

DERBYSHIRE CARERS ASSOCIATION

CARERS NEWS

Over 28 years supporting carers

www.derbyshirecarers.co.uk

Summer 2015

Edition 80

IN THIS ISSUE

Carers Week 2015

DCA County Team Changes

Carers Ball

Fundraising

Volunteering

Area Updates

Care Group Listings



**FOR ALL CARERS THROUGHOUT
DERBY CITY AND DERBYSHIRE**



Supporting all Carers and their families throughout Derby City and Derbyshire



DEAR FRIENDS

DERBYSHIRE CARERS ASSOCIATION

Head Office

White House, The Willows
Slack Lane, Ripley,
Derbyshire DE5 3HF
Tel: 01773 743355
Fax: 01773 512288

Derby

01332 200002

Glossop

01457 858383

North County Team

01246 222737

- Jill Cowen
- Janis Handley
- Kevin Miles
- Linda Porter

All CSW's are based at our
Chesterfield Carers Centre

South County Team

01773 743355

- Lisa Barker
- Carol Sayers
- Rebecca Volli

All CSW's are based at our
Head Office in Ripley

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

KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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

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actions taken as a result of
such information.

Summer... It's supposed to be a time for holidays and recharging your batteries. We know however for so many of our friends in the community of carers this is just not possible. Caring for a loved one, although rewarding, is often round the clock for 7 days a week. We were able to tell the whole country about this on the BBC Breakfast Sofa through the testimony of Victor and Alysha during carers' week in the beginning of June. Victor a 94 year old from Derby caring for his wife Alysha with Dementia was able to describe their life on a day to day basis. I think everyone will agree he was a Star Performer. Thank you both for being the voice of carers and doing Derbyshire proud that day. The essential message is that a modest amount of support can have a massive impact on individual lives of carers that allows them to continue in their vital roles. It is for this reason that we are working with sister organisations throughout the country to urge the Government to protect the Carers allowance of £62.10 from the announced welfare cuts that will happen over the next few years.

Another modest support, a personal budget previously known as a Carers break in the County is continuing but changing in how it is accessed. A letter from the County Council that describes these changes and how they affect you will be sent out under separate cover. If you are still unsure don't hesitate to get in touch with our support workers.

Also during Carers week we held many events across the County. The Afternoon Tea in the Marquee at Derbyshire County Cricket Club overlooking the beautifully manicured pitch is an event we hope to make an annual affair. Over 200 carers and their loved ones enjoyed this very special thank you to them for the wonderful work they do for us. In October we will be hosting the Carers Ball for over 300 carers. Tickets will sell quickly so make sure you reserve your place, it will be a party to remember.

I am pleased to announce that the work of Derbyshire Carers in raising awareness of carers and their needs in Hospital and GP surgeries has been recognised by the local NHS. Our small team will continue working with Health and Social Care professionals to identify Carers and signpost services that may be able to help them in their roles. GP surgeries are making their commitment to carers by signing up to the highly innovative Carers Pledge that has been entered for national recognition by our local Clinical Commissioning Groups of GPs. A big thank you to our small and dedicated team that have achieved so much.

Another major change driven by the Care Act 2014 has been the introduction of new paperwork for carers' assessments. Thank you to everyone who has been through this process. I am sure you will agree it is very comprehensive. Can I give my personal thanks to all our staff who have stepped up to the mark on behalf of carers to make sure they get the support they are not only entitled to but also deserve for the tireless work they do.

At the risk of stating the obvious the Carers Association is a charity. We need your help. We are currently looking for locations where we can place our collection boxes to receive donations. Please have a word with your local shop, petrol station, office and get in touch and we will give you the details as to how to make it happen. In the Autumn we will once again be having a Best breakfast for Carers. Do get involved and if you have any other ideas for supporting our charity do get in touch.

I hope you enjoy the remainder of the summer and remember a friend at DCA is only a phone call away. Hope to see many of you over the next few months.

Kindest Regards

Narinder

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.



NARINDER SHARMA
CEO – Derbyshire Carers

CARERS WEEK 2015

BUILDING CARER FRIENDLY COMMUNITIES

The month of June was a very busy month for all our staff at Derbyshire Carers Association; organising and attending numerous events and information stands throughout Derbyshire County and Derby City and raising awareness of caring and highlighting the challenges carers face on a daily basis.

