

# CARERS NEWS

Over 29 years supporting carers

[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)

Summer 2017

Edition 84

## CARERS PAMPER DAY



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Our Tea Party

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First Aid Courses

Mental Health Support

Community and Support Groups



Supporting all Carers and their families throughout Derby City and Derbyshire



# DEAR FRIENDS

## DERBYSHIRE CARERS ASSOCIATION DELIVERY CENTRES

**Alfreton**  
Derbyshire Carers Association  
Genesis Business Park  
32-46 King St  
Alfreton  
DE55 7DQ  
Tel: 01773 833833

**Chesterfield**  
South Lodge  
Boythorpe Avenue  
Chesterfield  
S40 2BF  
Tel: 01246 559524





**High Peak**  
Jubilee Day Centre  
81 Jubilee Street  
New Mills  
SK22 4PA  
Tel: 01663 745500

## CARERS CENTRES

**Chesterfield**  
South Lodge  
Boythorpe Avenue  
Chesterfield  
S40 2BF  
Tel: 01246 559524

**Derby Carers Centre**  
22 Mallard Way  
Pride Park  
Derby  
DE24 8GX  
Tel: 01332 200002

## KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

 [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)  
 [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
 [www.facebook.com/derbyshirecarers](https://www.facebook.com/derbyshirecarers)  
 [@derbyshirecarer](https://twitter.com/derbyshirecarer)

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Registered Charity No: 1062777

DCA will try to ensure the  
accuracy of any information  
given. However, the Association  
accepts no liability for any  
actions taken as a result of  
such information.

**Dear Friends,**

**I hope you've had a great  
summer and it's been kind to you,**

The cover of this edition takes a look at one of our most popular events in the calendar; The Carers' Pampers Day! This is an event where DCA invites carers to think of themselves first. After all, 'there is only one corner of the universe you can be certain of improving, and that's your own self.'

Derbyshire Carers Association always wants to help. This is why we encourage the formation and maintenance of peer support groups and have also recruited a Carers' Training and Breaks Co-ordinator. They will be working on mapping what exists already, identifying gaps, and establishing new groups where needed. Jo Askew will also be talking to carers to gather feedback on what they value the most. This will enable DCA to maximise our impact by commissioning the most valued range of training and breaks.

This month we also recognise the work of two of our longest standing carers. They were both acknowledged as being unique individuals, selflessly spending many hours each day, week and indeed decade, to ensure that their family members have the best life possible. We are proud to have worked with them for so many years.

Over the coming months DCA will be rolling out new and exciting services. Look out for these new initiatives including welfare rights and legal clinics. There are also plenty of opportunities for you to get involved throughout the Newsletter as your thoughts and ideas are invaluable to us.

I look forward to seeing you at the Carers' Ball on the 13th October.  
In the meantime enjoy the rest of the Summer.

Kindest Regards

*Narinder*



**NARINDER SHARMA**  
CEO – Derbyshire Carers

### NEW OFFICE FOR THE HIGH PEAK AND GLOSSOP AREA.

We are excited to announce a new local office is now available for carers in the High Peak and Glossop area. Helen Bollard and Sue Evans are based at: High Peak Central Office, Jubilee Day Centre, 81 Jubilee Street, New Mills, SK22 4PA

Both Helen and Sue can be contacted on 01663 745500 or email:  
[helen.bollard@derbyshirecarers.co.uk](mailto:helen.bollard@derbyshirecarers.co.uk)  
[sue.evans@derbyshirecarers.co.uk](mailto:sue.evans@derbyshirecarers.co.uk)

### BOOK YOUR PLACE NOW AT OUR ANNUAL CARERS BALL

Friday 13th October 2017.  
7pm till 10.30pm

The Pavilion, Derbyshire  
County Cricket Club's  
Ground, Nottingham Road,  
Derby DE21 6DA. Enjoy  
an evening of live music  
and dancing with a buffet  
provided. £5.00 on the door.

### PLEASE NOTE

Our new  
addresses  
in the contact  
column to  
the left of  
this page

# NEWS & EVENTS

## CARERS AWARDS 2017

Derbyshire Carers Association staff and volunteers attended the prestigious Carers Awards Ceremony at Pride Park on the 27th July 2017.

Carroll Hammond - Carer Connect & Health Liaison Worker at Derbyshire Carers Association nominated two Derby City carers for the award, Victor Shaw-Willson and Janet Stocker.

