

Derbyshire Carers Association



25 years supporting Carers

# Carers News



Autumn Newsletter 2013

No. 75

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



## Celebrating Carers Week

*Delivered free of charge to Carers and Health Professionals throughout the Derbyshire region*





## Derbyshire Carers Association

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**01773 749087**

**Bolsover and**  
**East Chesterfield**  
**01246 222373. Ext. 2**

**Chesterfield**  
**and North East**  
**Derbyshire**  
**01246 222373. Ext. 2**

**Derby**  
**01332 200002**

**South Derbyshire**  
**01283 212194**

**Erewash**  
**01773 743355. Ext. 229**

**Glossop**  
**01457 858383**

**High Peak**  
**01663 745500**

**High Peak South**  
**and Dales**  
**01629 812132**

**Minority**  
**Communities**  
**01332 200002**

**Emergency**  
**Planning Services**  
**(Derby City only)**  
**01332 200002**

### Carers Centres:

**Chesterfield**  
**69 West Bars**  
**S40 1BA**  
**Open 10am - 3pm**  
**Monday to Friday**  
**Tel: 01246 222373**

**Derby City**  
**17 Babington Lane**  
**DE1 1TA**  
**Open 9am - 3pm**  
**Monday to Friday**  
**Tel: 01332 200002**

# 25 years and still going strong!

Hello Everyone,

**This year we are very pleased to be celebrating 25 years of supporting Carers throughout Derbyshire - and we invite you to join us at our AGM this September - to raise a toast to this milestone anniversary.**

If you've never been to the AGM before, make this the year, it's a lot more fun than it sounds and you'll meet plenty of other Carers. Please see the invitation printed on page ten.

The delightful summer heralded a very busy time for all our staff - with numerous events held across the County to help celebrate National Carers Week 2013. This year we organised a visit to Denby Pottery, where Carers enjoyed the day exploring this world-renowned pottery, page nine has a Carer's thoughts of the day.

In Derby City, the Mayor joined us at the Carers Cathedral Service and there were lots of other events organised across both the County and City.

We try hard to provide what Carers want, so if you can think of something you'd like to see included in next years' programme, please let us know.

We have much to look forward to in the coming months, as well as the AGM on 26th September, we're launching new counselling sessions; C.A.T.C.H. training and of course - the lovely Carers Ball on 25th October. Further details are on page10.

As I mentioned in our last newsletter, we have appointed a Fundraiser and we are now launching 'Friends of Derbyshire Carers' with more details on p5. In my experience fundraising can be lots of fun, so do get in touch if this interests you. I am full of admiration for our staff doing the Dovedale Dash... I don't think even in my youth I was fit enough to tackle that!

As you know, our staff work really hard to support Carers, but of course, we don't have all the answers and so work in partnership wherever possible. I'm delighted that our End of Life work with Marie Curie has evaluated so well that the evidence gained will be used nationally. Furthermore, our first nursing student from Derby University is now to be followed by many more.

As you can tell from this newsletter, DCA is made up of many

people and I must express my sincere thanks to staff; all our volunteers; local dignitaries and MP's who continue to support our services and events, it's good to know they are there to help us - help Carers.

A last plea... if you could please spare the time to complete the Carers Questionnaire on the back page, the information gathered, helps us to improve all of our services.

Thank you so much.



*Helen Robinson*

Chief Executive Officer - Derbyshire Carers

## Our Carers have a Voice - Neil Zealander explains



Hello, I'm the new Carers Voice Co-ordinator, based in our Chesterfield offices on West Bars.

I'm very keen to hear the suggestions, ideas and views of Carers (of all ages) - to enable your 'Voice' to be heard at a much higher level.

Your thoughts and concerns will play a major role in the development and commissioning of services in Derbyshire, so it's vital that as

many Carers get involved as possible.

Don't worry, I know your time is precious, (I'm a family Carer myself) and I do understand the responsibilities and restrictions Carers have, but if you could spare a couple of hours every month, I'm sure you will gain great satisfaction from this very worthwhile project.

The future of care services in the county can be influenced by Carers - for Carers.

It's very easy to get involved, just contact me on 01246 222373 or for Internet-friendly Carers E-mail: [neil.zealander@derbyshirecarers.co.uk](mailto:neil.zealander@derbyshirecarers.co.uk) With Carers' voices united, together we can make a difference!

*I look forward to hearing from you - Neil*

## Ever thought of TimeBanking?

TimeBanking is an opportunity to share your time and skills with other people, get help with odd jobs and, when you can, lend a hand yourself.

Everybody's time is valued equally because we've all got what it takes to help each other. It's very simple - for every hour

you give helping someone else you are entitled to one hour in return.

Your hours are recorded on a database for you to 'spend' when you need them.

A TimeBank is only limited by the skills its members want to share.

Being a TimeBanker will not affect any benefits and you don't need any money to join.

If you need some kind of assistance, but are not sure what you can offer, please get in touch - The TimeBank may still be able to help you.

If you would like to know more contact Julie on 01246 204418 or e-mail:

[chesterfieldtimebank@gmail.com](mailto:chesterfieldtimebank@gmail.com)







# EDMUND ST. ACTIVITY CENTRE

Fun and stimulating activities for adults with varying needs and disabilities



**OPEN 7 DAYS A WEEK INC. SATURDAYS & SUNDAYS**



**WET ROOM**

Edmund Street Activity Centre is open 7 days a week from 9am – 5pm and will open its doors in the evenings for events and clubs.

**“There is no such thing in anyone’s life as an unimportant day” - Alexander Woolcott**



**Edmund Street is beautifully presented, it is well designed with an attention to detail that personalises the environment, it hosts:**

- a hairdressing salon
- a podiatry service
- specialist bathing facilities
- an art and crafts room
- sensory room
- a fully adapted daily living skills kitchen

The facilities are only half the story, Edmund Street offers choice, good information, support and signposting in relation to employment, health, and support in making friends and community connections.