We extend our hand in thanks to all staff, volunteers, trustees and partnership organisations in helping make the week a huge success. Below are a few images and a summary of some of the events that happened during the week.

PAMPER DAYS

A special thanks to Macmillan Information Centre, Derby for allowing DCA to host the successful pamper day at their premises. Carer's were treated to a pamper session and accessed information.

Over 100 carers gathered at the Post Mill Centre, South Normanton and enjoyed a relaxing pamper day to celebrate the start of Carers Week. A day away from caring, carers enjoyed pampers treatments, a buffet lunch and refreshments and the chance to relax and catch up with friends old and new.

AFTERNOON TEA PARTY

Over 200 people attended the event held at the Derbyshire County Cricket Ground and we were blessed with the lovely sunshine.

Carers enjoyed afternoon tea, singing from Frankie Styne (courtesy of Cosam Entertainment), joined in with The Breakaway Singers and browsed the stalls (courtesy of Feel Fab! Look Fabulous!)



Carers enjoying afternoon tea



Narinder and The Breakways Singers



Marquee & Stalls



Lucky squares



The Breakaway Singers

NEWS & EVENTS

THE REAL PEAK PRACTICE

A BBC documentary focuses on Baslow to offer insight into rural healthcare.

Cameras from BBC East Midlands have spent the past year following the doctors, nurses and patients at Baslow Health Centre, near Chatsworth. The programme called 'The Real Peak Practice', which aired on Thursday 23rd July 2015, is narrated by actor Dominic West, best known for his role in police drama The Wire.

As well as starring in its own BBC show, Baslow Health Centre was the first GP surgery to sign the Derbyshire Carers Association's innovative Carers Pledge.

The 'Pledge' was developed after Derbyshire Carers Association (DCA) facilitated consultations with Carers throughout Derbyshire. One key theme was the need for more support to be provided by their GP Practice.

In order to care safely and in good health, Carers need information, support, respect and recognition. Derbyshire Carers Association know that the Carers Pledge will strengthen the carers' voice and support carers to continue in their caring role.

Our Carers Pledge Manager said,

"It is estimated there are over 7 million carers in the UK; in addition, 1.4m carers spend more than 50 hours a week caring for others, this equates to a full-time workforce larger than the NHS. The Carers Pledge will help us strengthen through partnerships, recognise these hidden carers and give them all the support they need."



If you would like to see the 'pledge wall' visit derbyshirecarers.co.uk or to make a pledge with us, call 01246 222373.



DCA COUNTY TEAM CHANGES

The DCA County Team have been busy making changes to the way that we deliver our services to carers within Derbyshire County. In the past, Carer Support Worker's (CSW) were based and designated a district to work. These workers have now joined up and have made two teams. The two teams are:

- **North County Team** covering the North Derbyshire and Hardwick CCG areas
- **South County Team** who will be working across Erewash and Southern Derbyshire CCG area (excluding Derby City).

The restructuring has been introduced to increase team working so that DCA CSW's are not working in isolation and, if there are any long term illnesses or annual leave, carers can still access a worker from each team.

The Teams are:

North County Team - Jill Cowen, Janis Handley, Kevin Miles, Linda Porter. The team are based at our Chesterfield Carers Centre and are available on 01246 222373

South County Team - Lisa Barker, Carol Sayers and Rebecca Volli. The team are based at our head office in Ripley and can be contacted on 01773 743355

Lyn Watson will continue to support carers in Glossop and Lyn McNair will continue to be a review CSW supporting carers in North and South.

If you have any questions or are unsure which team to contact, please call one of the above telephone numbers and a member of the team will be able to help you.

IN CASE OF EMERGENCY

In Case of Emergency (ICE) is a programme that enables first responders, such as paramedics, firefighters, and police officers, as well as hospital personnel, to contact the next of kin of the owner of a mobile phone to obtain important medical or support information (the phone must be working). The phone entry (or entries) should supplement or complement written (such as wallet, bracelet, or necklace) information or indicators.

The programme was conceived in 2004 by Bob Brothie, a British paramedic, and ICE was subsequently promoted by Bob in May 2005. It encourages people to enter emergency contacts in their mobile phone address book under the name "ICE". Alternatively, a person can list multiple emergency contacts as "ICE1", "ICE2", etc. The popularity of the programme is growing fast so please consider inputting at least one ICE into your mobile phone to assist emergency personnel to contact your next of kin when needed.

