

CARERS NEWS

You Care, We Care

Over 30 years supporting carers

www.derbyshirecarers.co.uk

Spring 2019

Edition 89



IN THIS ISSUE

Carers Week page 3

Young Carers page 4/5

The Royal Visit 6

Learning Disabilities 7-9

News & Events page 10-11

Transition 12

What's On page 13

Support Groups page 14-16





DEAR FRIENDS

DERBYSHIRE CARERS ASSOCIATION DELIVERY CENTRES

Ripley
Derbyshire Carers Association
3 Park Road
Ripley
DE5 3EF
Tel: 01773 833833

Derby Carers Centre
66-68 St Peters Street
Derby
DE1 1SN
Tel: 01332 200002

OUTREACH OFFICES

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

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

KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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

Please note our new address above

Derbyshire Carers Association is a Company Limited by Guarantee. Company Number: 3250078

Registered Charity No: 1062777

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

Dear Friends,

Welcome to the Spring and Summer edition of Carers News. We hope 2019 is being kind to you and your loved ones. Here at DCA we have had a very busy start to the year and are delighted to share with you what has happened this year so far including a Royal Visit, Young Carers music single and launching our new Telephone Befriending Service.

This edition we are focusing on caring for a loved one with Learning Disabilities. Our County Team Leader Chris shares his experience of transition from Children's to Adult Services and gives helpful advice for Carers embarking upon or already on their journey. Last year 8% of new Carers registered with DCA were supporting a loved one with a Learning Disability. We hope that by shining a light on 'Learning Disability' more Carers will realise there is help and support available for them and their families.

We are also delighted to share with you details for the 2019 Carers Week. For this year's Carers Week we wanted to take the opportunity to reach out to areas of the County where Carers may not find it easy to get information and advice. It is also an opportunity for us to put on some activities to promote the importance of Carers keeping healthy and well and to work with other organisations to promote the

importance of supporting Carers.

Carers Week is also a great time to remind GP Practices, Hospitals and other services how they can reach out

to Carers and increase support. We are inviting services across Derbyshire to sign the 'Carers Pledge' and join all of the other services already committed to supporting Carers.

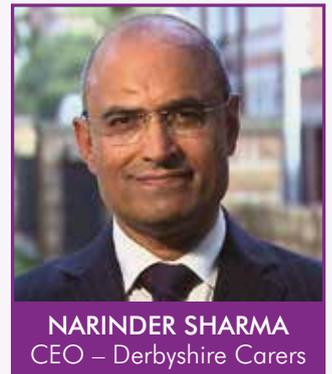
We hope you are able to join us for Carers Week this year and link into some of the other great events, training and Support Groups.

In January we welcomed HRH, Princess Royal who visited our Ripley Carers Centre to celebrate 30 years of caring for Carers with us. Princess Anne was greeted by crowds of local school children and members of the community and spoke at great length to Carers, staff and volunteers about the work of DCA and our partners.

It's great that local Carers are given respect and recognition for all they do.

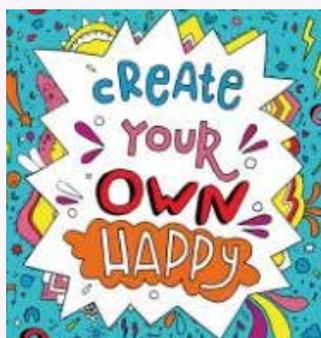
Warmest Wishes,

Narinder



NARINDER SHARMA
CEO – Derbyshire Carers

Friday 31st May – Free tickets for Carers and their family to Derby Book Festival: Create Your Own Happy at Deda Theatre



Déda, Chapel Street, Cathedral Quarter, Derby, DE1 3GU

Based on her book Create Your Own Happy, join author Becky

Goddard-Hill for a fun, interactive session aimed to give your children some ideas and effective tools to help them increase their happiness and enhance their self-esteem! They will learn how to shape their lives and the lives of other around them, giving them confidence for the everyday challenges of life and school.

Age guidance: recommended for ages 7-13 and their parents.

Booking essential ring 01773 833 833



10TH – 14TH JUNE 2019

EVENTS

Monday 10th June – Bakewell Market, 9am – 2pm.

Join us at Bakewell market, where we will be having an information stand and providing information on carers support services.

