

Derbyshire Carers Association



Over 25 years supporting Carers

Carers News



Summer Newsletter 2014 County Edition No. 77

www.derbyshirecarers.co.uk

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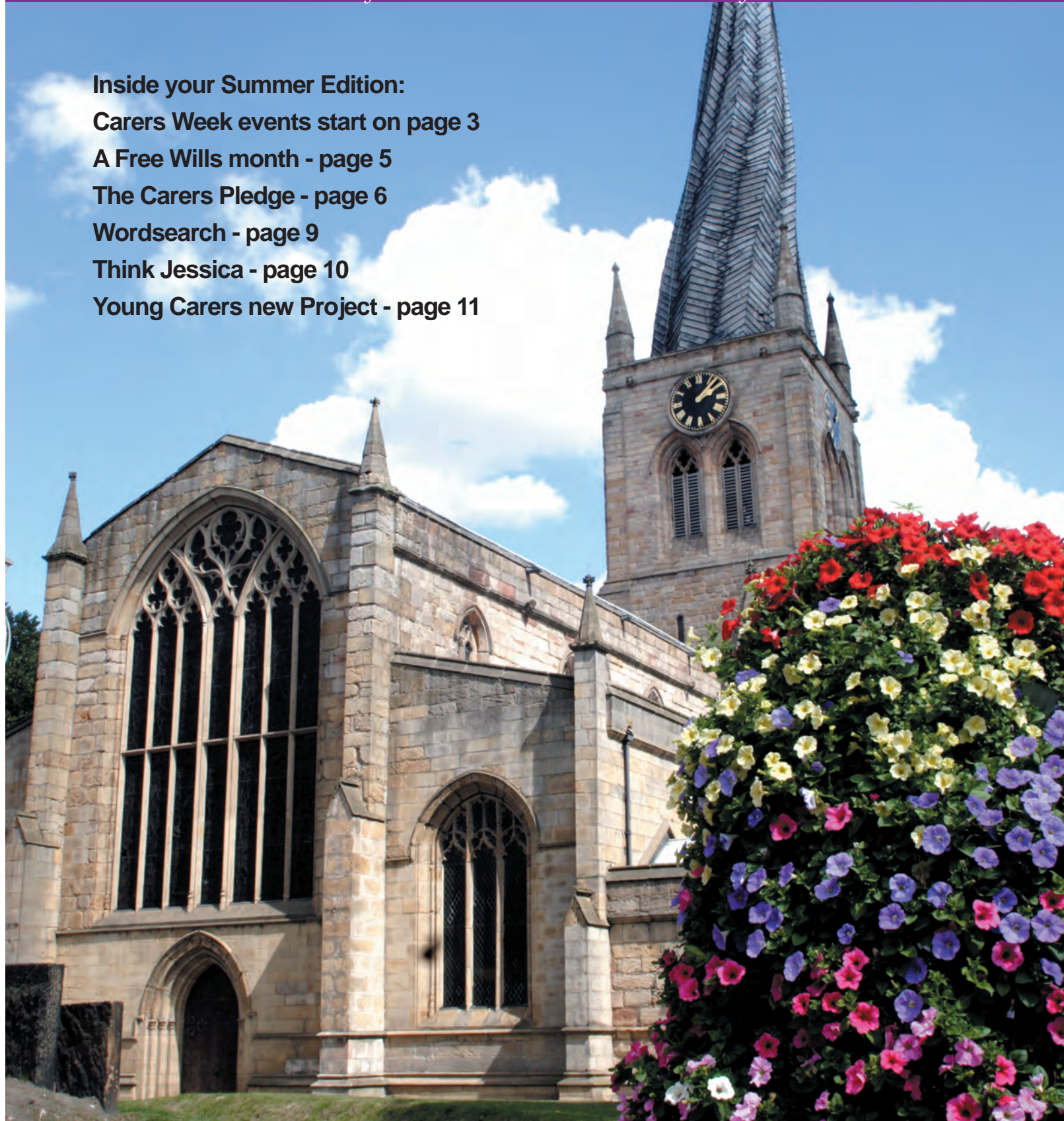
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Derbyshire Carers Association is an independent registered Charity - supporting all family Carers



Derbyshire Carers Association

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01332 200002

South Derbyshire
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Erewash
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Glossop
01457 858383

High Peak
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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

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Lots happening for Carers...

Hello Friends

I want to say a big thank-you to everyone in our Carers Community for the warm welcome given to me over the past few months while I have been meeting Carers, cared-for and all the professionals supporting them.

I have been impressed by the resilience of Carers who quietly support their family and loved ones without thanks or payment.

Their lives, we hope will be made better as result of reform of the law relating to support for Carers. The Social Bill has now completed all its stages in the House of Commons and will now return to the House of Lords for consideration of amendments. When the dust has settled DCA will be providing a synopsis of outcomes for our many Carers.

The raison d'être of DCA is to care for those who find themselves caring. We aim to provide information and advice when they need it. We're never complacent, always looking to improve our services to Carers and I'd like to share with you a few of the developments that are moving forward.

We have an exciting series of events for Carers Week 9th-15th June. You will find a programme of events enclosed with this newsletter or turn to page three for further details.