NEWS & EVENTS

THE CARERS BALL

Join us on Friday 9th October 2015 at 7pm at Derbyshire County Cricket Clubs exclusive marquee for an evening of food, music and entertainment. There will be a Bar, Raffle, Dancing and Buffet all for a £5.00 entrance fee

To book your place please call Head Office on 01773 743355 or e-mail info@derbyshirecarers.co.uk or contact your Carer Support Worker direct.
We hope to see you there.



ALL ABOUT ME

Derbyshire Carers Association formed part of the Southern Derbyshire Dementia Implementation Group to help develop and pilot a new document: **ALL ABOUT ME**

The document has been designed to assist healthcare staff when supporting a person with Dementia to understand their needs and interests. Examples of questions asked are:

- Things you must know about me
- My daily activities and routines
- Things that are really important to me and will help

Copies of **ALL ABOUT ME** will be available from the Derbyshire County and Derby City Council website and www.makingspace.co.uk and www.derbyshirecarers.co.uk

CARERS CELEBRATION

On behalf of our Patron - The Duke of Devonshire, Chair and The Trustees of Derbyshire Carers Association, it gives me immense pleasure to personally invite you to our Carers Celebration this December 2015. (we will also (very briefly) hold our AGM).

The Carers Celebration will be held at the world-famous Crooked Spire of Chesterfield, (The Parish Church of St Mary and All Saints), Church Way, Chesterfield, Derbyshire S40 1XJ on Thursday 10th December 2015, 12 Noon to 1.30pm. (Please be seated by 11.45am)

As places are in high demand, please contact DCA before the 30th November 2015, by telephone (01773 743355) or e-mail – info@derbyshirecarers.co.uk to confirm your attendance.

NOTICE OF GENERAL MEETING

Derbyshire Carers Limited. Company Number: 3250078

NOTICE is given that a general meeting of the Company will be held on Thursday 10th December 2015 at The Crooked Spire of Chesterfield, (The Parish Church of St Mary and All Saints), Church Way, Chesterfield, Derbyshire S40 1XJ at 12 Noon to 1.30pm.

For the following purpose:

SPECIAL RESOLUTIONS

To consider and, if thought fit, approve the following resolution that will be proposed as a special resolution:

To amend the Objects of the Memorandum and Articles of Association as follows: [A copy of the proposed Memorandum & Articles of Association can be seen on our website www.derbyshirecarers.co.uk].

For the public benefit, to relieve the stresses experienced by Carers of people with physical, mental or sensory impairment within the family or home, in particular, but not exclusively, in the county of Derbyshire including the city of Derby, through the provision of support services and the promotion of the needs of Carers.

By order of the board: White House, The Willows, Slack Lane, Ripley, Derbyshire DE5 3HF



DERBYSHIRE CARERS ASSOCIATION ON BBC BREAKFAST NEWS

VICTOR STEALS THE SHOW AT THE BEEB!

A Derby City Carer was in the limelight when he appeared on BBC's Breakfast TV – celebrating National Carers Week 2015.

Long-time Carer – Victor Shaw-Wilson, who cares for his wife Alicia, was totally at ease as he explained to viewers his caring role and just how it affects his everyday living.

Accompanied and supported by Narinder Sharma – CEO for Derbyshire Carers Association, Victor gave an honest and frank account of his experiences saying: “the word ‘Carer’ – if you look it up – means ‘to love somebody’”. It doesn't matter if you're caring for your wife, partner or a friend.

“Once you've started, you suddenly realise that it's 24-hours, seven days a week, you can't say to yourself: 'I'll turn it off'.”

Victor explained further how Derbyshire Carers Association had supported him: “In the last couple of years, my wife has become progressively ill with ancillary problems as well as an abnormal heart condition.

“I didn't know which way to turn for support, when one morning I happened to be walking past DCA's carers centre on Babington Lane and thought – ‘I wonder what they do?’ So I went in and simply asked for help.”

Victor added: “The only way that I've got through this, is by going to the Carers Association – it's an organisation that has literally given me back my sanity.”

2016 MEMORY CALENDAR



During one of our Buxton support groups we shared a new-style calendar available for the first time for 2016, which could help carers and those cared-for as an aid to communication and organisation.

The Calendar was designed and developed by Chris Andrews, who took on an idea which originated from a Buxton resident who suffers with Alzheimer's. She saw a need for a calendar linking day and date with events important to her on each day. The Calendar, which shows one day at a time, with space for entries (e.g. appointments, events, anniversaries, visitors, TV programmes etc.) met that objective. The Calendar can be self-supporting, laid flat, or even carried in a handbag.