Carroll described why she nominated Victor and Janet saying: "Victor is 96 years old and is definitely one to challenge conventional stereotypes about age. He looks after his wife Alicia, who has heart failure and dementia. In addition to caring Victor has also become a vital part of DCA, being responsible for collecting charity tins around Derby and various other things. Victor brings a lot to his caring role and the community!"

"Janet has cared for and supported her husband, Doug who has MS, for 30 years. She has become an expert at looking after Doug and also cares for him when he is in hospital. Janet has had to learn nursing skills, and is both Doug's communicator and facilitator. Without Janet, Doug's life expectancy would be considerably reduced.

Along the way Janet's own health has been compromised, but she still continues in her caring role with a positive outlook and a smile on her face!"

Victor was nominated for the Home Carer of the Year Award for his devotion in caring for Alicia. Janet was put forward for the Supporting Independence Award because of her ability to be compassionate towards others. Although not winners on the day Janet and Victor thoroughly enjoyed the awards ceremony and were worthy finalists!



Janet Stocker



Victor Shaw-Wilson

## DCA YOUNG CARERS SERVICE LAUNCH

### HELP US FIND YOUNG CARERS

If you know anyone below the age of 18 looking after a loved one get in touch or encourage them to call us on 01773 833833

We work with young carers between with ages of 4 to 18 years, and young adult carers between the ages of 18 to 25. They may be caring for a family member who has a physical or mental illness, or a disability. We offer one to one support around issues related to their caring role, respite from caring, the opportunities to meet other young carers and support with transitions.

### MOUNT COOK ADVENTURE CENTRE

On Sunday 17th September from 12.00 to 5.00pm the DCA Young Carers Team will be at the Mount Cook Adventure Centre promoting the new service and meeting young people.



The festival is free to attend and we will be having a stall, bake sale and raffle to fundraise for our Young Carers to go on a residential weekend.

Come along to find out about what we offer for young carers and help us raise some funds!

### YOUNG ADULT CARERS SUPPORT – ANN HAMP

Hello my name is Ann and I have worked for Derbyshire Carers Association for over four years, supporting carers in the city. I have enjoyed every minute of it meeting exceptional people and working with a really great team.

On 1st August I joined the young carers team in the county.

I have two roles; working as a Young Carers Support and Liaison Worker for the north of Derbyshire. Alongside colleagues I am the first port of call when accessing the service. I am carrying out assessments and offer family and one-to-one support. I am also the Young Adult Carers Worker, working with young adult carers aged 16-25 with a particular focus on educational, training and employment needs and aspirations. I am really happy to join this new team but feel sorry to leave behind such wonderful colleagues and friends.



## DERBYSHIRE CARERS ASSOCIATION TEA PARTY



Carers gathered at the Derby County Cricket Ground Pavilion on Thursday 15<sup>th</sup> June 2017 for our ever popular and memorable tea party.



These clinics are used to get help and advice on various subjects, discuss individual needs, and obtain a Carers' Emergency Card.

Mike Newbold, the Practice Manager at the surgery, commented on the necessity to support Carers in the community saying: "Peartree Medical Centre believes that supporting Carers in Normanton is a vital part of maintaining the wider health and wellbeing of our patient community."

Working in an innovative partnership with DCA has delivered measurable benefits for both the Carers and the cared for. Offering the Carers' assessments from our surgery building also helps to reach out to Normanton patients that often do not receive the support to which they are entitled. We are grateful for the award and for the professionalism and support from our partners at DCA. Long may it continue!"



Holistic and aromatherapy experts were also on hand, offering free sessions and Carers were able to take time out to spoil themselves with a number of treatments and activities.

One Carer commented after the event: "My wife and I attended the Carers' Tea Party. We both offer our sincere thanks to all who worked so hard to ensure that all Carers who attended were made so welcome, particularly, we acknowledge the amazing efforts of the DCA Derby Office staff whose presence made everyone feel so at home and ensured everyone had an enjoyable afternoon."



The Breakaway Singers entertained us with re-creations of original songs and everyone was encouraged to join in. Their conductor was a joy to watch as well as listening to the performance."

Thank you to hosts Derbyshire Cricket Ground for supporting the event and the excellent service they provided. A special thanks to Caroline Bradley who donated the vintage china for our use. Also, thank you to all the donors, exhibitors, volunteers and staff that helped make this years Carers Week events happen.