During Carers week we will also be launching our new website - it's bright and fresh and more easily accessible. However, we recognise, that not everyone has an interest in - or access to - digital information and will still continue with this newsletter.

We are fortunate to have progressive local authorities who greatly value Carers and support DCA both financially and in others ways. During the week they - and many other partners including the NHS and prominent employers - will publically pledge their support for the 118,000 Carers in Derby City and the whole of the County.

Young Carers update:-

There are many younger Carers who need support whilst they look after frail and ill parents and relatives and we are developing ways of reaching this very vulnerable group in our newly launched Young Carers Project, led by Debra Dudley, turn to page 11 for further information.

We also welcome to the DCA parents and volunteers who have been developing support for children with additional needs in education. Emily Brailsford and her team will be rolling this out across the County, contact Emily at: parentingadditionalneeds@yahoo.co.uk for further details.

For now - it's business as normal - we're working tirelessly to support all our Carers across the whole of Derbyshire, not just for today but in the forthcoming years.



Narinder Sharma

Chief Executive Officer - Derbyshire Carers

60+ Carers Wellbeing Funding - round up by Kelly



Best wishes -
Kelly Gibbons,
Chesterfield Carers
Centre.
Tel: 01246 222373
extension 3.

Hello, as you may know there has been a grant available for those Carers over 60 years of age, to help make their caring journey that little bit easier.

Since 2012 over 190 applications have been made with over £48,000 being awarded to eligible Carers.

Unfortunately due to the funding restrictions, we are not able to continue providing this grant, but I just wanted to say a huge 'Thank-you' to all the Carer Support Workers throughout Derbyshire Carers Association for helping me to provide Carers with this grant

- and of course - all the Carers who were successful in accessing it!

Carers from all across the County have used the money for so many things: a short break away; gardening or cleaning services, even using it towards an iPad to help them stay in

touch with family and friends. I sincerely hope that the grant has, in some small way, helped in their caring role.

We will continue to search for alternatives and look forward to offering such an invaluable service when next possible.

“Thank-you so much for the cheque. It really meant a lot to me.

The money gave me the ability to have a break from the house and day-to-day life. I cannot thank you enough”

carers week Quest - 9th to 15th June

Carers Week is an annual awareness campaign celebrating and recognising the contribution made by the UK's 6.5 million Carers who look after an ill, frail or disabled family member or friend or neighbour.

It takes place from Monday 9th to Sunday 15th June 2014. Its aim is to improve the lives of Carers and the people they care for.

It does this by raising awareness of Carers at a national, regional and local level. Hundreds of organisations and individuals join in each year to make it one of the UK's most successful awareness campaigns.

The Quest is an exciting initiative to encourage improved collaborative working in local communities to reach out to Carers who are currently missing out on services and support.

Why is it needed?

One in eight of the UK population are currently Carers looking after an ill, frail or disabled family member or friend. The very nature of caring means very often people don't at first (or sometimes ever), identify themselves as Carers. Rather, they think of themselves simply as wife, husband, son,

daughter, mum, dad or perhaps grandparent, niece or nephew helping a loved one.

Without the right help and support caring can have a devastating impact - Carers can quickly become cut off with their physical and emotional health, work and their finances - all affected.

Every year Carers Week is a chance for us to highlight the amazing contribution Carers make to our society.

There are 6.5 million unpaid Carers in the UK and many of these put their own health, work and social lives to one side to care for loved ones.

Many people first come into contact with social care during a health crisis such as a hospital admission, when they and their families are often distressed and don't know where to go for support and advice.

Everyone at Derbyshire Carers Association is dedicated to supporting Carers and would like to invite Carers to the many events organised for Carers Week. Pop along to an event near you and learn what we can do you help you - the family Carer.

Alfreton Male Voice Choir performing live at Carers' Event

It is with great excitement that we announce the Choir will perform at the Amber Valley and Erewash Carers event during this year's National Carers Week.

The performance will take place at the Miners' Welfare Club, Ilkeston Road, Heanor, on Wednesday 11th June.

The day will begin at 10:30 am with various stalls, displays and exhibitions, followed by a light lunch, culminating with an afternoon of superb singing!

Who could resist this opportunity?-

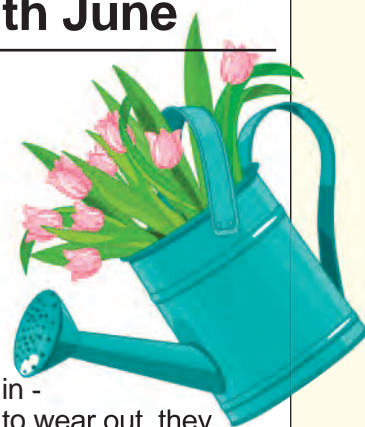
To book your place please contact: Alison Wood or Carol Sayers: Tel: 01773 743355, Extension: 229.



Free trip to Dobbies Garden Centre for Carers

Wednesday 11th June

There's a fantastic choice of shops offering everything from foot-care to outer wear, food to eat in - to glamour to wear out, they have all the inspiration and gift ideas you'll ever need.



