

# Carers News

You Care, We Care

Over 30 years supporting Carers

May 2021

## COVID-19 Vaccinations

Check page 2

## Carers Week Sponsored Walk

Check page 3

## Free PPE for Carers

Check page 4



# Carers Week

## The theme for this years Carers week is making Carers visible and valued.

With this in mind, we would like to create a collage of Carers photos from across Derbyshire.

### Fancy getting involved?

Please email your photographs to [comms@derbyshirecarers.co.uk](mailto:comms@derbyshirecarers.co.uk) with 'Carers Week Collage' as the subject.

## Home from Hospital Service

The Derbyshire *Home from Hospital Service* provides practical support for vulnerable people leaving hospital, or those living at home but at risk of being admitted.

### Who can use the service?

Anyone who lives in Derbyshire (outside Derby City) or is registered with a GP in Derbyshire and has limited support from family or friends.

### What sort of help does the service offer?

- Undertaking simple shopping
- Making sure the home environment is warm and comfortable
- Arranging for key safes to be fitted and community alarm or telecare systems to be provided if needed
- Supporting people to pay bills and make appointments
- Collecting medication prescriptions
- Helping people understand care options and plan what they need for the future

### Who can make referrals?

Anyone can make a referral including self-referrals.

To make a referral, call **01283 817417** Monday to Friday, 8.30am - 4.30pm or email [home@dhfh.org.uk](mailto:home@dhfh.org.uk)

## COVID-19 Vaccinations

Unpaid carers in Derbyshire are currently being called forward for their first COVID-19 vaccinations as part of cohort six in the national vaccine roll-out.

Carers who are eligible for a carer's allowance or are registered with their GP practice as a Primary Carer are already being contacted to book their first vaccine.

We are encouraging all Carers in Derbyshire to **register with their GP practice** to ensure they are invited for their COVID-19 vaccination as well as accessing long term support. We also advise asking your GP practice to put you on their Carer Register, as this is the simplest way of getting the support you may need as a carer.

For more information, you can visit our website [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk) or call **01773 833833**

## BAME Carers

Research nationally shows that England's half a million Black Asian Minority Ethnic (BAME) carers save the state a staggering £7.9 billion a year which is 41% of local authority total spend on social care – in stark contrast to the investment that is there to support them. The research shows that BAME carers provide a significant amount of care, putting them at greater risk of ill-health, loss of paid employment and social exclusion.

Recently, the Asian Association in Chesterfield have been hosting International Dance Events, as part of their 'Care for Carers' project offering a well-earned break for Carers with several online shows to enjoy. We were able to work with them on this project and share a few important messages as part of a joined-up approach.

# What's on



Monday 7th June	Tuesday 8th June	Wednesday 9th June	Thursday 10th June	Friday 11th June
Gardening Group <i>11am</i> The Great Carers Week Bake Off <i>2pm</i>	Wellbeing Session <i>10am - 12pm</i> Chair Based Yoga <i>1.30pm - 2:15pm</i>	Wellbeing Session <i>1pm - 3pm</i> Autism Alliance Support Session <i>2pm</i>	Breathing and Meditation Workshop <i>7pm - 9pm</i>	Welfare Rights Clinic <i>11am</i> Sponsored Walk <i>10am</i>

## Chair Based Yoga

**TUESDAY 8TH JUNE**

Sessions for all abilities - something to get you moving around and having fun!

Take things at your own pace with other carers via Zoom and exercise in the comfort and safety of your own home.

## Wellbeing Session

**TUESDAY 8TH & WEDNESDAY 9TH JUNE**

Our DCA trustees, Dr Amy Baraniak and Dr Nohaid Ilyas are both health professionals and will be delivering wellbeing workshops for our carers. These workshops will be focusing on beneficial topics and wellbeing strategies.

## Sponsored Walk

**FRIDAY 11TH JUNE**

We're challenging you to take a step for every registered carer in Derbyshire, that's 17,000 steps with us during Carers Week!

Join our guided walk at Shipley Park, Heanor on Friday 11th June as we complete our remaining steps for carers together.

**Don't forget to wear purple!**

## Welfare Rights Clinic

**FRIDAY 11TH JUNE**

If you are confused by the benefits system or just want to know more about what you can claim this session will help.

Eastre Leedham from Derbyshire County Council's Welfare Rights Service will provide a quick overview of benefits including, means-tested benefits and carers disability benefits.

There will also be a chance to ask questions to seek the advice and support you need.

## Breathing and Meditation Workshop

**THURSDAY 10TH JUNE**

The aim of this interactive workshop is to share with you how breathing correctly can improve your health and help you to relax.

After practising different breathing techniques, you will have the opportunity to practice and see how easy it is to combine breathing and meditation to achieve deep relaxation.

All of our Carers Week activities shown above, apart from the Sponsored Walk, will be held online (via Zoom)

For more information, please contact Katie:

Call **07773 173 416**

Email **[katie.matkin@derbyshirecarers.co.uk](mailto:katie.matkin@derbyshirecarers.co.uk)**

# Scams

Scams are on the increase due to the pandemic and are getting more sophisticated.

## How to protect yourself

Scams can come in many forms and is an incredibly sophisticated crime, making it more difficult to distinguish genuine messages from the fake.

- Do not open attachments or click on links in emails or texts from senders you don't know.
- Never give out personal information, financial details or passwords in response to an email, text or phone call without verifying that the person is who they claim to be.
- Block any numbers that arouse suspicion.
- Set up spam filters on all of your accounts.
- Always go to a website directly, by typing out the address yourself, when logging into an account.
- Look out for fake websites by sense-checking the domain name.
- Keep an eye out for numerous spelling mistakes in messages, these are normally linked to phishing emails and texts.

Cold calls regarding the vaccine are also beginning to take place, where scammers are asking people to pay for the vaccine over the phone. If you receive one of these calls, hang up.

For further information or advice, please email Derbyshire's Fraud & Protect Officer, Tammy Barnes: [tammy.barnes@derbyshire.police.uk](mailto:tammy.barnes@derbyshire.police.uk)

## We'd like to hear from you!

Throughout the pandemic, we have held all events and activities online. As the government are beginning to ease restrictions, we are looking at how we deliver our events going forward.

Would you like to see face-to-face activities return? Would you prefer to participate in activities online or would you like a mixture of both? Email your thoughts to: [comms@derbyshirecarers.co.uk](mailto:comms@derbyshirecarers.co.uk)

## Free PPE for Carers

Unpaid carers across Derbyshire who do not live with the people they care for can now benefit from free PPE.

If you would like to access your free PPE, then Derbyshire County Council can help.

Simply **place your order** through the Derbyshire County Council website.

If you have queries or problems with completing your online request, please email: [ppesupplies@derbyshire.gov.uk](mailto:ppesupplies@derbyshire.gov.uk)

If you are unable to use this online option because you cannot access the internet or need help to go online, please contact Derbyshire Carers Association for assistance on **01773 833833** or email [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

## Get in touch

Contact us by email

[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

or call **01773 833833**

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