Also congratulations to the winners of the evaluation form prize draw: Slice of India restaurant meal for two voucher was won by Susan Hutsby-Bacon and the Reiki session voucher was won by Maggie Fox.

There are many other Carer events planned for the rest of 2017 so please contact us on 01773 833833 or email [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk) for more information.

Carers' Week is traditionally a time to celebrate the work Carers do and helps raise awareness of the work they undertake.

DCA also wanted to use this opportunity to recognise the good work of other community partners across Derbyshire and Derby City. This year DCA CEO Narinder Sharma presented a plaque with thanks to Peartree Medical Centre in Derby.

The Medical Centre has been working together with DCA to run Carers' clinics, enabling Carers to book appointments with our support workers within the surgery.

# NEWS & EVENTS

## SPOTLIGHT ON VOLUNTEERS – PAUL STRACHAN

Paul Strachan is one of our much valued volunteers at Derby City Carers Hub.



As an ex-army man Paul enjoys being active despite health problems and doesn't let anything stop him. Although closer to 60 than 50 he still likes to get out and about walking with the 'love of his life and soulmate' his wife, Jean.

Despite suffering with epilepsy for the last 10 years and PTSD Paul has become a vital part of the Derby City volunteer team. He has personal experience of the challenges faced by carers having been a carer for his Dad for six years before he passed away.

In his time with DCA Paul has set up two specialist support groups, one for carers who have lost the person they care for, or the cared for has gone into residential care and the other is a 'guys only' male carers group. Not only does Paul work in the Derby Office doing support calls with carers but he also gets involved with various fundraising events and activities.

Paul describes the Derby staff as his 'life savers,' in particular, Carer Connect Worker Emma Handley who supported him during an especially difficult time when he was caring for his dad. In turn we would like to thank Paul and all of our dedicated volunteers, in the city and county, who assist us in supporting carers.



### volunteer Translators Required

at **Derbyshire Carers  
Association**

Help us with  
your  
language!

Punjabi • Polish • Hindi • Latvian • Slovak • Urdu • BSL  
Romanian • Gujarati • Swahili • Chinese • Bosnian

**Derbyshire Carers Association want  
to offer our service to everyone who  
needs us in Derby City!**

We help carers who look after family  
and friends to get the support they need  
to enable them to continue their caring  
role. To do this we need help with  
translation from various languages.

Our Derby Carers Hub is located at  
Pride Park - Ground Floor, 22 Mallard  
Way, Derby DE24 8GX

If you would like to know more about volunteering with DCA visit [www.derbyshirecarers.co.uk/volunteering](http://www.derbyshirecarers.co.uk/volunteering) or call us on 01773 833833.

## THANK YOU AND FAREWELL!

We would like to say thank you to David for your commitment as a volunteer support group facilitator for the past two years at Chaddesden Carers Group, consistently providing a safe and welcoming place for carers to meet every month. Not only has David arranged for speakers to attend the group providing useful information, he also formed vital links with various organisations and other support groups.



In his time with DCA David helped to organise many activities including theatre trips, canal boat outings and monthly lunches which were much appreciated by all members of the group.

While caring for his wife David has greatly enjoyed the spirit of friendship and togetherness provided by the support group and will still be attending as much as time will allow.

David will be sadly missed but we wish him well in his future endeavours!

The group will be continuing with DCA staff facilitating whilst we are look for a volunteer facilitator. If you feel you may be able to help facilitate this group or would like to know more about volunteering with us please contact us on 01332 200002 or email [derby@derbyshirecarers.co.uk](mailto:derby@derbyshirecarers.co.uk).

# NEWS & EVENTS

## CARERS PAMPER DAY AND AGM 2017

A fun and relaxing treat was on offer on the 17th July 2017 as carers gathered at the Post Mill Centre, South Normanton for a well-earned pamper day and DCA Annual General Meeting.

The day was a bit less formal than your average AGM offering pamper treatments, information stands and a buffet too. Carers were able to take time out and spoil themselves with a number of treatments including massage, nail treatments and pedicures.



## CARERS GET A WINNING FEELING FOR CARERS WEEK 2017

Thank you to Mecca Bingo Chesterfield for their continued support in raising the profile of carers in Derbyshire and enabling them to access entertaining events.

