

Derbyshire Carers Association

CARERS NEWS

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www.derbyshirecarers.co.uk

Spring 2015

Edition 79

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Supporting all Carers and their families throughout Derbyshire



DERBYSHIRE CARERS ASSOCIATION

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Amber Valley
01773 749087

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East Derbyshire**
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01332 200002

South Derbyshire
01773 743355

Erewash
01773 743355. Ext. 229

Glossop
01457 858383

High Peak
01663 745500





High Peak South and Dales
01773 743355

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69 West Bars, S40 1BA
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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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DEAR FRIENDS

I trust this edition of our carers newsletter finds you well and you find its contents entertaining as well as informative and educational.

The Carers Association is striving to continually improve. We can only do this if we hear from you, let us know the tone you would like us to take in future editions. Would you like more personal stories? Or would you like to hear about successful fundraising that has taken place on behalf of the charity. Help us to engage with you further.

The first of April 2015 ushered in a landmark Act of Parliament that has enshrined into law new rights for carers. The Carers association of course welcome this but is anxious to ensure there is sufficient resource and capacity in Derbyshire to meet the demands and needs of the nearly 130,000 carers in our County.

The new Act entitles carers to receive an annual carer's assessment from the local authority or from whom it has delegated this responsibility to. In Derby City I am pleased to inform you that the Carers association has been entrusted with this by winning a competitive tender from Derby City Council. We will also continue to perform this important function in the County of Derbyshire together with other Voluntary organisations and Adult care at the County Council.

At a time of falling numbers of carers assessments being undertaken nationally this will be welcome news for carers in Derby City and Derbyshire since the Carers association has seen a 46% rise in the number of carers we support over the last 3 years. Local Authorities, Carers organisations and the NHS locally should be proud of this track record. Without us all working as a community of caring this would not have been possible.

We must not however be complacent, carers and the organisations that represent them will continue to provide a voice for the many thousands of individuals who continue to be voiceless and work tirelessly for their special "cared for" person. Without them the NHS and Social Care departments would be inundated by calls for help. The Carers association wants to help every carer receive a carer's assessment and if eligible help them or the person they care for receive the support they need and deserve. Do let us know your experience, we want to be your voice to help the NHS, local Councils, voluntary organisations and of course the Association to continue helping you in your caring role.

I hope to see many of you during carers' week in June, do look out for events near you.

Kindest Regards

Narinder



NARINDER SHARMA
CEO – Derbyshire Carers

OVER TO YOU

We would love to hear your suggestions on what you would like to see in our future editions of Carers News. To share your ideas please contact us – see details to the left.

THE CARE ACT 2015

NEW CARE ACT ELIGIBILITY CRITERIA FOR CARERS

From April 2015, the Care Act introduces a new, national eligibility criteria for carers. A carer assessment will be carried out to determine eligibility for access to all carer support.

ELIGIBILITY FOR CARERS IS BASED ON IDENTIFYING AND MEETING THREE CRITERIA:

- Do the needs arise because the carer is providing necessary care and support?
- Is the carer's physical or mental health affected or at risk of deteriorating, or is the carer unable to achieve any of the listed outcomes?
- Is there consequently a significant impact on the carer's wellbeing?

The Care Act refers to **outcomes**, which are the ways a person will be supported to live their life and achieve what they want. The overall aim of all the support available is to help carers meet their needs and achieve the outcomes that matter to them, which in turn, will promote their wellbeing.

All carers assessment will consider the impact that the caring role is having on a carers ability to achieve the following outcomes:

- Carrying out any caring responsibilities the carer has for a child;
- Providing care to other persons for whom the carer provides care;
- Maintaining a habitable home environment in the carer's home;
- Managing and maintaining nutrition;
- Developing and maintaining family or other personal relationships;
- Engaging in work, training, education or volunteering;
- Making use of necessary facilities or services in the local community; including recreational facilities or services;
- Engaging in recreational activities.

Carers can be eligible for support **whether or not** the adult for whom they care for has eligible needs.

