuesday 14th February 2023

Venue: Florence Nightingale Community
Hospital. London Rd.
All Welcome

Training Event

Event: Dignity Day Awareness
Virtual Event

Time: 4.30pm - 5.15pm

Date: Thursday 16th February 2023

Venue: Online
Carers Only



Peer Support Group

Event: Carers Dementia Café

Time: 2-4pm

Date: Friday 24th February 2023

Venue: Derby Theatre

All Welcome



**Thank you so much for those who have taken
the time to fill our new online feedback forms
after attending our Wellbeing Events.**

**THANK
YOU!**

Schedule

Wellbeing Event

Event: Kedleston Hall Visit

Time: Anytime between 10am-3pm

Date: 27th February & 17th March 2023

Venue: Kedleston Hall National Trust

Booking Essential

Carers & Cared For Welcome

Peer Support Group

Event: Carers group

Time: 10:30am

Date: Thursday 23rd February 2023 -
Last Thursday of the Month

Venue: Chaddesden Fire Station
Community Room



Wellbeing Event

Event: Lunchtime Meditation & Relaxation

Time: 1.30pm - 2.15pm

Date: Tuesday 14th & 28th March 2023

Venue: Online - Zoom

Recording available on request

Carers and Cared for Welcome



Drop - in

Event: Information and support

Time: 11.00am - 2pm

Date: Tuesday 14th March 2023

Venue: Florence Nightingale Community
Hospital. London Rd.

All Welcome

Wellbeing Event

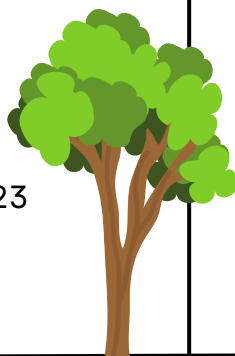
Event: Wellbeing Walking Group

Time: 1-3pm

Date: Wednesday 15th March 2023

Venue: Allestree Park

All Welcome



Wellbeing Event

Event: Nature Crafts with Down to Earth

Time: 11am - 2pm

Date: Wednesday 29th March 2023

Venue: Face to Face - TBC

Places Limited - Carers Only

Wellbeing Event

Event: Health & Beauty Treatments

Time: Arrange your own

Date: Limited Free Vouchers Available
Every Month

Venue: East Midlands College of Health &
Beauty, Mansfield Road, DE1 3TT.

Carers Only - x 1 Voucher Per Person



WATCH THIS SPACE...

**Weekly Gym Sessions for CARERS ONLY @
Moorways Sports Village.**



Please REGISTER YOUR INTEREST and
feedback if there are any other sporting
activities you'd like to see on the schedule

**Please call on 01332 228777 or email us at
carers-events@citizensadvicemidmercia.org.uk to REGISTER YOUR
INTEREST. We will then contact you to confirm your place in due
course. Please note for popular events, we now allocate tickets 2
weeks before event is due to run. This is to ensure everyone has the
opportunity to attend an event.**

Information & Awareness

Healthy Heart Event

Do you want to improve your lifestyle this New Year and understand how to better maintain a healthy heart?

If the answer is yes, please join us for a fun and informative session on healthy heart function in relation to diet and nutrition, as well as some basic exercise demonstrations.

National Heart Health Month February 2023!



Taking place at 10.30am-12pm on Monday 6th Feb 2023 at Holly Court

Mickleover, Derby, DE3 0TA.



'The month is a very important period during the year. Awareness is created about the various heart conditions, and it goes a long way to help reduce the rate at which heart-related diseases are taking the lives of people. We need to use this month to take extra care of our heart health.'
(Sourced from www.nationaltoday.com)

To register your interest for this event please phone 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk

Dignity Day Virtual Event

As part of our February Dignity Day celebrations, we will be holding a virtual event at

4.30 - 5.15 pm on Thursday 16th February 2023.

Dignity Day aims to 'ensure people who use care services are treated as individuals and are given choice, control, and a sense of purpose'.

There will also be time at the end to give your contribution to Dignity Day and ask any questions.



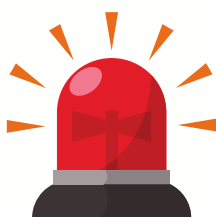
To register your interest for this event please phone 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk



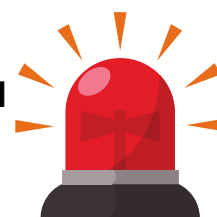
Information & Awareness

Emergency Plans

Do you need help to put together an emergency plan in the event of something happening to you? Emergency plans are useful for friends or relatives who need to step into your caring role in an emergency.