Edmund Street specialises in a personalised approach, that supports people to live lives they have chosen.

**Come along and enjoy a free taster session.**



**LIVING SKILLS KITCHEN**

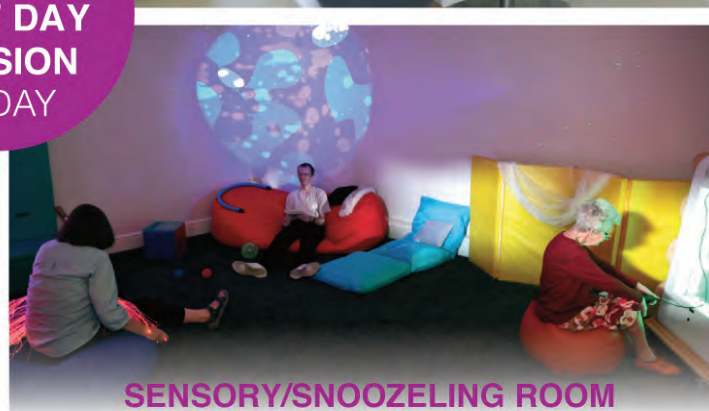


**HAIRDRESSING AND PEDICURE**

**ENJOY A  
FREE  
HALF DAY  
SESSION  
TODAY**



**ARTS & CRAFTS ROOM**



**SENSORY/SNOOZELING ROOM**

**Telephone: Steve Ward on 07568 161330 or 01246 260105**  
**www.edmundstac.co.uk | email: enquiries@edmundstac.co.uk**



## Carers Breaks...

The Department of Health Carers' Breaks Scheme for Derbyshire and Glossop continues to go from strength to strength with many Carers now accessing their second year of funding to help improve their health & wellbeing.

Carers reaching certain criteria, can apply for funding of up to £250 - which can be used to help evaluate some of the pressures of an intense caring role.

Carers who hold an Emergency Carers' Card (see right); who are registered as a Carer with their GP in the Derbyshire County; provide care for at least 35 hours a week and able to evidence a 'major impact' in at least six areas in their Derbyshire County Council Self Assessment are eligible to apply.

*Major impact is defined as: 'Caring severely limits your ability to maintain this aspect of your life. This causes you much concern, stress or distress'.*

### How the money can be used:

- The money cannot be used to provide social care for the cared-for person - it is just for the Carer.
- Funding must be used to help improve the health and well-being of the Carer.

■ It can be used in many ways, for example; as a contribution towards a gym membership or supporting another hobby. It could also be used to purchase more practical help, for example - hiring a gardener, decorator or a cleaner.

*For further information regarding Carers Breaks Funding, please contact your local Derbyshire Carers' office - or click to: [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk).*

Anyone who provides essential support can obtain a Carer's Emergency Card, regardless of the amount of support they provide.

In an emergency, people will know that you are a Carer and that someone relies on you for help and assistance.

If an emergency arises, services will be able to contact a relative or other person who can step in, until you are able to resume your role, or arrange alternative support.

You can submit details on-line at: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) - Emergency Carers Card.



## Student Success

As part of a project to support the training of student nurses from Derby University, our Chesterfield Centre was pleased to host a two-week placement for Nkiseng (Nicky) Mpala, our first-ever nursing student.

Nicky joined us during Carers Week and spent time attending Carers' groups and events - as well as working alongside the TUFT team with home visits and assessments.

Nicky said: 'I cannot thank you enough for sharing your knowledge, skills and experience, your support has been invaluable in my learning and professional development.'

*Keep up the good work Derbyshire Carers!*



*Student Nurse - Nkiseng Mpala with the Mayor of Chesterfield, Paul Stone.*

**In celebration of Carers Week 2013, BRM Solicitors of Chesterfield, gave all Carers registered with DCA the opportunity to make a Will for free, in return for a small donation to DCA.**

We are very pleased to say lots of Carers took advantage of this special offer and now have peace of mind, knowing their Will has been professionally completed by specialists Gemma Hardwick and Kathryn Wheeldon of BRM. In the process, £825 was raised for DCA and some Carers have kindly left legacies in their Wills, which DCA will eventually benefit from.

Making a Will is very important. It is the only way to ensure that your money, property and possessions go where you want them to after your death. It is often not realised that if someone dies without making a will, they are said to have died 'Intestate' and long established rules say who should deal with the deceased's affairs and who will inherit their estate. Definitely something to think about!

Gemma and Kathryn will be visiting our Carers groups later in the year, offering free advice on care home fees, lasting power of attorney and estate planning.

A 20% discount on BRM's usual fees for selected services is always on offer to DCA Carers. For further information, please contact BRM Solicitors on: 01246 555111.



*Carers delighted with the Free Wills service, kindly donated £825, which DCA will use to further support local Carers.*

*Pictured L-R are: Gemma Hardwick, our own Helen Robinson CEO and Kathryn Wheeldon.*





**Helping you prepare for the future**

**No-one knows what the future may bring, but we can help you plan for the unexpected**

**Lasting Powers of Attorney**  
We can prepare a Lasting Power of Attorney for you to appoint someone to deal with your health and financial affairs if you are no longer able to.

**Making a Will**  
Our specialists can help you make a Will to ensure you know where your money and property will go after your death, or to leave a legacy to a favourite charity.

**Employment Advice**  
Expert help is available for working Carers with issues affecting your employment.



**Our offices are located in Chesterfield town centre, opposite the rear of the Town Hall**

**We have our own free car park and disabled access**

**Free home visits are available for the elderly or infirm in most cases**



**For more information please contact:**

**Gemma Hardwick**  
t: 01246 555111  
e: [gemma.hardwick@brmlaw.co.uk](mailto:gemma.hardwick@brmlaw.co.uk)

**01246 555111**  
[www.brmlaw.co.uk](http://www.brmlaw.co.uk)  
Gray Court, 99 Saltergate, Chesterfield, S40 1LD

BRM solicitors are authorised & regulated by the Solicitors Regulation Authority no. 100723484





The Kiloran Trust has a large house situated in central London, able to offer Carers a subsidised short respite break away from caring.

