

Carers NEWS



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Derbyshire All Age Carers Support Service

Introducing the Derbyshire All Age Carers Support Service

In April 2024, Derbyshire Carers Association introduced the Derbyshire All Age Carers Support Service on behalf of Derbyshire County Council and the Derby and Derbyshire Integrated Care Board.

The new all-age Carers service has been designed to deliver the Derbyshire Carers Strategy by ensuring Young Carers, Young Adult Carers and Adult Carers have access to preventative, timely, appropriate and person-centred support.

Features of the new Derbyshire All Age Carers Service include:

Early identification and support

To promote early identification and encourage Carers to self-identify, we will raise awareness of the caring role, the rights of Carers and the support that is available at an individual, organisational and strategic level.

Healthcare Liaison will deliver support, advice and training to health service teams to improve the way Carers are identified and supported.

Information and advice

Carers can access information and advice in a variety of methods that is accessible and appropriate for their needs. This includes our Carer Helpline, online resources and learning programmes.

Carers will be well informed throughout their caring journey about the support available to them in their role, their rights and how to support their individual wellbeing. Learning sessions will include 'new to caring' and 'planning for the future' workshops.

Recognising and supporting Carers in the wider community

We will develop quality partnerships across all communities to proactively identify, connect and support Carers, and ensure the service supports a diversity of communities.

Our network of Carer Champions from across all sectors and communities will receive ongoing support and resources to identify and connect Carers from hidden and diverse communities.

Involving Carers as experts

All age Carers will be involved in the design and evaluation of the service through our Carers' Voice project. We will consult with Carers on issues which are important to them and share our findings and recommendations with partners.

If you would like to be part of our Carers' Voice group, please call Emma on **07816 283550** or email: **emma.beestone@derbyshirecarers.co.uk**

Services and systems that work for Carers

Locality teams will support Carers to navigate and connect with services for themselves and the person whom they care for. Through affiliation with Carefree and the Carers Trust, we will help Carers access resources and a break from caring.

The Derbyshire County Council Carer Liaison Worker will be integrated within our team to ensure a cohesive, consistent, whole family practice between Adult Social Care, Children's Services, and the Carer service.

Carer employment and financial wellbeing

Our Carers in Employment programme will support workplaces and promote best practice in relation to their own workforce who are Carers. We will introduce employer training and quality awards. We will host monthly legal and financial clinics and explore ways to promote income maximisation for all Carers.

Innovation

Through local, regional and national networking and our established partnership with the University of Derby, we will continually explore best practice and how this can be integrated within services in Derbyshire. We will source additional income for new areas of work that will be co-produced with Carers.

Derbyshire Young Carers

Reducing inappropriate caring pressures that may have an impact on a child or young person's development.

- One-to-one sessions with a Young Carers Support Worker
- Young Carer Assessment and Support Planning
- Age appropriate groups, workshops and family activities
- Family support sessions
- Support within school

Support young people as they transition into adulthood and independence while continuing to provide unpaid care.

- One to one sessions with a Young Adult Carer Support Worker
- Carer Assessments and Support Planning
- Group learning sessions and activities
- Support with transition into higher education or employment

Derbyshire Young Adult Carers

Derbyshire Adult Carers

To improve quality of life for Carers in Derbyshire through early identification, recognition of Carers, and joined-up personalised support for both the Carer and the cared-for person.

- Information, advice and guidance
- Carers Assessments and Support Planning
- Carer Personal Budgets
- Carer Wellbeing Activities
- Caring with Confidence Learning Programme
- Legal and Finance Clinics
- Transitional support for Parent Carers
- Monthly e-bulletins
- Digital support, interactive website and social media updates
- Carers in Employment Programme
- Health and GP Liaison
- Carers' Voice

Volunteer Opportunities

Derbyshire All Age Carers Support Service are recruiting volunteers across Derbyshire to support our teams out in the community, from home or in the office. We have a range of exciting and fun opportunities from assisting support groups, making calls to vulnerable Carers, helping to facilitate arts and crafts or supporting a fundraising event!