Please phone us on 01332 228777 or email carers@citizensadvicemidmercia.org.uk to book an appointment or to receive a copy to fill in yourself.



Moving and caring for your loved one safely

Do you need more information on how to move and care for your loved one safely? We offer a free booklet to help support you with your caring responsibilities such as personal care, mobilising, transfers, equipment, and eating and drinking.



Please phone us on 01332 228777 or email carers@citizensadvicemidmercia.org.uk to receive a copy by email or post.

First Aid Feedback!

In January we held another one of our regular first aid events for carers and had some great feedback. One carer stated that it was a really fun and interactive session compared to other similar training she had attended in the past!

Please join us for our next first aid event at 10am-2pm on Tuesday 14th March. Further details to follow in our March newsletter.



Wellbeing

Drawing from the Heart...

This is absolutely suitable for beginners! Local Artist, Lor Bird will be running this session for Carers at Derby Deda from 1.30-3pm on 13th February 2023. Places limited so please register your interest ASAP!

Did you know permission to 'free draw' helps keep the brain on line and focused for longer? www.health.harvard.edu



Kedleston Hall

After the success of the two December visits to the National Trust site Kedleston Hall, we are continuing to offer free monthly visits. These will be unstaffed by us, so you and your Cared for will be able to access independantly. Please register your interest and we will let you know which dates we can offer you. Upcoming visits anytime between 10am-3pm on 27th February and 17th March 2023. Places limited per visit.

SHOP - CAFE - WALKS - MUSEUM - NATURE



New Monthly Craft Cafe for Carers

**Every 2nd Thursday of the month
10.30am-12.30pm @ Derby Deda, Church Street
Starting March 9th 2023**

We are so pleased to be working in partnership with Derby Deda to host a new monthly Craft Cafe for our Carers. We know art & crafts are very popular amongst many of you as a way to connect, create and have much needed time out. After the success and feedback from the crafts sessions at QUAD last year, we've heard and responded to what you want to see more of. Places limited to Carers so registering interest is essential.

Spring

Spring... it is on it's way! 1st February is actually considered to be the first day of Spring in the more seasonal Celtic Calendar or 'Turn of the Wheel'. Keep an eye out for snowdrops and green shoots... the change in birdsong. SAVE THE DATE FOR SPRING TIME WORKSHOP with Down to Earth - 29th March 11am-2pm... more details next month...

Wellbeing

**The East Midlands
College of
Health & Beauty**

**SPECIAL
OFFER**

Especially for our Carers Only: FREE TREATMENT VOUCHERS EVERY MONTH

The College has been established as a "Centre of Excellence" offering an extensive range of courses in Beauty Therapy, Nail Services, Reflexology, Aromatherapy, Massage Therapy, Sports Massage and Hair and Media Make-up.

To ensure the highest standards of training, all tuition is in small study groups with expert tutors, who are highly qualified and have extensive industrial and teaching experience. Students receive maximum support and guidance from the Principal and tutors throughout their training programme.

The college is positioned in the centre of Derby, a short distance away from the bus and railway stations. Car parking is available nearby.

To see their facilities, visit:
<https://www.whiterosebeautycolleges.co.uk>

MASSAGES - FACIALS - BEAUTY TREATMENTS - REFLEXOLOGY & MORE

How does it work? Call us on 01332 228777 or email carers-events@citizensadvicemidmercia.org.uk to request a free voucher for a treatment of your choice. We will take your details and post a voucher to you. Book the treatment of your choice direct with the Beauty School. Remember to take your voucher.

No Voucher - No Treatment! Leave the voucher with your therapist to post back to us.

ENJOY & RELAX...

FREE



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, free helpline, open 24 hrs a day, 365 days a year.

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. Call this number if someone is seriously ill or injured and their life is at risk.

Non-Emergency Police - 101 or non emergency medical help- 111.

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 –
This is a 24/7 service for Derby residents

Treetops Hospice - counselling and emotional support to adults, children & young people who are dealing with a life-limiting illness or bereavement - 0115 949 1264.

General Advice - CAMM 0808 278 7972

Money Advice Service - CAMM 01332 228745