A prototype was trialled in 2014 by the Alzheimers Society in Derbyshire as a result of an initiative by Helen O'Connor, Services Manager, and funded by a generous donation from the Duke of Devonshire's Charitable Trust. There was favourable feedback at the end of the year, with many phoned requests for a 2015 version!

Many aids developed for those with dementia are also useful for a wider group of users, and this appears to be the case for this Calendar.

The Calendar can be obtained from the publisher, Chris Andrews, at www.cap-ox.com or tel. 01865 723404. Alternatively visit the Alzheimers Society website at www.alzheimers.org.uk/shop. The calendar costs £10 plus p&p.



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LIVE WELL



North Derbyshire Clinical Commissioning Group

Dr Pauline Love, Dale's locality GP, provides advice on the importance of water and drinks for you and the people you care for.

HOW MUCH FLUID SHOULD WE DRINK?

When our bodies don't have enough water we become dehydrated and this can lead to serious health implications if left untreated. One of the first signs of dehydration is feeling thirsty.

To stay healthy, it's important to replace the fluid we lose when we breathe, sweat or urinate. Even if you are not active you still need to drink fluids!!!

The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day. **That's about eight 200ml glasses for a woman and ten 200ml glasses for a man!!**

All drinks count, including hot drinks such as tea and coffee, but water, milk and fruit juices are the healthiest.

SIGNS OF DEHYDRATION

If you think you or the person you care for may not be getting enough fluids, check whether you/they have any of these other common signs of dehydration:

- dark urine and not passing much urine when you go to the toilet
- headaches
- lack of energy
- feeling lightheaded
- feeling confused

If dehydration is left untreated it can become severe, see your GP if symptoms continue despite drinking fluids.

MAKE SURE YOU AND THE PERSON YOU CARE FOR LIVE WELL.



FUNDRAISING

DONATIONS

Special thanks to all who have donated and helped fundraise for Derbyshire Carers Association. All monies donated and raised will help us to support carers even further. For example: trips, breaks, resources and support groups.

- Sales of the lucky squares during carer weeks raised a total of £146.09. Thanks to all organisations who donated the prizes
- The Afternoon Tea Party was a huge success raising a whopping £393.17
 - £100 donation from Andrew Simpson of Cosam Entertainment
 - £50 donation from Swinton Insurance
 - Donation for the cost of the Afternoon Tea Party posters/ flyers from Feel Fab! Look Fabulous
- Derby Unison donated £50.00
- South Derbyshire Rotary club donation received for £250.00
- Anonymous/private donation raised a total of £803.40

If you would like to support Derbyshire Carers and make a donation, please complete the form on the back page or text DERB25 and the amount to 70070

THANK YOU

RUNNING SUCCESS

Andrew Spriggs who works at our Derby Carers Hub took part in the Clumber Park half marathon in June to raise funds for DCA. A total of £300 was raised. **A big thank you to Andrew.**



WILSON STREET SURGERY

As part of our commitment to carer's, DCA works in partnership with GP surgeries and hospitals, to ensure we provide support to carers as early as possible in their caring role. We were recently invited to attend Wilson Street surgery's 120 years anniversary celebration event which was a great day. As a thank you for our support on the day, Wilson Street Surgery have kindly donated £43.80.



ALL THE FUN OF THE FAIR

A kind-hearted former carer and volunteer has been working tirelessly to raise funds for carers. Jean Bell, who volunteers with our Buxton group, attended the Buxton Spring Fair on the 4th May and raised an impressive £170. The busy event was a delight for local people as they were treated to a rare chance to visit a special secret garden followed by a hearty slap-up meal.

The funds were raised by manning a tombola and cake stall at the fair complimented by a table top sale on the 16th May where Jean received a further £45 in vital funds.

Money raised was used for a fantastic carer day trip to Sudbury prison in June where carers enjoyed a tour and a lovely meal. The day was a huge success and many new friends were made.

We would like to thank Jean and all those who donated to provide a special day for carers. The days out were a huge success and the positive feedback and generosity received will support and inform carers' events in the future.



BRITAIN'S BEST BREAKFAST 2015

In October 2014, Carers Trust launched the new national fundraising campaign for carers – Britain's Best Breakfast – helping to raise money for carer organisation's such as Derbyshire Carers Association to support more family carers and give them a break from their caring role.