- Events and Activities
- Telephone Befriending
- Young Carer Activities
- Community Fundraising
- Support Group Volunteer

We would love for you to join us. Volunteering can be as little as 20 minutes of your time per week. There are no qualifications needed and the skills required to volunteer are simply the ability to be part of a team, empathise, and have patience. All our volunteers are given a full induction and training for their role and will continue to be supported during their volunteer journey.

If you would like to find out more information about our volunteering opportunities, please contact us at DAACSS and speak to our Volunteer Coordinator, Rachel by calling

01773 833833 or email:
volunteering@derbyshirecarers.co.uk

Volunteer with us and do something amazing! Volunteering not only helps others, but is good for you too!



You can also view our website to find out more information.

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Legal Advice & Support

ABG | Ashton Bond Gigg solicitors

Charitable Will Writing

Derbyshire Carers Association is thrilled to announce that Ashton Bond Gigg solicitors have chosen us as their Charity of the Year for 2025. To kick off the year of fundraising, Ashton Bond Gigg have donated 25 Wills to DCA, which are now available in exchange for a voluntary donation. Each Will Package will include a consultation with an ABG Solicitor to create either a single or mirrored Will, along with regular reviews to ensure your circumstances or wishes are up to date. Suggested donations are £100 for a single Will and £160 for a mirror Will. Not only are the Wills offered at a significantly reduced price, but all funds raised will go towards supporting Young and Adult Carers through a range of services.

For more information or to make a donation for a Will, please contact
info@derbyshirecarers.co.uk

Legal Clinics

Derbyshire Carers Association offers Carers access to a free, impartial legal advice service. This service is kindly provided by Legal Advisors on behalf of ABG Solicitors, who are authorised and regulated by the Solicitors Regulation Authority. The clinics are held twice monthly, and Carers can book a complimentary 30-minute telephone or in-person consultation with a solicitor to discuss various issues, including:

- Wills, Probate & Trusts
- Powers of Attorney
- Care Home Fees
- Family Matters

To make an appointment at one of the free legal clinics, please call

01773 833833 or email
info@derbyshirecarers.co.uk

Carer Money Matters



Worried about making ends meet for you or the people you care for?

Our Carer Money Matters project can help you make sure you're getting everything you, and the people you're caring for, are entitled to - so money doesn't have to be such a big worry.

Carer Money Matters can support you with:

- Carrying out a benefits check
- Advice on which benefits to claim and how to claim them
- Discussing suspended payments or benefit claims ending
- Moving your existing benefits to a Universal Credit claim
- Challenging decisions made by the benefits authorities
- Preparing appeals and representing you at benefit tribunal hearings

Derbyshire Carers Association are hosting our very own Carers Money Matters Clinics.

To book an appointment, please call

01773 833833



You can also view our website to find out more information.



Carers' Voice

We want to hear from you!

Carers' Voice is your chance to have your say and directly influence the service that we offer.

There are a whole host of ways to get involved from online surveys, to co-production groups and interviews.

Through Carers' Voice, Carers have already:

- Attended Parliament to talk to MPs about the financial impact of caring
- Helped inspire the creation of new specialist roles at Derbyshire All Age Carers Support Service
- Informed the content of our new 'Caring with Confidence' learning programme
- Contributed to a national policy document (in partnership with Sheffield University)
- Helped co-design our new Carers Welcome Booklet

So, if you want to share your experiences as a Carer, or want to have a voice in the prioritising, planning and design of support for Carers, please email

carersvoice@derbyshirecarers.co.uk

or call **07816 283550** to get involved.

Digital Support

Caring for a loved one can be challenging and technology can make a big difference when accessing information, advice and guidance. In today's digital world, technology can be a lifeline for Carers and that's why Derbyshire All Age Carers Support Service believe it's important to connect Carers to support available, to help them get online and access the vital information that is available.



Request Free IT Support at Home

AbilityNet's friendly technology volunteers provide free IT (information technology) support to older people and disabled people of any age, anywhere in the UK.

Every volunteer is disclosure-checked and can help with all sorts of IT challenges - from setting up new equipment, fixing technical issues, showing you how to stay connected to family, using online services and much more.

You can request support by filling out the form on AbilityNet's website.