The Trust provides home-cooked meals three times a day, your own bedroom with en-suite bathroom - where you can relax, gather your thoughts - and even consider your own needs!

Every person who has been a Carer will understand those feelings of needing to escape; walk into the sunset and never look back - or just dream of a good night's sleep.

Sounds familiar? Well at Kiloran you can read a book in the bath; sleep until Noon; visit the sights in London or just sit in the garden chatting to other guests, who are Carers - and share your problems, your highs and lows - with people who understand.

The staff are always there if you want a listening ear, it's good to off-load to someone outside of your family circle. A chance to rest - and to remember who you are - and gain strength from that.

Kiloran's services are centred around your needs as a Carer, how you feel, and offer advice and support for your caring role.

Give some consideration to your needs and come and take a break at Kiloran, where we can care for you.

If you are worried about costs we can try and help get financial support, just contact Norma Graham: 020 7602 7404 for availability and possible assistance with funding.

Please note: This is available to Carers only - to give a time to relax and unwind.

*Pictured L-R: Janis Handley (DCA) and Norma - the Project Manager of Kiloran.*

## Important Changes

There are changes afoot in the way which Derbyshire County Council (DCC) and Clinical Commissioning Groups (CCGs) fund support for Carers in Derbyshire.

Until now CCGs and DCC colleagues have worked closely together to commission services with budgets held in separate 'pots', both providing some of the money for major contracts and for developing new services, eg: Carers grants.

The plan from next year, April 2014, is that the funding will be 'pooled' and that DCC will be the 'lead' commissioners for services still in partnership with CCG colleagues. Monitoring of contracts for example will still be carried out jointly.

DCC will 'hold' the money and 'lead' on contract management.

Carers too will be partners in the change. There will be Carer representatives on the newly branded Carers Commissioning Board, previously the Carers Commissioning Group.

The remit of the Board is to lead on the development and delivery of a Carers strategy for Derbyshire County that is responsive to need, promotes Carers' health and well-being and enables Carers to be supported in their caring role for as long as they wish.

It is planned that there will be up to six Carers on the Board which will meet bi-monthly.

This new process will increase efficiency, e.g. invoicing once, and will offer more scope for innovative work, whilst carrying on the good practice of joint working to support Carers in Derbyshire.

*Please send any comments or suggestions to:*

**Iseult Cocking, Adult Care Building,  
County Hall, Matlock, DE4 3AG.**

**Telephone: 01629 532046**

**E-mail:  
iseult.cocking@derbyshire.gov.uk**

## Friends of Derbyshire Carers

**Would you or your friends like to help Derbyshire Carers in fun ways?**



Working hard to raise funds, pictured above are: Nicky Parsons (DCA) with Keely Gibson and Julie Coxhead of NHS Supply Chain, holding collection buckets from a recent Sainsbury's bag-pack collection. Thanks to their hard work, £573 was raised, which NHS Supply Chain intend to match. If you have any ideas or suggestions or could spare a little time helping to raise funding, please E-mail: [jeremy.allen@derbyshirecarers.co.uk](mailto:jeremy.allen@derbyshirecarers.co.uk)

Raising funds is extremely important to ensure DCA can continue to provide a valuable service to an increasing number of Carers in this very difficult financial climate.

Over the last few months I have met many people who are willing to help raise much-needed funds in imaginative and enjoyable ways.

*Friends of Derbyshire Carers* is a way that we can gather and mobilise our supporters and - also - a way that we can meet and have fun.

Membership is free and open to everyone. A 'Friend' could be a former Carer, a Carer, a relation, a Trustee, a volunteer, in fact anyone.

Please send ideas of any fundraising activities you would like to be involved in. This could be a coffee morning, a sponsored walk or a table-top sale.

*Thank you - Jerry Allen, DCA Fundraiser  
Telephone: 01773 743355.*

## Carers' Church Service

### 'Preparing to Care'

All Carers welcome!

St. Laurence Church, Market Place, Long Eaton on Monday 18th November 2013, at 11.00 am  
*The service will be followed by tea and biscuits generously provided by the Church.*  
Contact: Reg Jackson (0115) 9724142 for details.

## Holiday winner!



The winner of our **Summer Word Search Competition** is Mrs. O. Newton of Eckington, who wins a short break away, courtesy of

**The New Mayfair Hotel, Blackpool**  
673-677 New South Promenade  
Blackpool, FY4 1RN  
Telephone: 01253 347543  
[www.thenewmayfair.co.uk](http://www.thenewmayfair.co.uk)

Blackpool's leading accessible hotel



# City Centre News

*Due to funding restrictions, events in the City Centre pages may not be available to County Carers - and vice-versa*

## Derby City Carers Centre

17 Babington Lane DE1 1TA . Tel: 01332 200002

Open 9.00am - 3.00pm, Monday to Friday

### Derby City Carers Breaks Scheme

**The Derby City Carers Breaks Team continues their mission to provide Carers with short activity breaks, giving them a well-deserved time-out from their caring role.**

Carers are invited to join us and for the time-being, take one of their breaks of choice. There's a varied selection... which would you prefer? Let us know please, if you need our help.

**Beckside Care Farm** - 15th July. Carers visited the farm for a day out; they fed horses, chickens, alpacas and goats, made elderflower cordial and also did some weaving. They all had a great time - you can tell that from the smiles on their faces and the feedback:



*'Loved being at Beckside Farm today'. 'Very enjoyable and interesting' and 'It was a wonderful day!'*

If choosing Beckside as a break, you can visit the farm twice, so the Carers that went in July are looking forward to their second trip already!