Over 25 carers were welcomed by members of the Mecca Bingo staff and DCA workers on the 14th June 2017 for an afternoon of bingo. Some of the attendees celebrated wins and all were treated to refreshments whilst spending time with other carers for a relaxing and fun event. The day formed part of Derbyshire Carers Associations line up of events for Carers Week. Carers Week traditionally aims to raise the profile of Carers throughout the UK, making sure Carers can access advice, information and suitable support.

Derbyshire Carers Association and partners were among the services and centres hosting more than 17,000 events and activities UK-wide during Carers Week to raise awareness of the support available to carers. Details of our upcoming events for carers can be found on page 8 or online at [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)



Sainsbury's info stand with Ann Hamp and Carroll Hammond



DCA carers at Mecca Bingo during Carers Week

## CARERS RIGHTS DAY 2017

Having the right information at the right time can make a huge difference when you are looking after someone. This year, Carers Rights Day is taking place on Friday 24th November 2017. We will be holding information events on a whole range of services available to support you in your caring role, come and see us at the locations below.

**10am - 12 noon at:**  
Riverlights Holiday Inn  
Morledge  
Derby DE1 2AY

**10am - 2pm at:**  
The Whitworth Centre  
Station Road  
Darley Dale  
Derbyshire DE4 2EQ



These are great opportunities to find out about your rights as a carer and what support, information and guidance is available for you both in the community, and from local government. There will also be chance to have a cuppa and cake with fellow carers and Derbyshire Carers Association staff!

**To register your interest in either event please contact us on 01773 833833.**

# NEWS & EVENTS

## JEAN BELL

Buxton Carers enjoyed a well deserved trip to Norbury Farm Café, Hazel Grove on 9th August 2017.

Jean Bell who is a DCA volunteer for the Buxton Carers Group commented saying, "The trip was made possible for the group after receiving a generous donation from the Rotary Club of Buxton. We would also like to thank Howard from the Buxton Volunteer Centre for facilitating this outing, the day was greatly appreciated and a fun time was had by all."

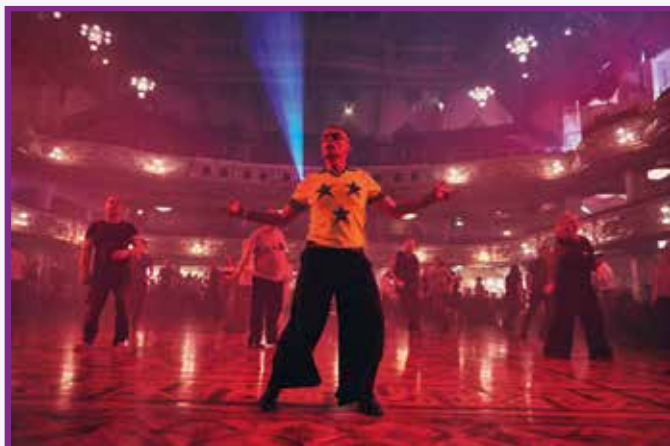


## LOCAL CARER RAISES CARERS PROFILE NATIONALLY

Derby Carer Carlton Gadsby has looked after his Mum who has Alzheimer's for the past seven years with regular help and support from DCA workers in Derby. Carlton has been chosen as the face of Barclaycard highlighting the busy lives of carers and he appears in their new advert promoting contactless payments.



Carlton has juggled working and caring commitments and like many carers he still has a full schedule, both looking after his Mum and following his lifelong passion of northern soul dancing. He's regularly found perfecting his northern soul dance moves at The Venue in Derby.



Caring 24/7 means every moment is precious; the idea is that with a range of ways to pay, contactless payment can help to make a busy day that little bit easier. The video to be released on Channel 4 can be watched online now at: [www.barclaycard.co.uk/personal/live-contactless](http://www.barclaycard.co.uk/personal/live-contactless). It has already been viewed by upwards of 30,000 people with the hope of receiving many more views in the coming weeks.



## TRAINING AND BREAKS

Hi, I would like to introduce myself and my new role within Derbyshire Carers Association. My name is Joanne Askew and my job is to introduce a rolling program of events and training courses throughout the year for Carers.



I have been spending the last couple of weeks researching different ideas, venues and training and I need your help!

- What would you like to see on offer?
- What training would help you in your caring role? (eg. first aid training, manual handling training)
- What would you like to do for yourself? (eg. a day out, cinema trip or meal with fellow carers)

Contact me with your ideas and suggestions and watch this space! Also, if you are able to offer use of a room in your area please get in touch. Email [joanne.askew@derbyshirecarers.co.uk](mailto:joanne.askew@derbyshirecarers.co.uk), call 01773 833833 or post your suggestions to our head office address.