During September, October and November, we are once again asking you to invite your friends, family and colleagues to join you for breakfast to raise money and a (piece of) toast to carers!

You can be as imaginative as you like with your ideas. If breakfast is too early, host brunch instead.

Find out more about the campaign by visiting the Carers Trust website: www.carers.org You will also find some useful resources on our very own website.

To register your fundraising efforts, please call or visit our website for the toolkit guide.



VOLUNTEERING

FAREWELL & THANK YOU

SOUTH DERBYSHIRE VOLUNTEER

Sadly we have said goodbye to one of our many valuable volunteers, Richard Singleton. He gave three years of his time to support Lisa Barker in South Derbyshire, his involvement was really appreciated. Thank you Richard for all your support.

HIGH PEAK VOLUNTEERS

Jill Cowan – Carer Support Worker has sent in a special thanks to Christine Robertson who facilitates the support group in New Mills High Peak. Terry McNaught and Jean Bell who support and fundraise for Buxton support group.

DERBY CARERS HUB WORK PLACEMENT STUDENTS

In our previous newsletter, we introduced Jason Priest and Haleema Koser who were work placement students from Derby College.

Both have now successfully completed their placement with DCA and a big thank you to them both from all the staff for commitment throughout their placement.

Jason has since registered to be a volunteer for DCA and continues to support the administration team at the Centre in Derby.

VOLUNTEER OPPORTUNITIES

DCA are looking to extend their volunteer workforce and have the following areas available:

- Interpreters in various languages mainly based at our Derby City Centre
- Group Facilitators/ event organiser – Glossop
- Erewash Buddy Project
- Carer as Ambassador – Derby City Centre

For more information please contact Kelly Gibbons for an information pack or, alternatively, a volunteer coordinator based at Chesterfield and Derby.

Training and support is provided. Volunteering with DCA is a perfect opportunity to expand your skills and help local carers.

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.



COLLECTION TINS

We now have a supply of collection tins that we are distributing amongst local businesses, supermarkets, etc. If you own or work for a local business that would kindly display one of our collection tins, please get in touch with Nicky Parsons at Head Office for further information.



WATCH THIS SPACE...

COMING SOON!

Exciting new wellbeing and support services for carers at Derby Carers Centre, Glossop Carers Centre, Chesterfield Carers Centre and Lillian Prime House.



AREA UPDATES

HIGH PEAK

Derbyshire Carers Association is working with North Derbyshire CCG and Derbyshire Adult Community Education Service to deliver a FREE 3 week course titled 'Think about you?'

The course will be delivered at The Fairfield Adult Centre starting in October. To reserve your place please call 01298 214175.

The course is designed to help you focus on your own needs and aspirations as an individual.

CHAPEL EN LE FRITH SUPPORT GROUP

Meet every 4th Monday of each month at Chalkers Snooker Club, Unit 6 Redmoor Mill Buxton Road, New Mills SK22 3JT. 2.00pm – 3.30pm

BUXTON SUPPORT GROUP

Meet every 1st Wednesday of each month at the Vault 2 – 3 High Street, Buxton, Derbyshire SK17 6EU 11.00am – 12noon

AMBER VALLEY

Jessop Medical Practice on Greenhill Lane in Leabrooks are launching their new carers group on Wednesday 7th October 2015 from 1.00pm to 3.00pm.

This is a great opportunity to meet other carers, with free refreshments and guest speakers covering a whole range of services. This is an open group so no need to book a place.

HEANOR CARERS SUPPORT GROUP

Meet on the 2nd Monday of each month at Park Court Community Centre, next to the Fire Station (Under Archway of Sheltered Housing) 10.30am – 12.00noon

RIPLEY CARERS SUPPORT GROUP

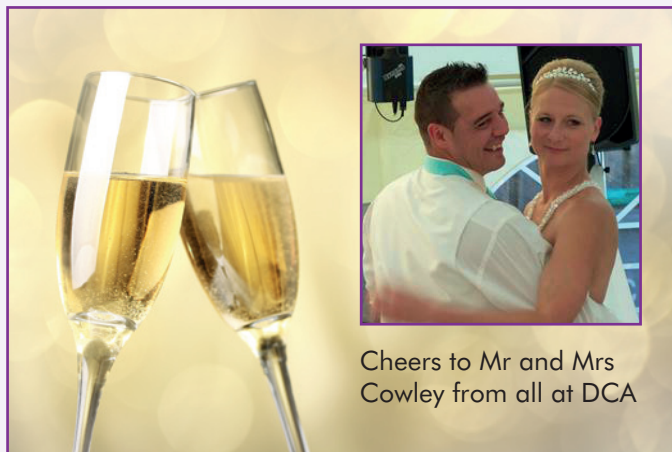
Meet on the 1st Tuesday of each month at Field Terrace Community rooms, Field Terrace, off Slack Lane, Ripley 10.30am – 12noon

Support groups are available to all, join us for a cuppa and chat. No need to book.