**If you are a Carer and your GP is situated in the Derby City area, you could be visiting Beckside Farm too... contact Derby Carers Centre, 01332 200002, Ext. 4 and speak with Louise or Diane.**

**Aspire Physio** - Do you care for somebody that has regular falls? Are you interested in learning how to protect yourself from injury, whilst helping the person you care for?

We have organised a two-session manual-handling course with Chartered Physiotherapist Melanie Parker, the sessions aim to improve skills, knowledge and confidence of Carers. They will be held at Derby Medequip Centre, off Stores Road, on Wednesday 25th September and Wednesday 2nd October, from 9.30am to 12.30pm.

**Covering:**

- Assisting someone to move better and more safely.
- Learning about your back and protecting your body.
- Finding out about equipment and local services now or for the future - plus information to retain and refer to, after training is completed.

Comments from the moving & handling training sessions carried out for Derby Carers short breaks:

*'I thoroughly enjoyed this course and would come again as a refresher course. Informative and supportive of Carers in different situations'.*

*'Very informative in a relaxed learning environment. I thoroughly enjoyed myself'.*

*'Not only did I obtain knowledge but I enjoyed the sessions due to Melanie's attitude and the fact that it brought the group together in a friendly and co-operative manner'.*

*'Very helpful with care and discussions with others in the same situation. Useful information to assist with my caring role and knowing when to ask for help'.*

*'The course is beneficial to any Carer. It helps to realise the dangers you put yourself and the person you care for in'.*

If you feel you would benefit from this, please don't delay; this will be offered on a first-come first-served basis.

**Currently you must be registered with a GP in the Derby City area, to be able to apply for this course.**

**Pamper Days** - Back massage, Indian Head Massage, Facials, Reflexology, Reiki, Manicures and Pedicures are just some of the treatments available at our Pamper Day Events for Carers.

Book now to arrange two half-hour treatments with fully qualified therapists. If you pick Pamper Days as a break, you are entitled to attend at two separate events throughout the year.

Bookings still currently available for: 7th & 21st September, 5th October, 9th & 23rd November and 14th December, 2013.

**Also included in Derby City Carers Breaks are:**

- Artcore.
- Well-being skills.
- Drama and movement workshop.
- Trips to the theatre.
- Activities at the Quad creative writing courses.



*The team of therapists - all eager to help Carers!*

**Derby City Carers Breaks would like to offer taster sessions to other support groups, in or around Derby. If as a Carer, you attend a support group - and would like either trained pamper therapists or creative art instructors to visit your group, please contact Louise or Diane for further information on:**

**01332 200002 ext. 4 - or e-mail us at:**

**[louise.gamblen@derbyshirecarers.co.uk](mailto:louise.gamblen@derbyshirecarers.co.uk)**

***We believe that in order to care for your loved ones, you must also care for yourself... so please register for your free break today!***

### Putting the leg work in for Carers!

In an effort to reach even more Derby City Carers, our staff visited 46 GP surgeries during National Carers week, (some of which were partner surgeries), giving out specialist promotional material then followed up by holding Carers Drop-In Sessions, which identified a further 36 new Carers.

We are continuing to work in partnership with these surgeries and we're already planning to visit the future flu clinics to be held later in the year.



## Steps for the Future

On Tuesday 23rd July I went along to a meeting of the Parents/Guardians Association for a group called Steps for the Future. My reason for attending was to inform the group about what we at Derbyshire Carers Association do. It was wonderful to find that a number of parents there already knew about us and indeed already had assessments carried out. I was so fortunate to have been invited along, as it was great to meet the parents and to find out more about Steps for the Future.

Parents informed me all about the group and how enjoyable the sessions are. They are a performing arts group for adults with differences. There are classes held in dance, drama and music and classes are student-led with a chance for students to flourish, showcase their abilities and have a great time. Sessions are on a Monday for dance, Wednesday for the drama group and Friday for music. Sessions are £30.00 but taster sessions are available.

Steps for the Future are also a support group for parents or Carers who care for someone with a learning disability or mental health issues. This is open to anyone and not just parents or Carers of a student attending the performing art groups. This is a chance to listen to speakers on topical subjects and to gain information and support.

If you would like to know more about Steps for the Future, please contact Maggie or Christine on 077604 25195 or the Derby Carers Centre on 01332 200002.

*Ann Hamp - Carers Connect Worker/Support Worker*

**End of Life training** has been delivered to Carers within Derby as a pioneering project in partnership with Marie Curie. The sessions proved a great success with Carers sharing their thoughts and fears. We had question and answer time with a GP and all queries were answered.

We have produced a relaxation CD for Carers giving time for them to be themselves and have time out of their busy roles, discs are available on request.

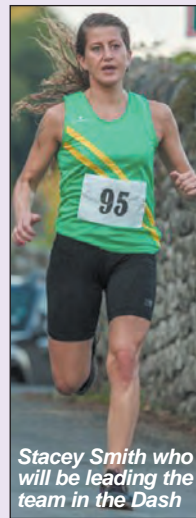
## Derby City Carers Groups

Carers' groups are a lifeline to many Carers and for some the only opportunity they have of meeting people who are in similar situations. They offer time for Carers to share their feelings and experiences.

We are constantly looking for ways to improve our Carers groups, so if you have any suggestions, ideas or thoughts, please let us know at the groups or give us a ring or drop a line.

Looking forward to receiving your suggestions...

*Colleen*



*Stacey Smith who will be leading the team in the Dash*

## The Dovedale Dash!

After much deliberation - a group of staff from DCA have agreed to compete in the Dovedale Dash 2013!

The Dash is a cross-country race of nearly five miles with around 1,200 people giving it a go. The route encompasses the picturesque villages of Thorpe and Dovedale in the south of the Derbyshire Peak District.

The route is mainly field paths and open ground following the Dove and Manifold rivers. Photo opportunities for 'big splashes' at the Stepping-Stones crossing on the River Dove.

The run starts at 11.00am, Sunday 3rd November at Thorpe Pastures, Dovedale. To make things more interesting, our staff will be running in fancy-dress, however, just what fancy-dress has to be decided!