CALLING ALL CARERS

It is crucial for carers to find out what's available to them in light of changes to the Care Act. It is estimated nationally that millions of carers do not claim benefits and support they are entitled to. Our team will equip carers with knowledge, information and resources to take away and put into everyday life as a carer. Talk to us about the new Care Act, carer assessments, support group dates in your area, flexible working, benefit advice, pamper days, days out, respite, signposting, advocacy and local partnership support.

For more details log on to www.derbyshirecarers.co.uk or call 01773 743355

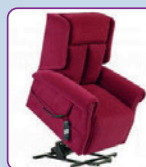


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web: www.care100.co.uk

SUCCESSFUL TENDER FOR CARER SUPPORT IN DERBY

We are pleased to announce that, following the result of a recent Derby council tender, Derbyshire Carers Association (DCA) will continue to lead a centralised support service for carers. The successful bid means that DCA will continue to offer suitable, tailored support to the 27,000 carers in Derby City. The allocation for provision of services is a coup for carers in the city and for DCA who have proven ability to provide suitable advice and support for this highly vulnerable group.

On the 2nd March, Derbyshire Carers Association held an event to mark this key occasion with invitations to Ranjit Banwait, Leader of Derby City Council, and Cllr Paul Pegg, The Deputy Mayor of the City of Derby, as well as local carers at our carers centre on Babington Lane, Derby.

The event provided an ideal opportunity to celebrate the on-going partnership between Derby City Council and Derbyshire Carers Association.

Narinder Sharma, CEO at DCA said:

"We would like to thank all those who have demonstrated their confidence in us by awarding this critical responsibility to us. We have a 28 year record of working in the City and look forward to continuing to innovate and help many more residents of this great City.

Ann, a carer in Derby City, stated:

"Thank heavens support systems for carers are continuing – I would struggle to cope without the help DCA has given me over the years."



FREE EVENT FOR YOUNG CARERS

Derbyshire Carers Association had a very successful residential event in March for young carers hosted by Derbyshire County Council's Lea Green Learning and Development Centre in Lea, near Matlock.

This free residential event combined a mixture of information and advice sessions regarding learning, work options, techniques for relaxation, together with the chance to take part in some exciting physical challenges and activities.

Lea Green is the perfect place to make great friendships and learn new skills. It's an opportunity to have fun, try new activities and meet new friends who also care for a family member.

The overall aim of the weekend was to improve confidence, build self-esteem and raise awareness of opportunities which are available to young people, despite their caring roles and to promote ability and confidence to make positive life choices.

Young carers from the Lea Green event said:

"The best thing was meeting people like myself and having time to myself and trying new activities"

"The event was the best thing I have done in a long time"

"The food was really lovely and the venue was fantastic. Had a lovely time."



Lea Green Development Centre
www.leagreen.derbyshire-outdoors.org

CARERS WEEK 2015

MONDAY 8TH – SUNDAY 14TH JUNE 2015

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

This year's theme is focusing on building Carer Friendly Communities. Communities which support carers to look after their loved ones well, while recognising that they are individuals with needs of their own.

Derbyshire Carers Association will be out and about in the communities hosting a number of information stands and events which we are currently organising. Listed below are some of these events. Please visit our Facebook and Twitter pages or our website for up to date information. Alternatively, please contact your carer support worker for up to date information.

- Free Manual Handling Training Event for Carers - Friday 12th June 2015 9.30am to 12.30pm. Hartington Unit, Chesterfield & North Derbyshire Royal Hospital, Chesterfield Road, Calow, Chesterfield S44 5BL. Please call Helen on **01246 222373** to book a place on this free course.

- Monday 15th June - Mickleover Carers Group will be holding an event at the Mickleover Country Club (the old Pastures Club) 2.00pm – 5.00pm. All carer's and cared for persons welcome. Light refreshments available. A chance to get up close to various birds of prey including owls, kestrels and buzzards.
- Wednesday 10th June - Free Carers Bingo Event at Mecca Bingo, Foljambe Road, Chesterfield. 12.00pm – 2.00pm. Book a place now. To make enquiries or receive updates please call Lyn McNair on **01246 222373** or **07936 507 162** or email lyn.mcnair@derbyshirecarers.co.uk
- Wednesday 10th June at 10.00am we have arranged for a tour to take place round the infamous iPro Stadium. Please contact our Derby team on **01332 200002** to book your place. The tour will last approx. 1½ hours. Afterwards the group will head towards Starbucks for a complimentary drink. Places available so please book ASAP to avoid disappointment.