Tuesday 11th June - BME Carers Event, 12 – 3pm.

Committee rooms 1 & 2, Town Hall, Rose Hill, Chesterfield, S40 1LP: Everyone is welcome to join DCA and our BME community groups for information, entertainment and world foods.

Wednesday 12th June – Candle Making Workshop,

10am – 1pm. Agriculture centre, agricultural way, Bakewell, DE45 1AH. Learn how to make candles, includes complimentary tea and cake. – *Limited Spaces booking Essential*

Thursday 13th June – Carers Information Stand:

Oaklands village, Hall Farm Rd, Swadlincote, DE11 8ND. DCA and carer relevant organisations will be at hand to provide information and advice.

Friday 14th June – Cromford Canal Trip: Boat

Birdswood, Weighbridge Office, Gothic Warehouse. Mill Road, Cromford, DE4 3RQ.

Enjoy a relaxing canal boat trip leaving at 11am and 2pm, or join us for a walk along the canal with walking for health. ***limited spaces booking essential***

Wednesday 19th June – Mercia Marina Boat Trip:

1pm and 2pm trips

Findern Ln, Willington, Derby DE65 6DW: Enjoy a relaxing boat trip in Europe's largest inland Marina.

limited spaces booking essential

Please note as spaces are limited, carers are only able to book onto one of the pre bookable events.

For bookings please call 01773 833833 and ask for Angela Bradley.

Behind the scenes DCA are relaunching the carers pledge in GP clinics and in local hospitals. For more information on how DCA are working to raise the awareness and support for Carers during Carers week please visit our website.

CARERS VOICE

CALLING ALL CARERS!

Derbyshire Carers Association (DCA) are inviting all carers to share their thoughts, opinions and ideas to help us to improve and develop our services.

Carers Voice is an initiative which will join carers together, to help DCA understand what we do well and where we need to improve.

Who can be part of Carers Voice?

All carers are invited to be involved, so if you have been caring for a long time or are quite new to caring, we would welcome your thoughts based on your experience of our service.

Why are we doing this?

We are reviewing how we support Carers, the effectiveness of our services and identifying where the gaps lie for future development.

We want to feel confident that our services are offered at the right time, in the right place and ensure they are the best they can possibly be. We recognise that we can only achieve this if carers have a greater role in the design and delivery of our services.

In the past Carers have helped us introduce new services, for example, the Telephone Befriending Service, which

has arisen as a result of carers telling us about their loneliness, isolation and need for regular support and contact.

We also want to increase our understanding of how we communicate, so along with our Carers Newsletter, Facebook and Website, we want to explore new ways of sharing information and interacting with all carers.

How can carers become part of Carers Voice?

We understand that Carers have limited time and availability to attend meetings so we are looking to create new opportunities for carer involvement and contribution, including postal feedback forms, questionnaires, telephone discussion and group activities. It doesn't matter how you get involved or how much time you are able to give, your contribution will be invaluable to DCA and the carers we support.

To be a member of Carers Voice is simple. Please call **01773 833833** to register your interest. We will ask how you would like to be involved either postal, telephone or forums or all.

We will post out an introduction pack to show you how the project works and how collectively we can make a difference to so many Carers experiences in Derbyshire.



DERBYSHIRE'S YOUNG CARERS

CHATSWORTH VISIT

We treated some of the Young Carers with a visit to Chatsworth for the day to experience the Christmas market and to see the wonderful displays inside the house and gardens.

They had a wonderful day and enjoyed their break away from their Caring responsibilities.



SCHOOL AWARDS

Our schools' work is developing across the county. We now have strong links with a large number of schools across Amber Valley, South Derbyshire and the High Peak. More of our schools are inviting us in to deliver school assemblies, staff training, INSET, training across school clusters, student workshops and liaison with key members of school staff. As part of this work, two more Derbyshire Schools have now achieved the Young Carers School Award.



Rachel Griffiths (Family Support Worker Somerlea Park Junior School) and Helen Yates (School Liaison Worker) presenting the Silver Young Carers School Award.

On 21st January, David Nieper Academy

became the first secondary school to receive their Bronze School Award.