The Retail Gallery at Dobbies Chesterfield also has a great pet shop, offering everything you'd ever want for your pet, whether it's a pooch or a parakeet

- High street fashion
 - Inspirational interiors
 - Top brand luggage
- You name it, it's all here!**

Pick-up points at:

10.00am Buxton Volunteer Centre

10.20am Pack Horse Pub, Chapel-en-le-Frith.

11.00am Beetwell Street, Chesterfield Bus Station (Stand A)

Arrive at Dobbies approximately 11.30am

Departs at 3.30pm

Tel: 01246 222373 to book your place


Events celebrating Carers Week 2014

FREE WILLS MONTH - for the whole of June, BRM Solicitors of Chesterfield will be offering to complete a free Will for Carers registered with DCA. Available for all Carers. See page 5 for details.

Monday 2nd June	South Derbyshire: Health Watch & Carers Coffee Morning, accessing health care for Carers. CVS Centre, Meeting Room, Grove Street, Swadlincote DE11 9DD. 10.00am until 12.00 Noon.
Monday 9 June	Chesterfield - 'Information / Open Day' in the Dronfield / Dronfield Woodhouse areas with Rykneld Homes in conjunction with local police forces. TBC.
Monday 9 June	Cathedral Service for all Carers, Derby Cathedral, 11am -12 Noon.
Monday 9 June	South Derbyshire: Information Stand, 9.00am until 1.30pm at the Gresleydale Healthcare Centre, Glamorgan Way, Church Gresley, Swadlincote, DE11 9JT.
Tuesday 10 June	Evening Bowling Event -TBC.
Wednesday 11 June	Amber Valley/Erewash joint event to bring the two areas together for an interactive social event at the Miners Welfare, Ilkeston Road, Heanor, 10.00am-4.00pm including lunch. Alfretton Male Voice Choir performing live!
Wednesday 11 June	Trip to Dobbies Garden Centre. <i>Available to High Peak and all County Carers only.</i>
Thursday 12 June	Erewash: Carer's Coffee Morning at Littlewick Surgery, Ilkeston, Derbyshire DE7 5PR.
Thursday 12 June	South Derbyshire: Information stand at Wellbrook Medical Centre, Hilton, Derbys. from 9.00 - 1.00pm.
Friday 13 June	Glossop - Indoor Market Stall to raise awareness and promote Carers and local resources. 10am – 4.00pm.
Friday 13 June	South Derbyshire: Coffee Morning at Wellbrook Medical Centre, Welland Road, Hilton, DE65 5GZ. 10.00am until 12.00 Noon.




For further details regarding any of the above events please ring a member of the admin team at Derbyshire Carers Association on 01773 743355 or E-Mail: nicolap@derbyshirecarers.co.uk



Carers Service

Will be held at
Derby Cathedral
on Monday
9th June
from
11am-12 Noon
with
refreshments
afterwards

A Service to Celebrate Carers
Carers, their cared-for, family, friends and professionals are all very welcome to come along



Carers Week in Glossop 9th-15th June

We are holding a community stall in the Glossop Market Hall on Friday 13th to raise awareness of local Carers.

This will be an opportunity for Carers to gather further information regarding local services and what's available to help in their caring role. There will also be the opportunity to complete an application for a Carers Emergency Card, a Carers assessment and if eligible - possibly access to a Carers grant.

So if you are out shopping on 13th June, pop along to meet your local DCA Carer Support Worker and see if there is anything that may be of interest to you.

Lynda
Hammond



Have you made a Will?

To commemorate Carers Week 2014, BRM Solicitors of Chesterfield, are once again offering all Carers registered with Derbyshire Carers Association the opportunity to make a Will for free!

Between 1st and 30th June, Gemma Hardwick of BRM will meet Carers one-to-one to help complete their Wills, either at our Carers Centre on West Bars, via a home visit or at BRM's offices situated on Saltergate in the Chesterfield town centre.

Their offer also includes free Will registration with the Certainty National Wills Register.

All they ask in return is that Carers make a donation to Derbyshire Carers (*which will go back towards helping Carers across the County*).

Last year, BRM's Will Month raised over £700 for DCA, with much more left in legacies. It would be fantastic to beat that total this year!

All year round, DCA-registered Carers qualify for a 20% reduction on BRM's fees for making a Lasting Power of Attorney, simply by quoting reference DCA.

Gemma will also be visiting our Carers groups during the year to explain all about care home fees, Lasting Powers of Attorney and Will writing.

**For further information, please contact:
BRM Solicitors, telephone: 01246 555111.**

Training for Carers

Would you like to learn simple skills for massage? Basic shoulder, back and arm techniques, to encourage and promote relaxation, reduce stress and enjoy the company of learning a new skill with other Carers.

Through-clothing massage techniques that can help and encourage your well-being and that of the person you care for, there's two separate sessions to be held.

We will be holding a talk on 'basic introduction to massage' with therapist Indi at the Carers group at Wellbrook Medical Centre, Hilton, on Tuesday 1st July 2014, 10.00am till 12.00 Noon with a September date to be confirmed, at South Derbyshire CVS building, 46-48 Grove Street, Swadlincote DE11 9DD.

Places are limited please ring to confirm your interest and to book a place, telephone: 01283 212194.

