

Derbyshire Carers Assessment and Support Service

Annual Report 2020/2021

Derbyshire Carers Association (DCA) is a voluntary organisation which has supported unpaid Carers with a variety of support services for over thirty years. In this report we celebrate the success and achievements during the fourth year of our Derbyshire County Carers Assessment and Support Service.

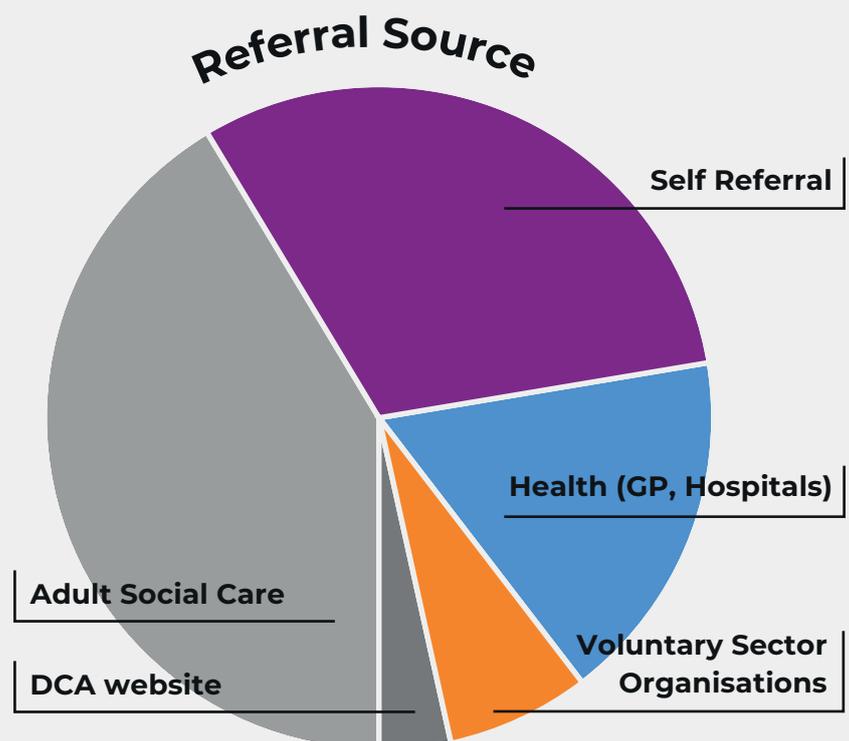
Identification

During the year,
we registered
and supported

1,294

**New
Carers**

These are families and friends who have been supporting a loved one and have not accessed support previously from DCA.



Challenges for Carers during Lockdown

The Covid-19 pandemic has had a significant impact on everyone's life but for Carers the crisis has created massive challenges. The closure of day services and withdrawal of respite has not permitted Carers to take a much deserved rest. By reducing the risk of infection many Carers have delivered all care without the support of other services and family members. Many Carers lost the peer and community support they value and rely upon.

DCA teams made

6,617

Covid Support Calls

to Carers to assist them during the national lockdown.

Carers have been connected to other services, offered practical and emotional support and received advice on how to keep themselves and their loved ones safe.

Common concerns raised during these conversations were shared with the team and we listed any areas that we felt there was little or no support for Carers in the Community. These themes have been shared with partners to together improve services and provisions.

One area that was causing a great concern for many Carers was providing themselves and their families with nutritional and healthy meals during lockdown. This could be due to loss of earnings, shielding or unable to prepare meals due to poor health.

DCA was awarded a grant from **Foundation Derbyshire** to purchase food parcels or supermarket vouchers.

62

Carers and their families received **weekly food parcels or vouchers** throughout the first national lockdown.