EXTRAORDINARY GENERAL MEETING

To start off our Carers Week celebrations, please join us on Monday 8th June 11.00am – 3.00pm at the Post Mill Centre, Market Close, South Normanton, Alfreton DE55 2EJ for a carers summer lunch/ relaxation pamper day (including our extraordinary general meeting). There will be treatments available and a buffet. Please book your place through our Head Office on **01773 743355**



AFTERNOON TEA PARTY

On Friday 12th June from 12.00pm – 5.00pm we will be hosting a tea party at the Derbyshire County Cricket Ground Marquee (The Gateway Building, Grandstand Road, Derby DE21 6AF). This event is FREE to carers. £5 entry fee for public (fee includes tea and cake).

The Breakaway Singers will be attending to brighten up the day. They will be singing whilst you enjoy your tea and cake. You may even wish to join in!

An array of stalls are being provided by Feel Fab! Look Fabulous! for you to browse. There will be a selection of stands on the day for information and advice, also. This is a bookable event, please call Georgina or Rosheen at our Derby office to book your places.



**The
Breakaway
Singers**

FUNDRAISING

FUNDRAISING TOOLKITS

So many of you are keen to help raise funds for Derbyshire Carers which we are thankful for so, to get you started and to make it easier for you we have designed our own fundraising toolkit.

This is a great way to organise yourself as a leader in a fundraising event. It contains lots of ideas, as well as practical information on how to get going. You will find useful templates that you can adapt and use. As an event organiser your attention needs to be focussed on the fundraiser itself – the toolkit provides you with a way of being organised and efficient, giving you the time and space to enjoy your fundraising efforts.

The more fun you have, the more motivated you will be, and the more successful your event.

Download the NEW fundraising toolkit from our website. Alternatively, please get in touch and speak to a member of staff you will be able to help.



FUNDRAISING

A BIG thank you to those of you who have sent in donations to Derbyshire Carers. Your generosity helps us to continue the vital work we do for carers. If you would like to make a donation please see our donation form on the back page.

We would like to say THANK YOU to Asda Sinfon and their customers for the generous amount of Easter eggs which they donated to us.



Ann Hamp – Carer Support Worker from Derby helped organise a fundraising event in partnership with Feel Fab! Look Fabulous! at Hilton House Hotel. Stall holders donated raffle prizes and sold a range of products from, cards and book to candles and taster treatments. The evening was a success and raised £152.

A Friends and Family relaxation pamper day we held in February was a success, also. Staff, family and friends paid for treatments. The event raised £504.

A Body Shop party was organised in Amber Valley and raised £98. Laughter, fun and relaxation was part of the evening and enjoyed by all who attended.

UPCOMING FUNDRAISING

Andrew Spriggs based at our Derby office will be raising funds for DCA on Saturday 27th June. He will be running a half marathon at Clumber Park. If you would like to support Andrew by making a donation, please contact Andrew on **01332 200002** or through our website under donations: www.derbyshirecarers.co.uk/donations



VOLUNTEERING

VOLUNTEERING OPPORTUNITIES

Volunteers at DCA are one of our most important assets. We have an excellent team of volunteers who carry out many roles and contribute from a few hours per week to 2-3 days per week.

The joys of volunteering is that it can be flexible around your own commitments.

We have the following opportunities available plus more:

- Glossop support group facilitator
- Erewash Buddy Project
- Administration
- Reception work
- Carer as Ambassador Project

Please see the contact details at the bottom of the page if you wish to discuss any of the opportunities in more detail.

WELCOME TO OUR NEW STAFF



We would like to welcome, to our Derby team, Jason Priest and Haleema Koser who are volunteering through a work placement scheme via Derby College.

Jason is a keen administrator and uses his IT skills to co-ordinate several projects.

Haleema enjoys talking to people and is based on our reception desk, answering the phone and directing calls.



DO YOU HAVE A COUPLE OF HOURS FREE?

HOW ABOUT VOLUNTEERING FOR US?