This was followed on 23rd January, by Somercotes Infant school and Somerlea Park Junior school receiving their Silver School Award. Both schools have shown a commitment to identifying and supporting young carers, carrying out awareness raising activities, staff training, monitoring young carers' progress and attainment and promoting young carers issues to parents and the wider school community.

We're delighted that these schools have engaged so well with the Young Carers Service and are showing this commitment to Young Carers in their schools. We hope more schools will achieve the award.

Anyone interested can contact our School Liaison Worker on 01773 833833, youngcarers@derbyshirecarers.co.uk.



DERBYSHIRE'S YOUNG CARERS

YOUNG CARERS MUSIC PROJECT



I started at DCA on a student placement where I identified that art and music were two things our young carers would like to try more of. When an opportunity arose I became a member of staff for the young carers team where I explored more of what an activity for young carers based on music and art

could look like. This eventually morphed into our team writing a funding bid for a music project with the Young Carers.

We were successful in our bid which secured funding for the project to go ahead, so next we wrote to carers and invited them to be involved in the project.

Professional musicians (from Gateway Sounds) were brought on board to work with us to help our young carers complete the song.

The first day was a step by step writing session, where the young people by the end of the day had created their song, with support from the professional musicians.

Day two led onto the music, where we wrote the music for the song and began to rehearse it. After a short break we went over to a professional music studio (The sound Hub) and recorded the song after some more practicing.

The whole process was filmed start to finish by a professional film maker (Front Row Films) who then edited it into a music video to accompany the song.

Music Night
At Jubilee Club, 155 Chaddesden Lane,
Chaddesden, Derby, DE21 6LJ
Friday 31st May
7.30pm—11pm (Bar Available)
Tickets £3 each
(Contact info@derbyshirecarers.co.uk or Tel: 01773 833 833)
To celebrate the release of our music video which was produced by Derbyshire Young Carers
Entertainment includes Derby Rock of all Ages choir, Derbyshire Young Carers and more acts tbc
Raffle on the night
Music video for sale at the event for £3 all proceeds go to continue our music project for Derbyshire Young Carers



All the young carers involved have spoken highly about the project, and the experience has expanded their world view, they have been shown behind the scenes of the music industry and enjoyed the feeling of being a musician.



This project has really tapped into a lot of elements the young carers might not get to experience, such as film making & music production.

We would like to thank the following people

from Gateway Sounds for their help:

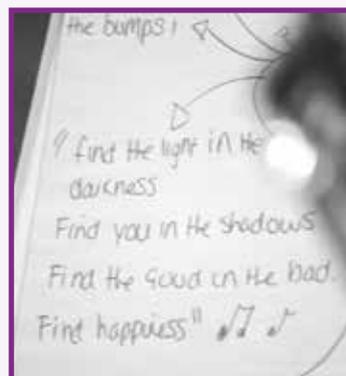
Dan Williams, Zara Shakespeare, Rory McColgan, Tom Carter, Teresa Williams, Joe Brown, and James Reader from Front Row Films.

The agencies involved in making the project happen were Hearing Help, The Rock of ages Choir, Gateway Soundz, Sound Hub Studios.

We are grateful to the funders involved: DCC, Amber Valley Public Health Locality Fund.

The CD/DVD is available to buy for £3 from Derbyshire Carers. All proceeds go to continuing the project.

Cullen Marshall
(Activity Lead DCA Young Carers)



ROYAL VISIT

ROYAL VISIT FOR DERBYSHIRE CARERS



Derbyshire Carers Association were thrilled to welcome The Princess Royal on Tuesday, 15th January 2019, as she unveiled a plaque to mark the thirty year anniversary of our charity.

The streets of Ripley were lined with well-wishers, as shoppers and schoolchildren waved flags and cheered to greet the Royal entourage. For Derbyshire Carers Association, this was a marvellous opportunity to raise awareness of carers and their needs, putting the spotlight on these community heroes.

The Princess Royal spent over an hour chatting to carers and staff about the need for respite and the importance of connecting with isolated carers. Many of the guests commented on her empathy and her genuine grasp of the pressures and struggles when looking after someone with long-term health needs.

Young carer Alex Walker (12 years old) was "over the moon" to be invited to the celebration and said, "This was an amazing once-in-a-lifetime experience to meet royalty and get to tell my story of how the DCA Young Carers Project helped me."