During Carers Week, I will be holding an information stand at the Gresleydale Surgery on Monday 9th June, 9.00am to 1.30pm.

12th June at the Swadlincote office, Grove Street Swadlincote is an opportunity to book for an appointment for Carers Assessments or Carer's Emergency Cards from 9.00 till 4.30.

Friday 13th June there is a coffee morning at the Wellbrook Medical Centre, 10.00 till 12.00 Noon.

*Best wishes - Lisa Barker, Carer Support Worker
South Derbyshire CVS Room 4, 46-48 Grove Street,
Swadlincote DE11 9DD. Tel: (01283) 212194*

Helping you prepare for the future



LASTING POWERS OF ATTORNEY

A Lasting Power of Attorney is a legal document which lets you appoint someone to manage your affairs and make decisions for you

Mental incapacity can occur at any point in life without warning, young or old

Making a Lasting Power of Attorney allows you to plan and make provisions in advance of any unforeseen circumstances, so your health and financial affairs will be taken care of

Contact Gemma Hardwick on 01246 555111 to make a FREE, no obligation appointment to discuss how you can insure your future with a Lasting Power of Attorney

For 20% off our usual LPA fees (not inc. disbursements) Quote ref. DCA

JUNE 2014 IS FREE WILL MONTH

To mark National Carers Week, BRM are giving you the opportunity to **MAKE A WILL FOR FREE**

All that we ask for in return is that you make a donation to Derbyshire Carers Association to help them continue their valuable work

To qualify for this offer, simply book an appointment to make a Will before 30th June 2014, quoting reference "DCW"



**Please contact:
Gemma Hardwick
01246 555111**



Our offices are 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

01246 555111
www.brmlaw.co.uk

Gray Court, 99 Saltergate, Chesterfield, S40 1LD

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Derbyshire Carers initiative reaches out to GPs

Our Challenge: We are launching the Derbyshire 'Carers Pledge' during June's Carers Week and will be requesting that all GP practices throughout Derbyshire consider signing up.

There is already great work done in many GP practices and we want to share experiences and make sure that all Carers living in Derbyshire can expect the same service, regardless of which surgery they are registered with.

To ensure all Carers in Derbyshire are supported we will also be asking hospitals, schools and employers to recognise Carers and discover more about the support that is available in Derbyshire.

We hope that the Carers Pledge will ensure Carers feel valued and will be supported to continue in their caring role.

The Pledge asks that Derbyshire GPs:

- Maintain a Carers Register within their practice.
- Ensure there is good quality and accessible information available for Carers.
- Invite Carers for the annual flu vaccination.
- Improve the way that Carers are identified, supported and signposted.
- Nominate a Carers Champion who will be a point of contact for identifying and promoting Carer support in the practice.

In return we will:

- Provide up-to-date information and resources to be available within the practice.
- Invite Practice Teams to Carers Express training events.
- Support practices with setting up Carers' events and services.
- Present each Practice with a Carers Pledge Certificate and resources.

Hospitals Carers Pledge

Many Carers start their caring journey within a hospital when a loved one has been diagnosed with an illness or disability or admitted for emergency care.

Identifying and supporting Carers at the onset will reduce the likelihood of isolation, poor health and wellbeing and financial difficulties. Hospitals need dedicated workers who can identify Carers looking after patients and make sure that they get the support they need.

We want hospitals in Derbyshire to:

- Ensure there is good quality and accessible information available for Carers.
- Improve the way that Carers are identified, supported and signposted.
- Nominate Carers Champions who will be a point of contact for identifying and promoting Carer support in the hospital.

In return we will:

- Provide up-to-date information and resources to be available within the hospital.
- Invite hospital teams to Carers Express events.
- Support hospitals with setting up Carers events and services.
- Present each hospital with a Carers Pledge Certificate and resources.

We will be launching the Carers Pledge with a celebration event at the start of Carers Week on 6th June from 12 Noon to 1pm at the Chesterfield Centre followed by a 'Carers Pledge Roadshow' where we will spend the week visiting places that have signed the Pledge and the team will engage and offer suitable support.



For further information please call Helen Weston on 01246 222373 or email: helen.weston@derbyshirecarers.co.uk

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Services include:

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- Light housekeeping
- Local transportation and errands
- Meal preparation
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- Convalescence support
- Shopping
- Personal care
- Specialist dementia and Alzheimer's care

and much more...

Specialists in providing older people with non-medical care in their own homes



Being able to live at home can be one of the most important comforts in an older person's life and because family and friends can't always be there, Home Instead Senior Care are here to help.

Our Caregivers take great pride in helping clients to lead a more comfortable and confident life and offer a variety of services tailored to their individual requirements.

From just an hour a day, to full time care, our international award-winning services are available 24 hours a day, seven days a week.

Call the team on 01246 580187
E-mail: chesterfield@homeinstead.co.uk
www.homeinstead.co.uk



Leaving for pastures new

Having worked for DCA in the Glossop area for almost 15 years now I've experienced how services have changed considerably in that time - and I'm pleased to say - that awareness of Carers and their roles has increased immensely.