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Or you can call their helpline

0300 180 0028

***Please note:** The helpline is open UK office hours, Monday - Friday. Calls to our helpline number cost no more than a national rate call to a 01 or 02 number and count towards any inclusive minutes in the same way as 01 and 02 calls, and AbilityNet does not receive any money from these calls.*



Find Digital Support in Derbyshire

The following map provides links to digital inclusion projects, activities, and support that can be accessed across Derbyshire.



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If you would like support on accessing any of our online groups, activities and workshops, please call our Carers Helpline

01773 833833

Carefree

Short hotel breaks for unpaid carers.

Who We Are

Carefree is a multi-award-winning digital charity with a mission to offer every full-time unpaid carer in the UK the chance of an annual short break.

What You Need to Know

Breaks consist of 1-2 night hotel stays, plus breakfast at the cost of a £33 admin fee.

To be eligible, you must be 18+ and a full-time unpaid carer (30+ hours per week).

The break is for the carer only. You are welcome to take a companion but not the person(s) you care for.



Carers may book up to one break per calendar year.

How to Register

Request a referral from your local carers support organisation.

Or find out more at:

www.carefreespace.org



Project Spotlight

The Accelerating Reform Fund (ARF)

At Derbyshire Carers Association we listen to the issues that matter to Carers. Today, the vast majority of the population are online and many Carers are telling us that they expect to access services and support through digital channels.

The Accelerating Reform Fund (ARF) Project provides an opportunity for Derbyshire Carers Association to work closely with Carers to share ideas and co-design new technologies that will connect them to support in ways that look quite different to what has gone before the COVID-19 Pandemic. Also, the aim is to use technology in innovative ways to meet the needs of new Carers and accessing Carers' Assessments.

The ARF Funding is also helping Derbyshire Carers Association to work proactively with services that are integrated into hospitals by providing tailored training and resources for the workforce.

More info?

If you have any questions about **The Accelerating Reform Fund (ARF) Project** or you would like to share your experience and ideas of this innovative work taking place at Derbyshire Carers Association, please get in touch with our Project Lead, Stephanie Smith:

stephanie.smith@derbyshirecarers.co.uk



Meet our **Waiting Well Carer Support Worker, Deborah!**

We are excited about our new role within the Young Carers Team. This initiative was devised due to an increase in referrals to our service. The role offers support to families via triage, assessments and continuous support whilst waiting for the Young Carer Assessment to be completed and the case being allocated to our team of support workers. Our first priority will initially be in the south of Derbyshire due to the increase in referrals for this area.

The role has been funded for one year, solely by donations and fundraising from:

- **Mayor of Amber Valley, Councillor Paul Lobley - Charity of the Year**
- **Darley Dale Primary School - Skipathon**
- **South Darley Primary School - Skipathon**
- **Ollie walks 100 miles for Derbyshire Carers**
- **Royal Mail Match Funding**
- **Sean Cable - Chesvegas to Skegvegas 100 miles sponsored run**

Please join us in welcoming Deborah to the team. We look forward to updating you on the amazing support this role will provide to Young Carers in Derbyshire.

Caring with Confidence

Our Caring with Confidence programme for unpaid Carers provides essential support to help you manage the challenges of caring, access practical resources, enhance your skills and prioritise your wellbeing.

Designed with Carers in mind, this programme has been created using

feedback from Carers to offer support at every point of a Carers journey. This will hopefully offer you the tools to help you navigate your role with confidence and care.

To book your place, please email:
events@derbyshirecarers.co.uk

For help accessing our online sessions, please call our office on

01773 833833 or email:
info@derbyshirecarers.co.uk

Online Session	Date	Details
New to Caring	Tues 8th April 1–2.30pm	Are you new to caring? Find out how we can support you! Caring can be rewarding but also overwhelming. Join our session to discover support available, including practical advice, resources and local services.
Planning for the future	Weds 23rd April 11am–12.30pm	Join our session to explore practical tips and resources for planning ahead in your caring role. Learn how to prepare for changes, access support and ensure peace of mind for you and your loved one.
Accessing support for your loved one	Thurs 8th May 11am–12.30pm	Learn how to find the right support for your loved one in this helpful session. We'll guide you through available services, resources and steps to ensure they get the care they need.
Carers Wellness	Weds 21st May 1.30–3.30pm	Take time to focus on you. This session offers tips and strategies to support your wellbeing while caring for others. Because your wellness matters too!
Financial Benefits for Carers	Tues 3rd June 1–3pm	Join our session to learn about the welfare rights and benefits available to Carers and their loved ones. Receive clear guidance on accessing financial and practical support.
Work Readiness	Weds 18th June 1–2.30pm	Looking to return to work or balance caring with a job? This session considers Carers rights at work, offers practical tips, resources and support to help you build confidence and prepare for employment.
When caring comes to an end	Tues 24th June 1–2.30pm	This session offers guidance and support for life after caring. Explore practical steps, emotional support and resources to help you navigate this transition with confidence.