DCA awarded

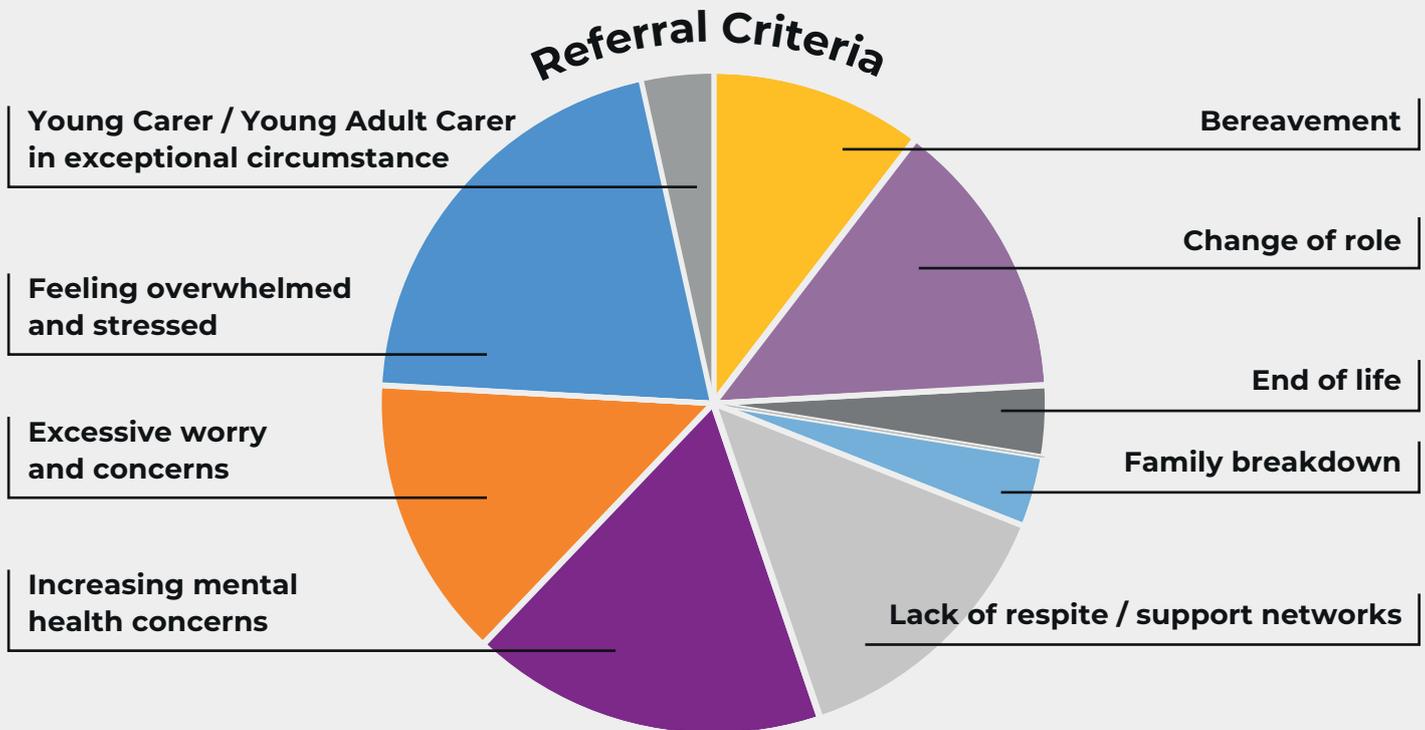
families with a **Winter Covid Grant**

1,873

from DCC to help with the additional costs of winter and covid restrictions.



Funded by the National Lottery, DCA introduced a counselling service for unpaid carers in Derbyshire greatly affected by the Covid-19 pandemic. The aim was to provide a Carer centred counselling service, which was able to take into account the specific demands, needs and limitations on carers at this time. **53 Carers were allocated a programme of between 8-12 counselling sessions.**



Carers Support Service

DCA supported

11,439

Carers

with information, advice and support on a range of issues to assist with the practical, emotional and social challenges of caring.