# NEWS & EVENTS

## CALENDAR OF EVENTS

All activities are subject to interest and require booking in advance, please contact us on 01773 833833 for more information or to book. (For events that are TBC confirmed, please contact Jo Askew on 01773 833833 to register your interest.)

### SEPTEMBER

**Thursday 14th September at 1pm - TBC**  
An afternoon with singing duo 'Paper Kite'  
Refreshments provided.

**Friday 15th September at 1pm.**  
Mercia Swan Canal Boat Trip  
Mercia Marina  
Findern Lane  
Willington  
Derby DE65 6DW

Return trip from the marina to Stenson Lock  
– Private Charter with on board buffet, ample parking available.

**Sunday 17th September 12 noon - 5pm**  
DCA Young Carers Service

Our Young Carers Team will be at the Mount Cook Adventure Centre promoting the new service and meeting young people. The festival is free to attend and we will be having a stall, bake sale and raffle to fundraise for our Young Carers to go on a residential weekend.

**Thursday 21st September**  
Free Welfare Rights Clinics  
Derbyshire Carers Association  
Genesis Business Park  
32-46 King St  
Alfreton  
DE55 7DQ  
Booking is essential.

**Thursday 28th September 9.30 - 12.30pm**  
First Aid Course – 3 hours  
Community Centre Café  
14 West Street  
Swadlincote,  
Derbyshire,  
DE11 9DE

**TBC**  
Discover Buxton Tram Tour. Enjoy a 1 hour tour with a £5 voucher to be spent in the Pavilion Tea Rooms.

### OCTOBER

**Tuesday 3rd October 2017**  
Mindfulness Workshop – learn techniques to relax and reduce stress.  
Derbyshire Carers Association  
Genesis Business Park  
32-46 King St  
Alfreton  
DE55 7DQ

**Friday 13th October 2017**  
– 7pm till 10.30pm  
Annual Carers Ball  
The Pavilion

Derbyshire County Cricket Club's Ground  
Nottingham Road  
Derby DE21 6DA  
Enjoy an evening of live music and dancing with a buffet provided.

£5.00 on the door.

**Monday 16th October 1pm - 4pm**  
First Aid Course – 3 hours  
Meadow View Community Care Centre  
300 Bakewell Road  
Darley Dale  
Matlock DE42JF

**Sunday 22nd October at 1.30pm**  
Live Cookery demonstration with James Martin  
Denby Pottery Village  
Denby  
Derbyshire  
DE5 8NX

**TBC**  
Craft Workshop – Learn how to craft handmade decorations or cushions, all materials provided.

### NOVEMBER

**Saturday 4th November 2017 10am - 4pm**  
Pamper Sessions - booking essential  
Derbyshire Carers Association  
Genesis Business Park  
32-46 King St  
Alfreton  
DE55 7DQ

**Tuesday 14th November 1pm - 4pm**  
First Aid Course – 3 hours  
Central Methodist Church  
Chapel Street  
Glossop, SK13 8AT

**Saturday 18th November 2017**  
**10am - 4pm**  
Pamper Sessions – booking essential  
Chesterfield  
Venue to be confirmed

**Friday 24th November 2017**  
**10am - 4pm**  
Pamper Sessions – booking essential  
Swadlincote  
Venue to be confirmed

**Friday 24th November 2017**  
Carers Rights Day 2017  
We will be holding information events on a whole range of services available to support you in your caring role, come and see us at the locations below.

10am - 12 noon at:  
Riverlights Holiday Inn  
Morledge  
Derby DE1 2AY

10am – 2pm at:  
The Whitworth Centre  
Station Road  
Darley Dale  
Derbyshire DE4 2EQ

These are great opportunities to find out about your rights as a carer and what support, information and guidance is available for you both in the community, and from local government. There will also be chance to have a cuppa and cake with fellow carers and Derbyshire Carers Association staff!

### DECEMBER

**Sunday 3rd December 2017**

Trip to Chatsworth  
In addition to visiting the beautiful house and gardens there will also be opportunity to look around the Chatsworth Christmas fair. Coach travel will be provided with pick up at designated areas. A small charge of £5 will be required to secure your booking.