DCA are looking for volunteers to support our teams across the County including Derby City.

If you have skills which you feel would be of benefit to us or, if you are looking to learn or refine skills please get in touch and we will endeavour to support you.

Volunteers are an invaluable part of DCA and help us to make DCA what it is.

Please contact Kelly Gibbons on:
countyvolunteers@derbyshirecarers.co.uk
for further details and an information pack.



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AREA UPDATES

HIGH PEAK

Volunteer for Buxton support group Mrs J Bell is raising funds for DCA on the 4th of May at Buxton Spring Fair

Volunteer for Chapel en le frith Mrs C Robertson has organised a picnic in the park for carers who need to bring their lunch with them at the Pavilion Gardens Buxton on the 27th of July 12pm carers only

Please contact Jill Cowan via Chesterfield office 01246 222373 for further information



BUXTON SUPPORT GROUP

Buxton support group the first Wednesday of the month 11am – 12pm at the Vault 2 – 4 High Street Buxton Derbyshire SK17 6EU

Chapel en le frith support group the fourth Monday of the month 2pm – 3.30pm Chalkers Snooker Club Unit 6 Redmoor Mill Buxton Road New Mills SK22 3JT

GLOSSOP

We are hoping to hold a joint event in Glossop with Making Space during Carer's Week, The focus will be on building a local carer friendly community. More details will follow soon.

GLOSSOP CARERS SUPPORT GROUP

The Glossop Carers Support Group meets on the last Tuesday of each month at Bradbury Community House on Market Street in Glossop. 7.30 – 9.30pm.

AMBER VALLEY

Carers living in Amber Valley helped to organise successful 'Best Breakfast' events at Heanor support group and Ripley support group. Some very special guests made an appearance. It was wonderful to greet the Chair of Derbyshire County Council, Steve Freeborn and Ripley Mayor, Chris Emmas-Williams as well as the Mayoress of Heanor and Loscoe who enjoyed a Breakfast with carers.



Working age carers also attended a bowling event where they were able to meet with other carers, have two games of bowling and enjoyed some refreshments.

More than thirty carers who attend the Ripley and Heanor support groups enjoyed a Christmas lunch using funds generously donated by the Co-operative bank. Funds was awarded to Amber Valley carers to have time away from their caring roles.

Come along to your local carer support group And meet new friends.

RIPLEY CARERS SUPPORT GROUP

1st Tuesday of each month
10.30am – 12.00pm
At Field Terrace (Opp. Co-op store), Ripley

HEANOR CARERS SUPPORT GROUP

2nd Monday of each month
10.30am – 12.00pm
At Park Court Community Rooms
(Next to Fire Station, through archway at sheltered housing) Ilkeston Road, Heanor

AREA UPDATES

DALES

REMINDER that the Dales office has moved from Bakewell and Rebecca Volli – Carer Support Worker for the Dales area is now based at our Head Office in Ripley. If you would like to speak with Rebecca about anything please contact her using the Ripley contact details on page 2 or by email: dales@derbyshirecarers.co.uk

BAKEWELL SUPPORT GROUP

The Bakewell Support group runs every second Thursday of the month, please see the dates below. All Carers are welcome, even if you can only come for a quick cup of tea and a chat. Refreshments are provided.



Gernon Manor,
Dagnall Gardens, Bakewell.
2.00pm – 4.00pm

14th May	10th September
11th June	8th October
9th July	12th November
13th August	10th December

EREWASH

Erewash Hardship Fund is available to any carer living in Erewash. The fund is available to carers who are currently experiencing financial difficulties or money worries! The fund could help purchase essential items of household equipment, purchase new beds, bedding, clothes for the carer, the cared for person or their children, up to £150 is available.

£100 could be made available to cover the cost of winter fuel bills. Please do not hesitate to call for further information. Please call Carol Sayers using the Ripley contact details on page 2.

There are several very active Carer support groups in Erewash, why not go along and meet other carers, share a cuppa and a laugh or two.