The aim of the run is to raise money for DCA. Please contact the Derby Centre (01332 200002) if you would like to join or sponsor us. We will keep you updated on our progress in the next newsletter!

*Megan Singleton*



## New staff in the City

I started volunteering for the charity in October of 2012 at Chesterfield as I wanted to gain more experience in the third sector. I'd also been a volunteer for the British Red Cross as a caseworker and decided that this type of work would be very beneficial for me in terms of experience.

Since volunteering at DCA I have gained lots of assessment and admin experience, both at Chesterfield and Ripley. I have found the staff to be warm, welcoming and very easy to work with. I'm now working for the charity as a Carer Link Worker in the Derby offices which I am thoroughly enjoying and gaining lots of confidence, skills and experience.

*Andrew Spriggs, Carer Link Worker. Tel:01332 200002 (Thursdays and Fridays)*

## Computer wanted at our Derby Centre

As our volunteer numbers grow - we are in need of more computers to support them. If anyone has an up-to-date computer, (tower or laptop) they would like to donate, we would be very grateful.

Please call Lisa on: 01332 200002.

## Derby Cathedral Service

The Cathedral Service to celebrate the work of Carers was held during Carers Week in June. This was our 5th annual service and we were very happy to welcome all new Carers this year.

The Mayor of Derby came along to meet Carers and their families and friends. Rev Dr Simon Taylor led the service and there were two readings from Carers in Derby and Erewash.

Ann from our Derby office read a poem and during the service everyone had the opportunity to light a candle or lay a stone in memory of someone special.

The Breakaway Singers freely gave their time to sing two songs and everyone enjoyed refreshments and a chat afterwards.

Thank you to Canon Dave Perkins for his support of these special Carer's Services, they are now something that staff and Carers look forward to every year.



*The amazing Breakaway Singers*





L-R: Val Fryer, Mayor of Derby City Fareed Hussain and Helen Robinson CEO DCA.

## Carers week update

We held a workshop for facials and make-up for Carers, everyone came and learnt techniques and had a thoroughly amusing time with therapists on hand to offer guidance and assist.



Pamper days held at the MS centre in Derby with 36 Carers attending enjoying a range of treatments from our team of qualified therapists.

Carers quotes: *'Amazing day, first time I had a massage and was made to feel so special'. 'I came with aches pains and anxiety' I am leaving feeling relaxed and cared for, no pain - should have these days on prescription'*

### Pamper Days for Friends and Families to raise money for DCA

We are launching pamper events to raise funds for DCA, offering two luxury treatments with a choice of manicure, pedicure, massage, facials, reflexology, Reiki, Indian head massage, Hopi Ear Candles, waxing and make-up, all provided by our team of holistic and beauty therapists, lunch and refreshments, at the cost of £30 per person. If you are interested in these events, give us a call on: 01332 200002 Ext. 8.

### Carers Week was a great success in many ways and our raffle at Derby City was one of them! A massive thank-you to all the local business's that donated raffle prizes.

We had a lot of success in acquiring many different types of prizes, such as pamper gifts from the Body Shop, Lush and local hairdressers; hairdressers vouchers from Bonds, Simon Henry and Waring Salon. Restaurant vouchers from A Slice of India, Masa and the Shalimar, Flower arrangements from Destiny Floral Designs and handmade cards from Katie Ann Harris. Gym membership and equipment; Photograph sessions and jewellery. Some lovely bottles of bubbly, whiskey and wine too... the list goes on!

I hope everyone who attended the coffee morning and pamper day enjoyed themselves and the prizes won were enjoyed too. A big thank you to all who purchased tickets.

There are a couple of prizes still to be collected, however we will hold on to them for a little while longer. If not claimed then we will put them back into the next draw that may take place Carers Rights Day at the end of November.

Stacey Smith, Carers Connect Worker - Tel: 01332 200 002  
stacey.smith@derbyshirecarers.co.uk

## A big thank you Derby Volunteers

I am happy to say that we have a wonderful team of volunteers at our Derby Centre. Some are with us to build up their experience and CV whilst looking for employment and some are retired and want to give something back to the community and meet other people.

We even have a volunteer, Ann, who comes in between her current job and she says that she really enjoys the atmosphere in our Centre and helping Carers.

Volunteers play a major part in our organisation and at the Derby Centre we would like to be able to accommodate more people. Current volunteers have come to us via Community Action's website [www.doit.org](http://www.doit.org), are existing or past Carers known to us or have noticed us in passing. Thank you so much to the Team. Lisa Hallsworth

## Raising Carer awareness

During Carers Week we capitalised on our presence at Derby Royal Hospital. You can find our leaflets 'Front Door for Carers' registration form and Carers Breaks information at both health hub stands, based in the main corridor.

Clearly Carer's health is a major priority, without good health those you care for would struggle to replace the excellent, selfless care you provide.

We talked to the Health Promotions Co-ordinator and she was very welcoming and soon date and times for Derby Centre staff to be present at the hospital was agreed.

On the day we set up, staff, armed with enthusiasm and lots of leaflets and over two days in Carers Week we interacted with staff, patients and visitors.

We then broached the wards speaking to front desk staff, care co-ordinators, discharge nurses and secretaries alike. Some of the clinics had lots of information including notice boards for Carers to view, through to staff who have been identified as Carer Champions. Sometimes identified through training and sometimes self identified, these were staff members who were experienced Carers in their own right and know what a difficult job the caring role is.

As staff, we thoroughly enjoyed our time promoting our organisation and meeting staff at the hospital and more importantly we managed to reach a number of new Carers, new to us, not new to caring. We also had a number of people who came forward accompanying newly diagnosed patients who did not need lots of support and information at this stage. This was fantastic as a worker to help someone at the beginning of their caring role, it gave a great sense of achievement because evidence shows the earlier identified and supported, the less chance of crisis or breakdown, and we can help prevent this - what a satisfying job we've done!