DCA teams
completed

1,834

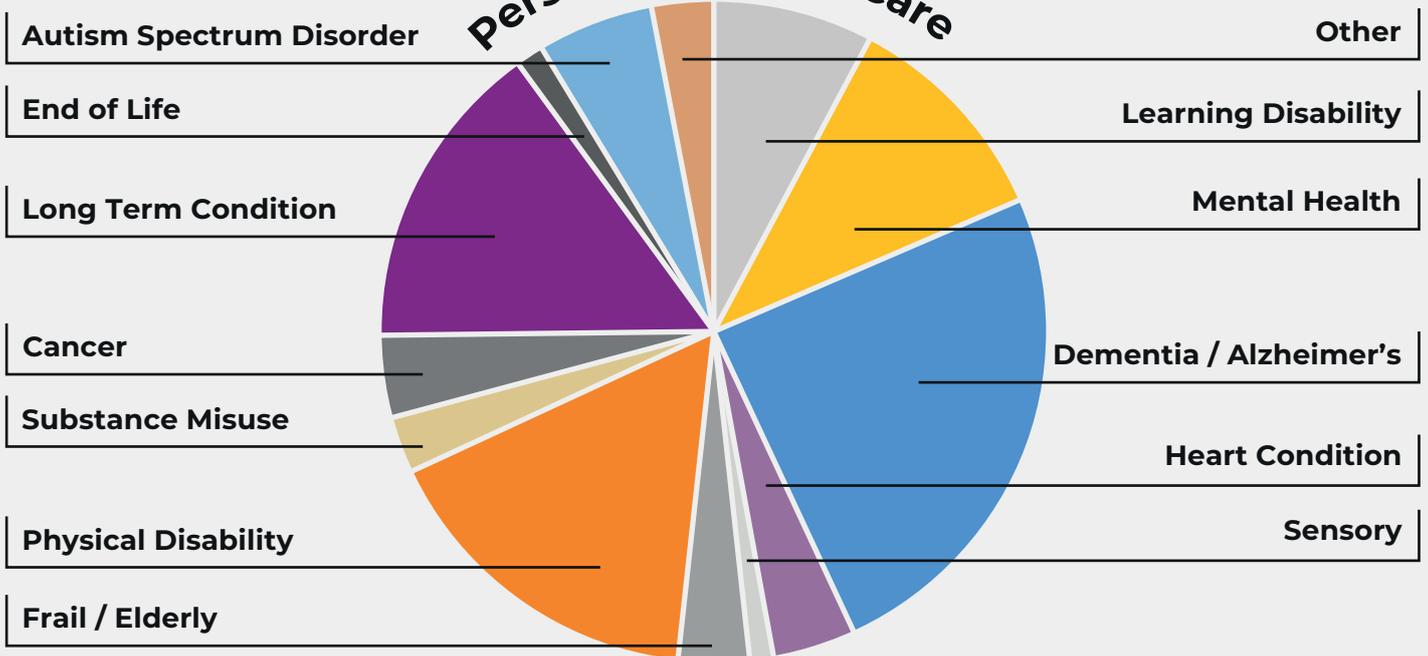
Carer Assessments

and personalised

Support Plans



Main Disability of person Receiving Care



Our volunteers made

1,390

Telephone Befriending Calls

providing Carers with a friendly conversation and a break away from caring.

DCA awarded

1399

Carer Personal Budgets

to help Carers with the cost of equipment, short breaks and learning new skills and hobbies.



During the year,
we held over

140

Online Groups

including support groups,
activities and training sessions.

These have included manual
handling, exercise classes
and wellbeing sessions.

DCA teams completed

964

Emergency Plans

with Carers to plan

for replacement care.

Feedback

"I was struggling to care for my suddenly disabled husband. I joined DCA in desperation and **the help and support they gave was wonderful** - especially the counselling which helped me see my way through the trauma and cope better with my situation. Life is not easy but I **now have a strategy to consider my own wellbeing**"

"It **makes my day** when my Telephone Befriender calls me. She **cheers me up** and gives me ideas to keep positive through this crazy time - **I don't feel as cut off from the world**. Lovely chats that I wouldn't have had normally."

"DCA are all **amazing** people. Doing a **tremendous job**, and work very hard."