**Tuesday 5th December 2017**

**1.00 - 2.30pm**  
Derby Cathedral  
18-19 Iron Gate  
Derby DE1 3GP  
The service will take place 1.00pm-2.30pm and we will be asking people to arrive at 12.30pm. The Breakaway Singers will be performing. Come along and join the seasonal festivities and enjoy a mince pie with tea and coffee after the service!

**Thursday 14th December 2017**

**12 noon - 1.30pm**  
Crooked Spire (Saint Mary & All Saints Church)  
Church Way  
Chesterfield  
Derbyshire S40 1XJ.

To be seated for 11.45am, service to start at 12 noon. Tea, coffee and mince pies will be available after the service.

### JANUARY

**TBC**  
Bingo sessions at Mecca bingo – come lift those January blues!

### FEBRUARY

**TBC**  
Get active in February and meet new friends  
Meet at Parsley Hay near Buxton for a walk, chat and coffee at the end.  
Meet at Carsington Reservoir for a structured and pleasant walk.  
Meet at Rolleston Forestry Centre for a guided walk.  
Gentle Hatha Yoga Class  
– All abilities welcome.  
Contact for more details and interest.

### MARCH

Art therapy sessions - Come along and get creative!

# FREE LEGAL CLINICS



**RotheraSharp**  
Solicitors



## Do you need some free legal advice?

Visit one of our weekly drop-in advice clinics in Derbyshire for advice on a wide range of legal matters.

Find out where and when you can visit us below.

Rothera Sharp Solicitors are working in Partnership with The Carers Association to ensure you have access to quality legal advice. If you would like to visit one of our legal clinics, please contact the location of your choice to make an appointment.

**All of our clinics will run from 12-5pm every Tuesday.**

**First Tuesday of every month:** Derbyshire Carers Association Resource Hub,  
South Lodge, Boythorpe Avenue, Chesterfield S40 2BF  
Tel: 01773 833833 | Email: [chesterfield@derbyshirecarers.co.uk](mailto:chesterfield@derbyshirecarers.co.uk)

**Second Tuesday of every month:** 32-46 King Street, Alfreton, DE55 7DQ  
Tel: 01773 833 833 | Email: [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

**Third Tuesday of every month:** Ground floor, Pride Park,  
22 Mallard Way, Derby, DE24 8GX  
Tel: 01332 200 002 | Email: [derby@derbyshirecarers.co.uk](mailto:derby@derbyshirecarers.co.uk)

**Fourth Tuesday of every month:** 43 Market Place, Long Eaton, NG10 1JL  
Tel: 0115 973 4111 | Email: [enquiries@rotherasharp.co.uk](mailto:enquiries@rotherasharp.co.uk)

## ALSO COMING SOON... OUR WELFARE RIGHTS CLINICS

# DCA SUPPORT GROUPS

## ALVASTON CARERS SUPPORT GROUP

Alvaston Carers Support group was formed in (approximately) 2013 by Gill Withers, a carer for her husband, and a DCA carers Ambassador. Kathy Smedley, a fellow ambassador, came on board, and took over the running of the group in 2015 when Gill left the area.

The group meets monthly to provide emotional support and an information service for local carers. Funds are raised by making craft items to sell at local events, the money raised financing refreshments at the meetings, subsidies for occasional theatre trips, and a free Christmas lunch at a local pub/restaurant.

They try to provide a relaxed, informal atmosphere, meeting at Alvaston library on the second Tuesday of the month (except August and December), where carers can have a cup of coffee and a chat, easing the pressures of their role for a little while.

Wherever possible, people from other organisations, such as Creative Carers, Healthwatch, Carelink and Community Action come along to give a talk on matters relating to the caring role, such as nutrition, safety in the home and the need for relaxation and exercise. Kathy attends various council-led meetings and keeps members of the group up to date with carer support developments and events in the city by sending out a newsletter every month or two. Some carers are not connected to the internet so this is an effective way of ensuring that they receive vital information that they might otherwise miss.



Being a carer can be very isolating, and the carers group is only one of many initiatives in Alvaston, playing a vital role in the formation of community support throughout the area.

The Alvaston Carers group based at Alvaston Library, 1252-1254 London Road, Alvaston, Derby, DE24 8QP meets every 2nd Tuesday of the month at 10.00am.

For more information on other Carer Support Groups in your area look on page 11 or contact DCA on 01773 833833.