We are going to remain in the hospitals, our presence will be in leaflet form or even in body - watch out for a Derby City worker. If you are attending hospital clinics where you can't see any of our information then please let us know, telephone: 01332 200002.



## Hello!

My name is Amran Ashraf, I have recently been appointed for two part-time roles with DCA, working at the Derby Centre.

My first post is of a Carer Connect Worker which I took over from Emma Handley. My other role is 'Co-ordinator for the Carers as Ambassadors Project,' which was previously delivered by Louise Green.

My professional background has been within the Health & Social Care sector for approximately 15 years and my job experience from volunteering to paid employment has varied from dependency addiction and mental health, to learning difficulties and autism.

I achieved an OCR level four NVQ Diploma in Health & Social Care whilst working for a leading national charity, gaining valuable personal and professional development.

In 2011 I became a full time Carer for three family members and found myself becoming very passionate about Carers Rights and Services. I am currently a school governor at a local primary school where my nephew is a pupil. I thoroughly enjoy my governor role and have learned a lot since I have been there, the curriculum in itself has changed considerably from when I was a young lad and I often find my nephew teaching me... bless him.

I hope my diverse experience both professional and personal, will further improve Carers Services within Derby City, especially during this uncertain time of government cuts which filter down to vital organisations such as DCA, which many Carers rely on to enable them to continue in their caring role.

Please feel free to say 'hi' if you see me in the Derby Centre office and I would be very keen to hear from any Carers who have an interest in becoming Carers as Ambassadors. We could have an informal chat on the role and how you can make a difference to service delivery for Carer Services - should you wish take on a very rewarding challenge.

Amran Ashraf



## Didn't we have a lovely time, the day we went to Denby!

On a lovely summer's morning, 12th June, I got on the Andrew's minibus with other Carers, all eagerly anticipating the DCA Denby Pottery Visitor's Centre trip.

A pleasant run-out down the motorway with a chatty driver, arriving at 10.30am. We then embarked on a guided tour of the factory, it was very interesting, beginning with a film show and short talk by the two guides on how the pottery business began in Denby over 200 years ago.

A seam of clay was discovered during construction of roads to link the industrial towns in Derbyshire and William Bourne an entrepreneur, examined it and realised the clay was of great value as a commodity. He set the factory going and from then on, the rest is history - with Denby Pottery now being a globally renowned name for strength and quality.

We then split into groups for a very interesting factory tour with guides explaining the processes of throwing pots, dipping in glaze, explaining the skills needed to attach handles and finally the 'almighty furnace', the kiln - which never has a break except for one week in the summer holidays for maintenance.

We watched artists in the in-house studio decorating by hand the bespoke special orders for commemorative plates on orders from all over the world.

The artists made it look so easy, but a few of us (after we'd made the complimentary clay frogs to dry on a sunny window at home and paint later) decided to paint our own plates and realised it wasn't as easy as meets the eye! The cafe area displayed lots of examples of Denby pottery, old and new with plenty of interesting items to look at.

Next stop was lunch, armed with complimentary vouchers I made my way to Bourne's Restaurant to peruse the delightful menu and choose a meal.

After lunch there was a cookery demo in the Cookware Shop, where a tasty rice and bacon dish was created, but I opted to browse the shops - nothing better than retail therapy!

3.20pm saw us amble back to meet the coach for a pleasant tootle back to Chesterfield taking in the scenic countryside.

During the visit, I'd decorated a plate, which was delivered a week later, what a lovely reminder of a memorable day of fun and camaraderie with the Carers - a lovely break.

I feel sure I can speak for all of us in saying - thank you DCA - for organising this wonderful event!

*Kath E. - Chesterfield Carer*

# Carers Ball 2013



OPEN TO ALL CARERS

**7.30pm, 25th October 2013 at the Winding Wheel, Chesterfield**

Join us for an evening of food and music - *(entertainment tbc)*

■ Bar ■ Raffle ■ Dancing ■ Buffet  
 ■ Free for Carers. Suggested £5 donation for others

**We hope to see you there!**

To book your place, call Kelly: 01246 222373 or  
 E-mail: [kelly.gibbons@derbyshirecarers.co.uk](mailto:kelly.gibbons@derbyshirecarers.co.uk)

## VOLUNTEER FORUMS

**CHESTERFIELD:** 10.00am-2.00pm on Friday 13th September at Chesterfield Carers Centre.  
 Tel: Kelly Gibbons on 01246 222373 Ext 3 or E-mail: [kelly.gibbons@derbyshirecarers.co.uk](mailto:kelly.gibbons@derbyshirecarers.co.uk)

**DERBY CITY:** 10.00am-2.00pm on Friday 15th November at Derby Carers Centre. Tel: Lisa Hallsworth on 01332 200002 Ext 1 or E-mail: [lisa.hallsworth@derbyshirecarers.co.uk](mailto:lisa.hallsworth@derbyshirecarers.co.uk)

Open to all new and existing volunteers. An opportunity for DCA to say a very big thank you to all our volunteers for the invaluable support they provide, plus a look at what we can offer any new potential volunteers thinking of joining us.

There will be a talk on 'What's Happening at Derbyshire Carers Association' by CEO: Helen Robinson and a training opportunity will be available (tbc).

*Refreshments and a light buffet lunch will be served.*



## New ASD/ADHD Parent Carer Group

Will be meeting every month at the St. Thomas' Centre, Chatsworth Road, Chesterfield S40 3AW.  
 The first meeting will be Tuesday 24th September starting at 9.30am to 11.30am.  
 Please contact our Chesterfield office: 01246 222373 or e-mail: [claree73@gmail.com](mailto:claree73@gmail.com) for further details.