Support Groups

Buxton

First Monday of every month @ 2-4pm

The Vault, 2-4 High Street, Buxton, SK17 6EU

Ripley

First Tuesday of every month @ 10am-12pm

Field Terrace Community Centre, Off Slack Lane, DE5 3HL

Belper

First Thursday of every month @ 1.30-3.30pm

Room 15, The Strutt Centre, Derby Road, Belper, DE56 1UU



Festive Fun at Belper Support Group

Swadlincote

First Thursday of every month @ 1-3pm

Swadlincote Fire Station, Civic Way, Swadlincote, DE11 0AE

Staveley

First Thursday of every month @ 2-3.30pm

Staveley Fire Station, Crompton Road, Staveley, S43 3PG



Art Session at Staveley Support Group

Glossop

Third Tuesday of every month @ 2-3.30pm

The Bureau, Bank House, 22 Henry Street, Glossop, SK13 8BW

Chapel-en-le-Frith

Fourth Monday of every month @ 2-4pm

Blythe House Hospice, Eccles Fold, High Peak, SK23 9TJ

Memory Loss Support Group

Online

Third Thursday of the month @ 2-3.30pm

This online support group is for Carers who are caring for someone with memory loss.

No diagnosis is needed and our group is made up of a mixture of Carers, those who are new to their caring role, and those who have been caring for many years.

Oasis Support Group

Last Thursday of every month @ 10.30am-12pm

The Delph Centre, Unit 6, Market Street, Swadlincote DE11 9DA

Learning Disability Carers Support Group

Online

Thursdays (fortnightly) @ 4-5.30pm



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For more information about our Support Groups, visit our website or call

01773 833833

What's on

We run a range of activities and events at DAACSS. All activities are for unpaid Carers registered with Derbyshire Carers Association only.

As well as our regular online activities, we have a variety of in-person events and workshops. Check our website to see what's coming up!

For more information or to book a place, get in touch:

Call 01773 833833 or email events@derbyshirecarers.co.uk



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Regular Activities

Heart-centred Meditation

Mondays @ 10-10.20am

Daily practice will help you stay calm and clear headed whatever the circumstances you may be facing. These benefits only grow stronger with continued practice.

These 20-minute meditation sessions will include breathing exercises to relax the body and songs to delight the senses.

Online

Chair Yoga

Third Tuesday of every month @ 1.30-2.15pm

Take things at your own pace and practice yoga in the comfort and safety of your own home, along with other Carers online.

These sessions are for all abilities - something to get you moving and having fun!

Online

Exercise Class

First Friday of every month @ 1.30-2.15pm

Exercise to music in the comfort of your own home, seated or standing.

Come and have fun, sing along, dance and exercise with Kirsty.

Online

Shared Reading

Fourth Wednesday of every month @ 1-2pm

These sessions offer a warm, friendly environment where everyone is invited to join the conversation - or simply sit back and listen.

Our groups meet regularly to explore various kinds of writing—stories, poems, letters, quotations, and more. Whether you'd like to read aloud or just listen, you're always welcome.

Online

Limited Activities

Watercolour Painting Class

Wednesday 2nd April @ 1.30-3.30pm

Learn basic techniques and create watercolour artwork.

Watercolour paints, paint pad and brushes will be provided and can be taken home.

St Joseph's RC Church, 94 Butterley Hill, Ripley, DE5 3LW

Book Club

First Thursday of every month @ 1.30-2.30pm

Join our monthly book club and meet other Carers with similar interests. This group is full of avid readers who love a varied range of genres and authors.

Each month our members take it in turn to suggest a book for the following month.