EREWASH SUPPORT GROUPS

- The Outlook Centre, Long Eaton – Contact Pat Desborough – 0115 9720449
- The Observatory, Ilkeston – Contact Claire – 07801574053
- Littlewick Carers Group – Contact: Sam – 0115 9325229
- Ilkeston Hospital and Shipley Garden Centre – Contact Carol Sayers – 01773 743355

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AREA UPDATES

BOLSOVER & EAST CHESTERFIELD

SOUTH NORMANTON CARERS GROUP

New Venue. A warm welcome awaits carers – old and new at the Post Mill Centre South Normanton on the first Thursday of the month, 2pm – 4pm. Come along and be amongst friends in a caring relaxed atmosphere with a chance to talk to the people who understand how caring affects our everyday lives. A chance to access information, discuss current issues and difficulties and develop new friendships.

Get together for a social outing and meals out, such a luxury for carers.

For further information contact:
Janis Handley C.S.W,
Derbyshire Carers Association,
69 West bars,
Chesterfield
S40 1BA
Tel: 01246 222373

CHESTERFIELD CARER'S GROUP!

Meeting at the
Chesterfield Carers Centre
69 West Bars, Chesterfield

Every first Tuesday of the month:

6th January 2015	3rd February
3rd March	7th April
5th May	2nd June
7th July	4th August
1st September	6th October
3rd November	1st December

Meetings are from 10.30am to 12.30pm

Various activities including arts, crafts, food tasting, healthy eating and guest speakers on a range of topics including finances, legal and benefits information. Providing social support, fun and informal information.

There's lots happening for Carers!

All Carers Welcome!

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Chesterfield 01246 222373
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CARERS SUMMER FAIR

Thursday 16th July 10:30am

Jubilee Court, Pinxton.

STALLS TO INCLUDE:

.....

• Refreshments	• Cake Stall	• Craft and bookmarks
• Raffle	• Nail Pampering	• Bottle Stall
• Tombola	• Angel Cards	• Toy Stall



AREA UPDATES

DERBY CITY

CHADDESSEN CARERS GROUP

Chaddesden Carers Group is held every third Tuesday of the Month at Chaddesden Fire Station, Nottingham Road, Chaddesden from 10.00am until 12.00pm. Facilitated by Carer and DCA Volunteer Mr Peter Leetham.

This group welcomes new Carers to come along and enjoy meeting others. Lots of information and meeting up for lunch and the theatre. Please call us on 01332 200002 if you would like to attend the group.

ADHD/ASD PARENT CARERS GROUP

Supporting Carers of people with ADHD/ Autism Spectrum Disorder. Held at our Derby Carers Hub, Babington Lane. Future dates:

Tuesday 26th May 1:00 – 2.30pm
Wednesday 24th June 10:00 – 12:00pm
Thursday 30th July 1:00 – 3.00pm

BABINGTON LANE CARERS GROUP

Held on the last Tuesday of the month at the Derby Carers Hub, Babington Lane.
10.30am – 12.00pm.

Facilitated by Derby Staff this group enjoys a wide range of activities. This group also gets together with the Chaddesden group for their outings to the Blue Jay for lunch and the Theatre.

DERBY CITY GROUP

Derby City Group meets the first Wednesday in the month at Trinity Baptist Church, Green Lane, Derby DE1 1RZ
10.00am – 12.00pm.
Tel: 01332 785658

Working to improve the quality of life for disabled children and young adults and their families.

GRACE GROUP

Getting started after caring ends

If you have recently lost the person you care for then this group is a welcome to meet others in a similar situation, make new friends, socialise and find a new path in life.

Meeting at the QUAD on the last Wednesday of the month. Please call Emma Handley for more information on 01332 200002 Extension 9.



GUISE GROUP 'Male Carers Group'



GO♂G

GUISE GROUP

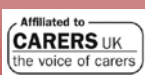
Meeting at the QUAD, Derby
on
FRIDAY 19th June
and
FRIDAY 11th September
At 10.30am

Please call for more information

DERBY CARERS CENTRE

01332 200002

or email: derby@derbyshirecarers.co.uk



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HOW YOU CAN HELP

Derbyshire Carers Association is a not for profit charitable organisation, which means we rely greatly on donations from the public. To make a donation today, just fill out the form below and return to: **Derbyshire Carers Association, White House, The Willows, Slack Lane, Ripley, Derbyshire DE5 3HF**

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

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