DALES

WEDDING NEWS

Carer Support Worker for the South Team – Rebecca Volli has recently tied the knot. We would like to wish them both all the happiness they deserve for their future.



Cheers to Mr and Mrs Cowley from all at DCA

REMINDER that the Dales office has moved from Bakewell and Rebecca Volli – Carer Support Worker is now based at our Head Office in Ripley and has joined our South team. 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.



The support group meet at:
Gernon Manor, Dagnall Gardens, Bakewell.
2.00pm – 4.00pm

10th September
8th October
12th November
10th December

AREA UPDATES

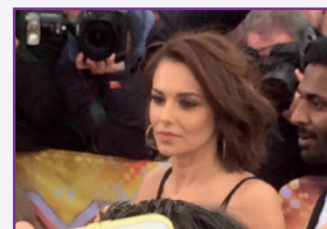
GLOSSOP

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

The support group will be taking a break over the month of August but, we will commence groups again on Tuesday 29th September 2015. The guest speaker for this meeting is Sue Gunnion, an elderly care nurse from Manor House Surgery, Glossop. Sue will be discussing caring for older people.

THE X FACTOR

The group recently formed part of the audience for the filming of the next X Factor series. It was a very long day but a real opportunity to see behind the scenes!



Photos courtesy of F Sidebottom

VOLUNTEER REQUIRED

We have a volunteer opportunity in Glossop for a group facilitator and/or event organiser. For more information, please call Lynn on 01457 858383 or Kelly Gibbons on 01773 743355.

SOUTH DERBYSHIRE

REMINDER Lisa Barker has now moved from South Derbyshire CVS in Swadlincote and is located at our Head Office in Ripley and will be a member of the South team.

We continue to support carers in south Derbyshire through support groups, home visits and support calls.

HILTON

We will be meeting on the following dates at Wellbrook Medical Centre, Wellend Road, Hilton
9.45am – 11.45am

Tuesday 8th September 2015
Tuesday 6th October 2015
Tuesday 2nd November 2015

SWADLINCOTE

Commencing in September, the group will be meeting the last Thursday of every month at the Carer Oasis, West Street. 10.30am – 12noon

This monthly meeting and drop in service will be open for coffee, tea and a lovely home-made cake. Volunteer Joan Gingell and CSW Lisa Barker will be attending for caring questions you may have.

South Derbyshire Citizens Advice Bureau offer free computer and Internet training through a project called DIG-IT.

For more information call 01238 210109, email digit@southderbyshirecab.org.uk or write to South Derbyshire Citizens Advice Bureau's DIG-IT Project, 114 Church Street, Church Gresley, Swadlincote, Derbyshire, DE11 9NR.

AREA UPDATES

CHESTERFIELD

THE CHATSWORTH ROAD FESTIVAL CHESTERFIELD THURSDAY 1ST OCTOBER – SUNDAY 4TH OCTOBER

This year the Carers Centre on West Bars, Chesterfield will be taking part in the Chatsworth Road Festival. This is a fun packed weekend with events, competitions, school bake offs and more. Businesses, schools, churches and other enterprises along Chatsworth Road and West Bars are taking part in the community initiative and this year will be Derbyshire Carers Association's first event for the Festival.

The event is launched by the ringing of St Thomas' Church bells on the morning of Thursday 1st October; a signal to everyone taking part to put up their bunting and balloons! Shortly after the Carers Centre will kick start events by hosting a Big Breakfast which will be opened by the Mayor of Chesterfield, Barry Bingham at 10.30am – 12noon.

Come along and have a bite to eat and learn more about the work we do across Derbyshire as well as in Chesterfield itself. Afterwards why not take a stroll up Chatsworth Road to see what other events are taking place? There are plenty of stops for coffee and cake and even lunch along the way with café's, restaurants and bistros all taking part.