However as always there is more work to do and I'm sure that my successor will continue to push all agencies to think about a Carer's role when they meet. Maybe one day, my dream of an automatic referral will happen!

I've met some amazing people in my time with the charity. I was North Area Manager for 10 years and spent a lot of time working with Carers across the High Peak and Dales.

I project managed Caring with Confidence which was a brilliant opportunity for Carers to get together to share and learn about coping mechanisms and the role of a Carer.

Through this, I had the privilege to care for my own

Mum which gave me a real insight into the role and the ability to knowingly share experiences - including sadly - experience of hospital care and bereavement.

All aspects of care can be so rewarding as can the opportunity to support others in a similar situation.

I am moving on to a different care situation and I will continue to support Carers and DCA in my new role.

Thank-you to all Carers and colleagues who have supported me over the last 15 years, I will miss you all.

Lynda Hammond



Enhancing the Healing Environment Project with Derbyshire County Council

In autumn 2013, Derbyshire Carers Association was invited to collaborate on a project with Derbyshire County Council Adult Care Services to contribute to the Accommodation, Care and Support Strategy for older people in Derbyshire, and specifically to enhancing the environment of four homes for older people, to make them more suitable for people with increasing levels of dementia.

The project was supported by funding from the Department of Health, which accepted Derbyshire County Council Adult Care Services as an Enhancing the Healing Environment pilot project.

To these ends Derbyshire Carers Association were invited in to provide consultation on achieving tangible, physical improvements to outdoor spaces at Castle Court, Thomas College and The Grange homes. Developing resources to support way-finding and orientation at all four homes.

Addressing sustainability of the improvements beyond the lifetime of the project which included aspects of design, staff training and developing community involvement and finally the production of a final evaluation report of the work which describes the process and changes achieved, including the impact of the lives of the residents.

The DCA-led elements of the project were managed via PRINCE2 methodology - which was scaled to fit the needs of the 6 month-long project, which was completed at the end of March 2014.

Project evaluation findings suggest a high level of success within these areas, which is supported with anecdotal evidence from staff and residents and the responses to the formal evaluation systems.

A chance to give your views

An opportunity for Carers to discuss their thoughts and experiences accessing health care with Healthwatch, Derbyshire.

What is easy for Carers, what things are difficult and need altering?

This is your chance to feed back your experiences and shape the future for yourself and others on health matters in Derbyshire. All information supplied will be used confidentially.

The Public Governor from Derby Royal hospital will also be attending, to hear to your experiences and support Carers.

All Carers are welcome to attend this informal open event and feed into meeting.

To be held at: CVS Centre, Meeting Room, Grove Street, Swadlincote DE11 9DD.

Tuesday 2nd June 2014, 9.30 till 12.30pm

*Lisa Barker - Carer Support Worker
South Derbyshire
Tel: (01283) 212194*



Staff and Residents at The Grange getting hands-on involved.



New plants being bedded in.



Environmental improvements were included in the project.

Carers Voice update

by Neil Zealander



I'm very pleased to be able to share with you, some examples of what our Carers Voice members have achieved over the last twelve months of the project:

- Carers being able to travel with the cared-for to hospital appointments in an ambulance (Amber Valley).
- Better liaison at hospital discharge - through the Teaming Up for Transition Team.
- Carers Voice members have joined their local Patient Participation groups, to further champion Carers' issues.
- Contributed to the design of publicity material promoting the project.
- Participants have spoken out at Strategy and Network days across the County.
- Requested and realised more Carer Support Workers' presence at support meetings.
- Feedback and information obtained through questionnaires for evaluation and actioning.
- Carers Voice members will be able to contribute to the new Strategy for Carers for the next five year period.

Unfortunately it is with regret, we have to announce that the Carers Voice project funding has come to an end.

The project has welcomed many new faces with regular meetings being held in three different parts of the county: Buxton, Chesterfield and Ripley.

Many opinions and comments have been discussed and taken and presented to those responsible for Carer Services in Derbyshire.

All existing Carers Voice representatives wishing to continue to have their opinions heard, should contact Louise Green at DCA head office, who will be able to liaise with the relevant authorities.

It is envisaged that the issues regarding Carers will be taken onboard by the Stakeholder Engagement Team at Derbyshire County Council.

I would like to personally thank all those who have been involved with this project. It has been a privilege to work with so many Carers for the common good of improving lives for Carers in the County.

Best wishes - Neil Zealander



Elderly care demands - to 'outstrip' family supply

The number of older people in England needing care will outstrip the number of family members able to provide it by 2017, a Think Tank has warned.

An Institute for Public Policy Research (IPPR) report estimates that by 2030 there will be more than two million people aged 65 and over with no child living nearby to give care if needed.

The IPPR said the country must 'build new community institutions' to cope. The Government said it was working to make sure more people got care at home.

The IPPR report estimates that, of the two million people it says will have no child living nearby to care for them in England in 2030, 230,000 will need more than 20 hours of care per week.

Left to cope

Clare McNeil, senior research fellow at the think tank, said the supply of unpaid care to older people by their adult children would not keep pace with future demand.

'Thousands of people in their 60s and 70s today could be left to cope on their own when they need care in the future, with overstretched services unable to make up the shortfall,' she said.