## FREE WELFARE RIGHTS CLINICS

Derbyshire Carers Association is working with Derbyshire Welfare Rights Service to offer carers free information and advice on welfare issues. The first clinics will be held in September, and if carers feel these are beneficial we hope to roll these out across Derbyshire.

DCA is committed to organising regular Welfare Rights Clinics, enabling carers to access specialist information and advice on benefits, allowances and other issues. Our first clinic will be Thursday 21st September at Derbyshire Carers Association, Genesis Business Park, 32-46 King Street, Alfreton, DE55 7DQ

To book a place or to register your interest in future please call us on 01773 833833.



# DCA SUPPORT GROUPS

Derbyshire Carers Association has Support Groups throughout the county to support Carers locally.

These groups give Carers the opportunity to discuss problems and share experiences together in an informal and relaxed atmosphere.

## AMBER VALLEY

**Ripley (Not DCA Facilitated)** Meets every 1st Tuesday of the month 10:30am – 12noon. Field Terrace Community Rooms, Field Terrace, Off Slack Lane, Ripley DE5 3HL Contact: Head Office on 01773 833833 for more information.

**Heanor** Meets every 2nd Monday of the month 10:30am – 12:00pm Park Court Community Centre, next to Fire Station (Under Archway of Sheltered Housing,) Heanor. Contact: Head Office on 01773 833833 for more information.

## BOLSOVER & CHESTERFIELD EAST

**South Normanton** Meets every 1st Thursday of the month 2:00pm – 4:00pm Market Close, South Normanton, Alfreton DE55 2EJ. Contact: Janis Handley on 01246 559524 for more information.

## CHESTERFIELD & NORTH EAST DERBYSHIRE

**Peter Webster Centre** Meets on the 2nd Tuesday of each month at 10:00am – 12:00pm. The Peter Webster Centre, Whittington Moor, Chesterfield S41 8LQ Contact: Chesterfield Office on 01246 559524 for more information.

**Carers Community Group** Meets every 2nd Wednesday of the month, 2:00pm – 3:30pm Monkey Park Café, Chester Street, Chesterfield, S40 1DW. Contact: Chesterfield Office on 01246 559524 for more information.

## ASD/ADHD Parent Carer Group

(Not DCA Facilitated) Meets at: St Thomas centre, Chatsworth Road, Chesterfield S40 3AW. Contact: Claire Griffiths on 01246 279916 for dates of the next meeting.

Please call to confirm your attendance

## DERBY

**Chaddesden** Meets on the 3rd Tuesday of the month 10:00am – 12:00 noon. Fire Station, Chaddesden, Derby Contact: Derby Carers Centre on 01332 200002 for more information.

**Guisse Group Male Carers Group** Meets on the last Wednesday of the month (not December) 10.30am – 12.30pm Cosy Club, Royal Buildings, Victoria Street, Derby DE1 1ES. Contact: Derby Carers Hub on 01332 200002 for more information.

**Grace Group.** For carers that have recently lost the person they care for, or the cared for has entered residential care. Many Carers find themselves alone after their caring ends. Grace Group offers the chance to meet others

in a similar situation, make new friends and find a new path in life. Meets on the last Wednesday of the month (not December) 10.30am – 12.30pm. Cosy Club, Royal Buildings, Victoria Street, Derby DE1 1ES. Contact: Derby Carers Hub on 01332 200002 for more information.

## Mickleover (Not DCA Facilitated)

Meets on the 2nd Monday of the month 2pm – 4pm. Our Lady of Lourdes Roman Catholic Church, Church Hall, 36 Uttoxeter Rd, Derby DE3 9GE. Contact: 01332 200002 for more information.

## Alvaston (Not DCA Facilitated)

Meets on the 2nd Tuesday of the month at 10am -12pm. Alvaston Library, 1252 London Rd, Derby DE24 8QP. Contact: Kathy Smedley on 01332 606793 for more information.

## EREWASH

**Ilkeston** Meets fortnightly on Wednesdays 1:00pm – 3:00pm. Ilkeston Community Hospital, Heanor Road, Ilkeston, Derbyshire DE7 8LN (in The Stanton Room). Contact: Head Office on 01773 833833 for more information.

**Long Eaton** Meets on the 3rd Monday of each month (except Bank Holidays) 2:00pm – 4:00pm. Outlook, 99 Briargate, Long Eaton. NG10 4BQ (in the Green Room) Contact: Head Office on 01773 833833 for more information.