Online

Walk & Talk at Bolsover Castle

Thursday 17th April @ 11am

Enjoy a walk and talk around Bolsover Castle, meet other Carers and take in the history.

Although our walk will start at 11am, you are welcome to stay for as long or little as you like.

Bolsover Castle, Castle Street, Bolsover, S44 6PR

Food & Mood Workshop

Online

**Thursday 24th April
@ 7-8pm**

Explore how food and eating habits can have a huge impact on how we feel.

This session is packed with lots of hints, tips, and small changes you can make that will have a significant impact on your mood.

Calming Techniques for Anxiety

Online

**Thursday 26th June
@ 7-8pm**

We will explore a variety of techniques to help you better understand and navigate your experience with anxiety, empowering you to find what works best for you.

Reflexology

Online

**Thursday 29th May
@ 7-8pm**

Join us for a relaxing evening learning all about reflexology.

You'll be guided through the techniques of how to use reflexology on yourself to help with relaxation. Everyone will have the chance to try these techniques during the session to continue at home.

Mercia Marina Boat Trip

**Tuesday 22nd July
@ 1.45-3.45pm**

Join us for a leisurely 2 hour cruise down to Willington, Stenson and back. Enjoy a relaxing afternoon, take in the scenery and chat with other Carers in attendance.

*Mercia Marina, Findern Lane,
Willington, DE65 6DW*

Soap Making

**Thursday 19th June
@ 2-3:30pm**

Choose from various soaps, shapes, colours and decorations whilst our facilitator, Annie, takes you through how to be as creative as possible. You will make up to 6 bars of soaps to take home.

*On A Wick & a Prayer, The
Candle Workshop, DE6 1RA*

Carers Week Roadshow

9th - 15th June

Join us for our Carers Week Roadshow, an information event designed to support Carers of all ages.

DAACSS will be travelling around Derbyshire to provide valuable information, resources

and practical advice. Carers will be able to explore information stands and connect to local organisations.

There will also be:

- Engaging talks
- Financial advice
- 1-2-1 support
- A wellbeing corner with activities
- A bake sale
- A chance to have a cuppa & chat with other Carers

There is more information to come but expect us in your area on the following dates:

Mon 9th: High Peak

Tues 10th: Chesterfield, North East Derbyshire & Bolsover

Weds 11th: Derbyshire Dales

Thurs 12th: Erewash

Fri 13th: South Derbyshire

Sat 14th: Amber Valley

We will also be running two online information sessions for Carers and professionals to learn more about the support available to Carers.

For further information on our Carers Week Roadshow, please keep an eye on our website, sign-up to our e-bulletin or call

01773 83383



Updating the All-Age Derbyshire Carers Strategy across 2025

The Derbyshire Carers Strategy 2022 – 2025 sets out to support the health and wellbeing of Carers and reduce the health and financial inequalities they experience while caring.

It currently focuses on 8 priorities:

- Improving Carer health and wellbeing
- Information and advice
- Carer employment and financial wellbeing
- Early identification and support
- Services and systems that work for Carers
- Young Carers
- Involving Carers as experts
- Recognising and supporting Carers in the wider community

As the landscape affecting Carers continues to change, the County Council will lead on reviewing these priorities with Carers, to take account of these changes and challenges, and ensure the next Carers Strategy continues to reflect what is important to Carers and where joint resources should be concentrated.

Over the next few months there will be opportunity to:

- Share your experiences of being a Carer in Derbyshire
- Chat about how supported you feel by Health & Social Care services
- Discuss what's working well; areas for improvement and gaps in Carer Support

If you'd like to know more, please call Jude Boyle, Derbyshire County Council Service Manager for Carers on

01629 532483 or email:

jude.boyle@derbyshire.gov.uk

A copy of the strategy can be found on the Derbyshire county council website.

Stay in the loop!

By providing your email address, you can receive our monthly e-bulletin which contains useful information and details of upcoming support groups and activities.



Take a look at our previous e-bulletins.

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To provide or update your email address, please call our Carer Helpline on **01773 833833** or email: **info@derbyshirecarers.co.uk**

Get in touch

Contact us by email

info@derbyshirecarers.co.uk

or call **01773 833833**



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