'Britain needs to build new community institutions capable of sustaining us through the changes ahead and to adapt the social structures already in place, such as family and care, public services, the workplace and neighbourhoods.'

To fill the care 'gap', the report suggested the UK should:

- Widen the use of 'neighbourhood networks', highlighting those run in Leeds by older people and offering activities to reduce social isolation as well as providing care and support
- Invest in strengthening community groups in areas with the 'weakest record for community-based care'
- Follow international examples, highlighting initiatives in Germany, Australia and Japan's 10-year nationwide campaign 'to train one million dementia supporters'
- House public services for different age groups, such as childcare and care for the elderly, together in the same buildings as is done in Germany
- Strengthen employment rights for Carers.

The report also highlights the number of older people providing care, and estimates that the amount of intensive care provided by spouses and partners will rise by 90% over the next 15 years.

It says the average annual cost for those who pay for care is currently £25,000 for home care and £36,000 for a nursing home.

The government said it was working to integrate health and council care services to ensure more older people received care at home.

Courtesy of BBC News

For further details, click to: www.bbc.co.uk/news/health

Follow us on facebook!

Become a fan and share all your caring experiences, news, views, ideas and suggestions.



Your chance to commemorate Carers Week with a bottle of wine

For your chance to raise a glass with us and win a bottle of wine - simply circle the words associated with Derbyshire Carers in the grid below.

To start you off - we've even highlighted one of the words!

C	K	S	U	P	P	O	R	T	V
A	D	V	O	C	A	C	Y	U	O
R	R	G	F	W	E	B	S	F	L
E	G	E	J	D	K	A	I	T	U
R	R	E	S	S	K	H	T	T	N
S	O	V	K	P	P	Z	E	E	T
W	U	E	J	W	I	D	Q	A	E
E	P	N	D	C	A	T	K	M	E
E	S	T	W	I	T	T	E	R	R
K	F	S	C	A	U	E	U	H	S

Please send your entry to:

Derbyshire Carers Association

69 West Bars, Chesterfield, Derbyshire S40 1BA
before closing date: 20.06.14.

*This competition is open
to all DCA Carers over
18 years of age.*

*Usual DCA
rules apply.
Photocopies
are accepted.*

Your Name:

Address:

.....Tel:

E-Mail



The Kiloran Trust

Hammersmith

It's now nearly 20 years since I discovered the haven that is the Kiloran Trust Breaks for Carers.

Since that time, I have been fortunate to represent Carers on the Kiloran Board of Trustees, meeting people from all walks of life who give their own special time to Carer's needs. Many close friendships have developed - I've met wonderful Carers from all over the British Isles, not just our County of Derbyshire.

Most Carers venture into the unknown for the first visit and then return year after year, knowing that for five days they can be cared for in calm and peaceful surroundings with the freedom and normality to explore, relax and be catered for.

Come on Carers, I know it's difficult making decisions for respite, but we all deserve some 'Me Time' and Kiloran is the place to take it.

Janis Handly, Carer Support Worker

Chesterfield Carers Centre Tel: 01246 222373 ext. 2

Contact the Kiloran Trust on: 0207 602 7404.



A big Hello - from Luke

Before joining DCA I achieved a Level-3 Extended Diploma in Business and I'm currently working through a 12-month

apprenticeship for DCA, studying Level 2 Business Administration. Based at head office in Ripley, my duties include answering the phone, dealing with incoming/outgoing post and entering data into the SAGE system. I enjoy watching sports, mainly football and F1, and as a keen supporter of Derby County F.C. I'm regularly seen on the terraces shouting them on! - *Luke Jacombs*

Unpaid Carers filling the gap in health and social care

Over the last few months much has been written about the role of 'Carers' - those who provide care in a paid capacity 'care support workers' and those who care unpaid for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support 'carers'.

There is a clear difference between these two types of roles and Derbyshire Carers Association, a Carers Trust Network Partner, who supports unpaid Carers feels that it is very important to make that distinction.

Today there are seven million Carers providing unpaid care to a family member, neighbour or friend in need.

Unpaid Carers save the economy in excess of £119bn every year and often bridge a gap that health and social care departments cannot fill because of staffing and financial constraints.

Everyday unpaid Carers provide help and support to people that the state is unable to provide, keeping people out of our very busy hospitals, out of care homes and as far as is possible helping to maintain their independence in their own home.

But there is a price to be paid for this, and it is too often the unpaid Carer who pays it with in many cases severe financial consequences and an impact on their own health and wellbeing.

Recent features in the national press and on TV about, for example, 15 minute calls and zero hours contracts are only a symptom of the real underlying problems. Whilst they highlight the fact that paid for care providers, including ourselves who provide paid care in order to give unpaid Carers a break, are struggling to cope with delivering care to the volume of people that require help and support, the stories do not address the underlying issue of a system which cannot cope and is becoming increasingly dependent on the UK's seven million unpaid carers.

Without unpaid Carers the system would simply not be able to cope and they need support.

Yours faithfully

Narinder Sharma

Chief Executive Office, Derbyshire Carers Association

My experience as a Volunteer with DCA

I volunteer at Chesterfield Carers' Centre every Monday, supporting the team by filing, copying, collating Carers' information packs – basically anything that's helpful and which takes the burden off administrators and Carer Support Workers.