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







## C.A.T.C.H.

Carers Advice and Training for Health  
60+ Carers Wellbeing Project

There are three workshops available, covering:

- Caring and Me
- Caring and Communicating
- Caring and Coping
- Caring and Life
- Caring Day to Day

To be held at: The Fairplay Centre, Alexandra Road West, Chesterfield, S40 1NP on 17th September; 8th October and 5th November, 10.00am-1.00pm.

Tea, Coffee and biscuits will be available.

For further information and to reserve a place, please contact: Kelly Gibbons: 01246 222373 or E-mail: [kelly.gibbons@derbyshirecarers.co.uk](mailto:kelly.gibbons@derbyshirecarers.co.uk)

# INVITATION

**All Carers are invited to the 2013**

## Annual General Meeting

*and*

## 25<sup>th</sup> Anniversary Celebration!

**To be held Thursday 26th September**  
**at Members Room, County Hall,**  
**Matlock.**  
**7.00pm - 9.30pm**

**Come along and share a toast with us to celebrate our 25th Anniversary of Caring for Carers.**

**There will be a humorous talk by Pat Hill with a buffet served after the meeting**

For further information or to reserve a place, contact: Nicky Parsons at our Ripley Head Office: Tel: 01773 743355 or E-mail: [nicolap@derbyshirecarers.co.uk](mailto:nicolap@derbyshirecarers.co.uk)

*Please confirm your attendance so we can organise catering requirements.*

**TRANSPORT AVAILABLE**

Belper Carers enjoy a meal together at The Duke of Devonshire pub, Belper on the 12th June, which both myself and Jerry attended.

New and existing Carers attended, and it was a relaxed and enjoyable occasion, it also gave Jerry and I the opportunity to meet with Carers to share ideas regarding future events; funding and how to involve Carers in these processes.

Kind regards - Alison Wood  
Carer Assessment Worker. Tel: 01773 743355



## New Counselling Service

### 60+ Carers Health & Wellbeing Promotional Project

Derbyshire Carers Association, a Network partner of Carers Trust, the UK's largest Carers charity, is pleased to launch a Counselling Service to Carers aged 60+ as part of a successful project set up due to continued funding thanks to a grant from People's Health Trust, from money raised by HealthCalm through the Health Lottery.

Sheffield born Mark Bloodworth who lives in Belper, will be working with DCA to provide the Counselling Service. Mark has a professional background in psychology, counselling and social work. He worked with Family and Social Services in Edinburgh as a social worker, dealing with a variety of problems.

Counselling was an integrative part of his job and he witnessed how gentle therapy brought about effective change and allowed clients to effectively take their life forward, free of guilt and painful memories from the past.

Mark's approach enables you to bring about positive change in your life through self-awareness. This is an opportunity to discuss whatever issues, feelings or difficulties that are important. Counselling is particularly beneficial to look at things differently or explore complicated feelings, away from the home and family.

## Glossop News...

A very successful Information Day at Bradbury House in Glossop was held during Carers Week - with many agencies attending: MS Society, SSAFA, Stockport Cerebral Palsy Society, Think Carer, Dementia Services, Social Care as well as a local solicitor to advise on Wills and Trusts.

50 members of the public visited along with Tameside Radio and 'Glossop Life' magazine who ran us a full page article. We had a raffle, the only prize - a huge teddy - was won but the winner is auctioning it off to raise funds for us.

*Thanks to Linda, Emily and Liz who attended and helped to make the day such a success.*

**Promotional cheese and wine evening**, this too was very well attended with previously unknown Carers visiting. We had a lovely evening and were entertained by 1980's Country Star - Sheila G. White. It was lovely to see often stressed Carers, really enjoying themselves, a great tonic for all.

**Glossop Carnival:** the glorious weather certainly helped as we buddied up with MENCAP (thank you to them), shared a large tent and a good time was had by all. Several new Carers were identified over the weekend and we managed to get on the radio again!

**Coming Up - 24th and 26th September.** The next Carers Group will be on 24th September, a general open/catch up meeting, so please come along. In the same week, Thursday 26th, is our AGM, (see invitation on the left), please get in touch if you need transport and/or a sitter so you can attend.

*Best wishes - Lynda Hammond, Carer Support Worker*  
*Howard Town House, High Street East, Glossop. SK13 8DA*  
*Tel: 01457 858383 office / 07990516616 mobile*  
*E-mail: [glossop@derbyshirecarers.co.uk](mailto:glossop@derbyshirecarers.co.uk)*

## Carers Do Lunch

Erewash Carers enjoyed lunch at Shipley Garden Centre, Ilkeston, during Carers Week. There was a display stand organised by Carol and Kath and everyone had a look around the centre before enjoying a discounted lunch in the café. One lucky Carer won a hanging basket kindly donated by the garden centre. We will be back there again!

A new monthly social event starting on Thursday 19th September at the Shipley Garden Centre, Heanor Road, Ilkeston. 12 Noon- 2pm.

For further information please contact: Carol Sayers,  
01773 743355.



## Lisa's South Derbyshire update



The last few months has flown by - with many new Carers getting in touch to tell us about their caring roles for the first time. It's heart-warming and encouraging to know that new Carers are finding support completing forms; help with their caring roles and are now getting in touch with us early-on in their caring roles.

Good news! We have recently been successful in obtaining funding to buy a new computer for the office, which will be available to help Carers access the Internet and as a training tool for Carers who wish to learn the ins-and-outs of Facebook or similar applications.

This will be purchased shortly and will allow us to train-up Carers to access things like on-line shopping, E-mails and social web sites. If you feel you may be able to support a

Carer to access the Internet or would like to know a little more, please call us at the South office.

**Carer Support Groups held at the CVS Building, Grove Street, Swadlincote DE11 9DD.**

**Monday 9th September, 9.30 till 12.00 Noon**

**Monday 7th October, 9.30 till 12.00 Noon. Speaker tbc.**

**Monday 11th November, 9.30 till 12.00 Noon. Speaker tbc.**  
After last year's great success, this December (*details tbc*) we will be holding a Christmas Carol Service for Carers with tea/coffee afterwards, please telephone or E-mail for details.