For more details and updates visit the website www.chatsworthroadfestival.wordpress.com

WHITTINGTON MOOR SUPPORT GROUP

Meet every 2nd Tuesday of the month at Peter Webster Centre, Sheffield Road, Whittington Moor, Chesterfield S41 8LA. 10.00am – 12noon. Free parking available at the rear of the building

Tues 8th September. First Aid 1
- St John Ambulance
Tues 13th October. First Aid 2
- St John Ambulance
Tues 10th November. TBC
Tues 8th December. Geoff the Chef
- Wiltshire Farm Foods

STAVELEY SUPPORT GROUP

Meet every 2nd Friday of the month at The Staveley Centre, Calver Crescent, Middlecroft, Staveley, Chesterfield S43 3LY. 1.00pm – 3.00pm

Fri 11th September. First Aid 1
- St John Ambulance
Fri 9th October. First Aid 2
- St John Ambulance
Fri 13th November. Money Matters - Claire Thornber
Fri 11th December. Christmas Event



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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.



For more information please contact:
John Nettleship
t: 01246 555111
e: john.nettleship@brmlaw.co.uk



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AREA UPDATES

EREWASH

Long Eaton Carers Support Group recently organised a summer outing: a narrow boat trip on the Cromford Canal followed by lunch at Willersley Castle Hotel. Here are some photographs taken on the day.



ANNUAL CARERS SERVICE

Open Invitation to all Erewash and Amber Valley carers to attend the annual Carers Service at St Laurence Church, Long Eaton on the 30th November 2015.

Service starts at 11am and will include the Melbourne Hand Bell Ringers followed by light refreshments in the church hall.

We look forward to sharing this lovely service.

For more information please contact:
Reg Jackson – Tel: 0115 9724142

DATE FOR YOUR DIARY

A pamper day for Erewash and Amber Valley Carers is being organised for the 19th December 2015, venue to be confirmed. For more information and to register your interest please contact Pat Desborough – Tel: 0115 9720449

EREWASH SUPPORT GROUPS

If you would like to be part of the Long Eaton Carers Support Group, the group meet the 3rd Monday of every month. For more information contact:
Pat Desborough: Tel: 01559 720449



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AREA UPDATES

BOLSOVER & EAST CHESTERFIELD

Janis Handley – Carer Support Worker held a small fair at The Hub in South Normanton. Stalls included: cakes, tombola, nail art, angel card readings by our very own Janis Handley.

Over £300 was raised for the South Normanton carers group. The money will go towards a carers outing in the Autumn.

If you would like to know more about this support group please contact Janis on 01245 222373



DERBY CITY

Derby Carers Hub has recently started two new support groups:

GUISE GROUP

For male carers. Please see the advert to the right for the next meeting dates, times and location.

GRACE GROUP

For carers that have recently lost the person they cared for. The group meet the last Wednesday of each month at The Quad café, Corporation Street, Derby.
10.30am – 11.30am

Please call Derby Carers Hub for more information on 01332 200002.

DERBY CITY GROUP

Held every fourth Tuesday of each month at the Carers Centre, Babington Lane. 11.30am – 12.30pm

CHADDESSEN GROUP

Held every third Tuesday of each month at the Fire Station, Nottingham Road. 10.00am – 12noon

NEW GROUP TO BE LAUNCHED

We are in the process of organising a new support group at the Indian Centre in Derby. We were unable to finalise details before we went to print. However, if you are interested in attending the launch of the group please register your interest to Emma Handley or Kam Kaur at the Derby Carer Hub and they will contact you once details are finalised.



GUISE GROUP 'Male Carers Group'



GO♂G

GUISE GROUP

Fri 11th September

at the
**BOOK CAFÉ
CORN MARKET, DERBY**

10.30am to 12.30pm
then every 3 months

Please call for more information

DERBY CARERS CENTRE
01332 200002

or email: derby@derbyshirecarers.co.uk



Registered Charity
No: 1062777

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**

TEXT DONATIONS

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

DONATION FORM

I WOULD LIKE TO DONATE	
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Please make cheques payable to: Derbyshire Carers Association

MAKE YOUR DONATION GO FURTHER WITH *giftaid it*

MAKE YOUR DONATION GO FURTHER BY AN EXTRA 25%

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

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ADDRESS			
		POSTCODE	
EMAIL			
TELEPHONE			
SIGNATURE		DATE	

THANK YOU