This is my second time volunteering for Derbyshire Carers and I always feel truly valued and appreciated.

I've worked in the past as a civil servant, as an office manager in a small building company and in the NHS as a children's centre receptionist.

As a Carer myself I understand how important the charity's work is in providing support and advice to Carers, and I'm delighted to be able to offer a little of my time to help make that happen.

When I'm not volunteering, I'm either knitting, or out with my camera in and around Chesterfield, often in Queens Park where I love photographing the beautiful flowers and plants. - *Chesterfield volunteer.*

Can you spare a few hours to help?

We are currently looking for volunteers for a number of areas, either in an administration role or working with our Teaming Up for Transition Team - helping to identify Carers in a variety of settings i.e. GP's surgeries or hospitals.

Volunteers are an invaluable asset to the work we do and we would be very grateful for any help offered to our charity.

If you would like to join us please get in touch with Kelly Gibbons on 01246 222373 or E-Mail: kelly.gibbons@derbyshirecarers.co.uk

Elderly under threat from scams

Local care agency 'Home Instead' has launched an offensive on the invisible criminals...the scammers, the con artists and the tricksters who are defrauding our elderly population out of their life savings, valuables, their identity and in some cases, even their homes.

Scamming is a huge business. Email, telephone and postal scams prey on the vulnerable, in particular, the elderly, who are viewed as easy targets. Last year, an estimated £3.5 billion was fraudulently taken from individuals in the UK.

THINK JESSICA



Jessica was a victim. She was repeatedly tricked into sending cash and making money transfers to criminals over the space of five years. Her family tried without success to make her understand she was being scammed, but the psychology the criminals used was so powerful Jessica refused to believe it. She totally believed everything the scammers wrote or told her over the phone. She thought the bogus 'clairvoyants' and officials' were her friends.

Jessica (83) died in 2007. She was still waiting for her promised prizes. Approximately 30,000 scam letters were removed from her home.

By launching a public awareness programme, Home Instead are looking to inform vulnerable adults and Carers of the steps they can take to protect themselves. Click to www.homeinstead.co.uk or contact them at their offices on: 01246 580187 for further information.

The Think Jessica charity - are helping raise the issue of scamming the elderly and vulnerable people, of all ages, especially in Chesterfield as the person who started the Think Jessica charity is from this area.

Visit www.thinkjessica.com or report issues to Action Fraud, 0300 123 2040 or click to: Actionfraud.police.uk

CINDY CLAYTON

It is with great sadness that we announce the death of a very dear lady and friend for many years to lots of Carers at Derbyshire Carers Association.

It is with great pride that I can contribute this epitaph to a wonderful lady; Carer and campaigner for over 40 years. Her strength and beliefs are the base foundation of the vision that was to become Derbyshire Carers Association.

Cindy worked as a volunteer for Carers in the Bolsover area until funding was acquired for a paid-worker back in the early 1990's.

She never gave up campaigning and fighting for Carers recognition and rights.

Cindy also played a large part in campaigning for a new service for people with learning difficulties in the Bolsover district.

Never afraid to voice her concerns she was well-known spokesperson and advocate for many Carers in the

district. Known to local MP's, councillors and representatives of both local and county councils.

Cindy's beliefs and courage are the stalwart foundations that our charity was built upon and we must never lose sight of this.

A kind, caring word for everyone, a phone call on a Carer's behalf, an advocate for an isolated Carer, organiser of social outings and fund raising were all part of Cindy's dedication to help fellow Carers.

You were my strength and that of many others in the county, we have so much to thank you for. It has been a privilege to have your inspiration and courage of conviction in my life.

Your endeavours and efforts - so big - but not as big as your heart... Good Night, God Bless, Dear Friend.

*Janis Handley.
Carer Support Worker, Derbyshire Carers Association.*



Young Carers

We're pleased to announce we have been successful in the Big Lottery funding application, 'Awards for All'. The funding will support a six month pilot project which will identify, engage with - and ensure support for - Young Carers in Derbyshire. The project aims to raise awareness of Young Carers, their issues and to reach the often 'Hidden Carers'.

Young Carers can be caring for a range of reasons; research suggests that care is usually provided to support a relative (parent, sibling, grandparent etc.) who is experiencing illness or disability, be this physical, or psychological.

Responsibilities can range from helping out with domestic chores, home finances and management, through to providing full personal care for a significantly disabled individual.

Many Young Carers don't necessarily see themselves as Carers, either through lack of awareness or because they're actively encouraged to 'play down their role' by family, through fear or shame. Further complicating this are the blurred boundaries of responsibility between adults and children's services and a lack of awareness among many professional groups of Young Carers' needs and concerns.

The stresses and coping difficulties which are attributed to adult Carers can be found in Young Carers also. Although it has been suggested that some Young Carers cope better than their adult counterparts because many of them have grown up within their caring role and 'normalized' their experience. Young Carers still remain vulnerable and in need of support.