**Carers Do Lunch** Every 3rd Tuesday in the month, 10:30am – 1:00pm. Sir John Warren Pub, Market Place, Ilkeston DE7 5QB. Carers and cared for are all welcome! All attendees can order from the discounted senior's menu regardless of age. Contact: Head Office on 01773 833833 for more information.

**Erewash Carers Coffee Morning (Not DCA Facilitated)** Meet for coffee on the last Thursday of the month, 10am-11:30am. Little Wick Medical Centre, upstairs – lift available, Nottingham Rd, Ilkeston DE7 5PR. Contact Sarah or Keely at the Medical Centre on 0115 9325229 for more information.

**Family Friends Group – For Carers and Sufferers of Dementia or Alzheimer's Disease (Not DCA Facilitated).** Meets every Friday 10:30am – 1:30pm. Welcome Hall, St Johns Road, Ilkeston DE7 5PA. Contact: Head Office on 01773 833833 for more information.

## GLOSSOP

**Glossop** Meets on the second Tuesday of every month, 1:30pm – 3pm. Central Methodist Church, Chapel Street, Glossop SK13 8AT. Contact: Head Office on 01773 833833 for more information.

## HIGH PEAK CENTRAL

**Buxton** Meets on the 1st Wednesday of each month 11:00am – 12:00pm. The Vault, 2-4 High Street, Buxton, SK17 6EU. Contact: 01773 833833 for more information.



## New Mills

Meets on the 3rd Wednesday of each month 1:30pm – 3:30pm. New Mills & District Volunteer Centre, 33-35 Union Rd, New Mills, High Peak SK22 3EL. Contact: Jo Askew on 01773 833833 for more information.

## Chapel-en-le Frith

Meets on the 4th Monday of each month 2:00pm – 3:30pm. Chalkers Snooker Club, Unit 6, Redmoor Mill, Buxton Road, New Mills, High Peak, Derbyshire SK22 3JT. Contact: 01773 833833 for more information.

## HIGH PEAK SOUTH AND DALES

**Matlock** Meets on the 3rd Monday of the month 1:30pm–3:00pm. Meadow View Care Centre, 300 Bakewell Road, Darley Dale, Matlock DE4 2JF. Contact Joanne Askew on 01773 833833 for more information.

## Reading and Discussion Group

A reading group for people with memory problems and their carers/family members. Meadow View Care Centre, 300 Bakewell Road, Darley Dale, Matlock DE4 2JF. If you are interesting in attending please contact: Brenda Creed on 07762 376401 or Katey Twyford on 01629 733840.

## SOUTH DERBYSHIRE

**Hilton** Meets on the following dates 10am – 11.45am. Wellbrook Medical Centre, Wellend Road, Hilton. Contact: Lisa Barker on 01773 833833 for more information.

- 12th September 2017  
– Mental Health
- 10th October 2017  
– Open Coffee Morning
- 14th November 2017  
– Carers Rights Information
- 12th December 2017  
– Xmas lunch out

**Oasis Carers Group** Meets on the last Thursday of the month. 10am –12:00pm. Community Centre Café (attached to the church). 14 West Street, Swadlincote, Derbyshire, DE11 9DE. (There will be a First Aid Training Session on Thursday 28th September 2017 9:30am-12:30pm.) Contact: Lisa Barker on 01773 833833 for more information.

## HOW YOU CAN HELP

Derbyshire Carers Association is a not for profit charitable organisation, which means we rely greatly on donations from the public. To make a donation today, just fill out the form below and return to: **Derbyshire Carers Association**  
**Genesis Business Park, 32-46 King St, Alfreton, DE55 7DQ**  
**Tel 01773 833833**

### TEXT DONATIONS

To make an instant donation just text: **DERB25** and the amount  
(for example: DERB25 £10) to **70070**

### DONATION FORM

I WOULD LIKE TO DONATE	
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Please make cheques payable to: Derbyshire Carers Association
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**MAKE YOUR DONATION GO FURTHER WITH** *giftaid it*

**MAKE YOUR DONATION GO FURTHER BY AN EXTRA 25%**

I confirm that I am a UK taxpayer and I want Derbyshire Carers Association to treat my donation and all donations I make from the date of the declaration and until I notify you otherwise as Gift Aid donations. Please tick ☐

#### YOUR DETAILS

TITLE			
NAME			
ADDRESS			
		POSTCODE	
EMAIL			
TELEPHONE			
SIGNATURE		DATE	

**THANK YOU**