**Carer Support Groups held at Wellbrook Medical Centre, Welland Road, Hilton DE6 55GZ**

**Tuesday 3rd September, 10am - 12.00 Noon.**

**Tuesday 5th November, 10am - 12.00 Noon.**

**December: Christmas celebration meal - to be confirmed.**

*Lisa Barker, telephone: 01283 212194*

*E-mail: southderbyshire@derbyshirecarers.co.uk*

## MP supports DCA Carer project

Carers Week saw Chesterfield MP Toby Perkins visit the Chesterfield Centre to help celebrate the achievements of the Carer Liaison project.

During the launch of the Teaming Up for Transition (TUFT) project last year, Toby wrote to GPs asking them to register anyone expressing a significant caring role.

Since then, the project has identified 600 new Carers, engaged with 70 Carers' Champions and made vital links within health settings to encourage Carer focus and referrals.

Meeting with staff and volunteers the MP chatted to many Carers one-to-one, listening to their concerns and worries.



The Chesterfield MP commented:  
*'I commend Derbyshire Carers for their success in trail-blazing this fantastic initiative'*

*Left-right: Helen Robinson, CEO Derbyshire Carers, Toby Perkins MP - with TUFT team members Helen Weston and Richard Colgrave.*

## Follow us on facebook!

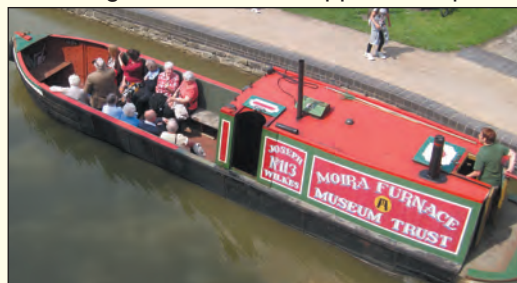
Become a fan and share all your Caring experiences, views and suggestions.

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



## Messing about on the river...

The Long Eaton Carers Support Group recently enjoyed a very pleasant trip on the Trent Canal.



It's just one of the many events and activities organised by this very proactive group.

The group meets at The Outlook Centre, 99 Briargate, Long Eaton, every third Monday in the month, 2pm-4pm. Contact Pat Desborough: tel: 0115 972 0449 for further information.

*Carol Sayers, Erewash Carer Support Worker*

## High Peak Carers

Just a little info about myself: My background is in Learning Disabilities and psychiatric nursing, working with older adults with dementia. On a personal note I am a Carer myself, for my lovely dad.

In my role as Support Worker based in New Mills, I'm enjoying working with the team at DCA, they are all very supportive and knowledgeable and I'm really looking forward to working with Carers - to provide support and information as needed.

**Carers Groups** are held at Buxton Methodist Church, 11am-12.30pm, the first Wednesday of the month and the Chapel Carers Group is at Blythe House in Chapel-en-le-Frith on the 3rd Monday in month at 2.00pm-3.30pm.

**A Pamper Day** has been arranged for Thursday 17th October at the Chapel Methodist Church and the **Christmas Lunch** for the Chapel Carers Group will be held at Blythe House on 25th of November, 1.30pm until 3pm, for further information please give me a call on: 01663 745500.

*Best wishes - Jill Cowen*



The Staveley Carers Group meets every second Friday of the month at 1pm-3pm. Come along and join this friendly group of Carers - a warm welcome is guaranteed!

The Mayor and Mayoress of Chesterfield along with representatives from the STAG Group, Care100, HomeInstead, BRM Solicitors, Social Workers and the manager of the Staveley Centre, out in force with the Carers from the Staveley Group.

*Our thanks to everyone - particularly the Mayor for his patience during the front cover photo shoot!*



## Carer Questionnaire

Your feedback and comments help towards strengthening and improving the service offered by Derbyshire Carers Association (DCA). We learn from your points of view, shared experience of the service offered by our organisation and insights gained. Please tick appropriate ✓

### How did you hear about Derbyshire Carers Association?

Social Services ☐ GP ☐ Hospital ☐ Other Carer ☐ Other ☐

(please give details) .....

### How quickly did we respond to your enquiry?

Within a week ☐ A month ☐ 6 weeks ☐ More ☐

(please give details) .....

### Was the service what you expected? Yes ☐ No ☐

(please give details) .....

### Is the support you are currently receiving/ have received from DCA meeting/met your needs? Yes ☐ No ☐

(please give details) .....

### How would you describe the service you are receiving / have received from DCA?

Very good ☐ Good ☐ Satisfactory ☐ Poor ☐ Very poor ☐

### Could we have been more effective? How could this have been achieved?

(please give details) .....

### Has involvement with DCA made a difference to your life as a Carer? Yes ☐ No ☐

(please give details) .....

### Any other comments

(these will help others to understand the work DCA does) .....

How many hours a week do you spend caring?  hrs

Thank you for taking the time to complete this evaluation. Your input remains anonymous.

Please return this form to:  
Derbyshire Carers Association  
White House, The Willows, Slack Lane,  
Ripley DE5 3HF



## Vexing question from a Carer...

Does anyone know how someone in possession of a bank card can use it, if they cannot sign their own name nor can they use a pin number owing to their health status restrictions?

Please help if you can - calls to Chesterfield Carers Centre please on 01246 222373.

*C. Robertson, High Peak Carer*

## Janis has the last word...

Hello again, magazine time has come around again very quickly - and how busy we are!

We have many new Carers registering everyday and a super-duper computer system for logging all the info - great if you're not a technophobe like me - but please bear with me, I'm getting there (I think!).

All of these electronic systems cannot deter me from one-to-one contact with Carers. I realise from experience how much a friendly voice, sound advice and a kind word can mean to an isolated Carer, and hopefully I can continue to provide this service to both old and new Carers I meet.

*My good wishes to you all -  
Janis Handley, Chesterfield Carers Centre*



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