Working closely with Schools, Social Services, Health, Independent and Voluntary Sector partners this pilot project will aim to:

- Raise awareness of the role of Young Carers using a poster publicity campaign focused in schools, GP practices and community facilities.
- Develop resources, in consultation with schools, aimed at supporting the particular and specific needs of Young Carers.
- Provide practical support for Young Carers in line with the requirements of The Children and Families Bill as amended in October 2013.
- Use technology in order to reach out to hidden Carers, with particular focus on Facebook and Twitter as means of communicating with Young Carers across the county.
- Facilitate a peer support network where Young Carers can seek additional help.

For further information regarding this project and details of how to get involved, please contact Debra Dudley at Chesterfield Carers Centre telephone: 01246 222 373 Ext 3 or E-Mail: debra.dudley@derbyshirecarers.co.uk

Carers Breaks Scheme

We are pleased to confirm that the Department of Health Carers' Breaks Scheme for Derbyshire and Glossop is still available to Carers in the County.

Carers reaching certain criteria can apply for funding of up to £250; Carers who hold an Emergency Carers' Card, who are registered as a Carer with their GP, 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 Contingency Plan and 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 - assistance with gardening, decorating or cleaning.

We are particularly interested in hearing from Carers in the Glossop area and would like to remind those Carers who have already accessed funding that it is available for a second year.

For further information regarding Carers Breaks Funding, please contact your local Derbyshire Carers office, telephone numbers are printed on page two or click to: www.derbyshirecarers.co.uk

Erewash Carers get some 'Me' time

Unpaid Carers in Erewash were treated to some nostalgic fun last month with an event organised by Littlewick Medical Centre at Ilkeston.

Staff at the surgery provided a themed 1940's event giving Carers the opportunity to meet other people in a similar position, listen to great music, enjoy a traditional China Tea and Scones and importantly receive suitable support. Staff were in traditional dress for the war years and a 1940's tea lady ensured everyone was catered for.

DCA's Transition Team were on hand to meet and advise Carers who attended the event. Teaming Up for Transition (TUFT) who offer support for surgery events said: *'We hope this fun, free event was enjoyed by the Carers. Alongside the successful Littlewick monthly coffee mornings, this event gave Carers a chance to take a break from their daily caring routine and have some 'Me' time.'*

Please contact the TUFT team 01246 222373 Ext 3 - for further information regarding all their future activities or simply click to: www.derbyshirecarers.co.uk



In the mood at Littlewick!

Wearing many hats - by Ian Gill

For 30 years I worked in the coal industry but took early retirement at the time my wife was diagnosed with cancer. The support we received from MacMillan was exceptional, unfortunately they only support cancer patients.

I found out that the support available to cancer and heart patients and their Carers was good but not so good for patients with other conditions and their Carers.

My wife died in 2010 and I decided to use my time acting as a volunteer where it would be most effective. After attending a volunteer forum DCA became aware of my managerial skills and experience and they asked me if I would be interested in joining their Board.

The Board at that time was mainly composed of health care professionals and if the charity was to develop, a Board with a wider range of skills was required.

To better understand how DCA and Carers worked, I became a volunteer at the Carers Centre in Chesterfield.

As a board member I work to maintain the good reputation DCA has for providing a quality service, ensuring we work within the statutory rules and regulations.

We currently work to a number of quality standards, eg: Pqasso (a charity's quality mark) and we need to maintain these since, not only do they demonstrate a quality organisation, they become essential when applying for certain funds.

As you know, funding for national and local government is reducing - with services and responsibilities being diverted into the voluntary sector where possible.

I believe our networking with other agencies and willingness to enter joint contracts to be one of the ways forward.

We need to be constantly aware of what government agencies are planning and also what other charities are doing, since we are all bidding for the same funds.

Whilst full board meetings are every two months, there are many other meetings in-between, geared not only to the smooth running of DCA but planning with the senior management team for the future.

Ian Gill - Board Member and Volunteer



It's not everyday you get to hold a ceremonial Corporation Mace, particularly one dating from 1671!

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Good luck Lynda

15 years is a long time in one place and obviously you put down roots, Lynda's have been firmly placed in supporting the Carers of Glossop and all her colleagues across the county.

Lynda's commitment has shone through - always achieving the best outcomes for our Carers; leading the pioneering Caring with Confidence Project, enabling and empowering Carers, was one of her many great successes.

Now it's time for Lynda to move onwards to caring in a different role, where her skills and experience in events planning will be utilised to their fullest.

We wish Lynda all the best of everything - in all she does, knowing she will be an asset in whatever she pursues.

Huge thanks and sad farewells from the DCA teams and Carers - to whom you have been a real friend.

Deb Gough

A visit the Mayor's Parlour

The Staveley Carers and ABC Carers group shared tea and biscuits with the Mayor and Mayoress of Chesterfield recently when they visited the prestigious Mayor's Parlour in the Chesterfield Town Hall.

The delightful tour by the Mayor and Mayoress gave Carers an insight into the history and 'civic way of life.'

Pictured in the official mayoral chain, Cllr. Paul Stone shows Carers the recently refurbished Corporate Mace, which back in 1671 originally cost £68 and ten shillings!

The Mace weighs in at a hefty 3.9kg - no wonder it takes both hands to lift it!