Carers came from Derby city and across the dales, along with the Mayor of Amber Valley Angela Ward, High Sheriff of Derbyshire Lucy Palmer and representatives from both Derbyshire County Council and Derby City Council.

Derby carer, Carlton Gadsby, was enthusiastic and explained, "It was uplifting for me to take part in this. I'm always getting new information from DCA and it's comforting to know that the charity is always there for me. It's nice that a member of the royal family came along because it's such a worthy cause."



LEARNING DISABILITIES

LEARNING DISABILITY ENGAGEMENT

I have been in the Learning Disability Engagement Worker role for nearly two years now and I find that I am still learning and that the role is continuing to evolve. One of the key parts of this job is to engage with learning disability carers on behalf of DCA and say "So how can we help?"

The Learning Disability Partnership Boards in Derbyshire provide a regular forum for the voice of carers to be heard. These meetings are important events in which people with learning disability, carers and service providers get together to oversee how services are provided and developed. There are three local Partnership Boards and a County Board and part of my role is to support members who are carers and to represent other carers on behalf of DCA. Real partnership is the best way forward and it is exciting to be part of something that could prove to be an effective and dynamic vehicle for positive change.

There are other groups too around the county, in which carers of people with learning disability meet, air issues, gain information and give each other support. Some of these groups are specifically to do with learning disability and others are not.

There has recently been a long series of Engagement meetings for people with learning disability and their carers regarding day activities provided by Derbyshire County Council.

I am pleased to say that DCA have been very much part of these, supporting carers to have their voices heard. Proposed changes have been put out to consultation and we are still in the process at various levels helping to make any eventual outcomes equitable and positive for people with learning disabilities and their families. There's lot to do!

Peter Dawson

Learning Disability Engagement Worker

RotheraSharp Solicitors



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

Chesterfield - First Tuesday of the month 10am-1pm:
Chesterfield Carers Resource Hub, South Lodge Boythorpe Avenue, Chesterfield, S40 23B
Tel: 01773 833 833 | Email: info@derbyshirecarers.co.uk

Ripley - First Tuesday of the month 2pm-5pm:
Head Office - Ripley, 3 Park Road, Ripley, Derbyshire, DE5 3EF
Tel: 01773 833 833 | Email: info@derbyshirecarers.co.uk

Derby - Fourth Tuesday of every month 12pm-5pm:
Derby Carers Centre Hub, 66-68 St Peters Street, Derby, DE1 1SN
Tel: 01332 200 002 | Email: derby@derbyshirecarers.co.uk

Long Eaton - Fourth Tuesday of every month 12-5pm:
43 Market Place, Long Eaton, NG10 1JL
Tel: 0115 973 4111 | enquiries@rotherasharp.co.uk

"Carers Get Creative" Book Project

We are looking for Carers of all ages, their family members and friends to get creative and write Poetry, Songs, Short Stories, Jokes, Cartoons and Sketches

Prizes are available for entries in both the adult and children's categories.

Your writing can be about anything "Carer related".

All entries will be published in a book.

Get Creative and send in your entries to Amanda
Email— Amanda.gowing@derbyshirecarers.co.uk
Or post to
Amanda at Derbyshire Carers
3 Park road, Ripley, Derbyshire, DE5 3EF

Tuesday 4th June - Book festival Carers book swap at The Cosy Club

10am until 12noon @The Cosy Club, Royal Buildings, Victoria Street, Derby, DE1 1ES where carers can bring a book in, chat about it and swap the book with another carer who has brought a book in, free tea/coffee on arrival.'

LEARNING DISABILITIES

THIS IS OUR LIFE

Ian (31) and Frances (29) are the younger two of Pat and Andrew Fawcett's four "children." Their older two now live away from the family home in Derbyshire but are very much part of their parents' lives. Ian and Frances were both born with highly complex and deep-seated needs and live at home permanently with their mum and dad. Though they are adults, in many ways they have not been able to go forward beyond far earlier stages of development.

Ian can, and does smile and also may cry out in discomfort but cannot speak and has no other easily discernible communication. He is not able to stand or walk and only sits up with support. He requires his food to be pureed. Frances has similar needs and challenges but is able to walk a little, unsteadily, and therefore requires constant supervision. Both have epilepsy to a severe degree.

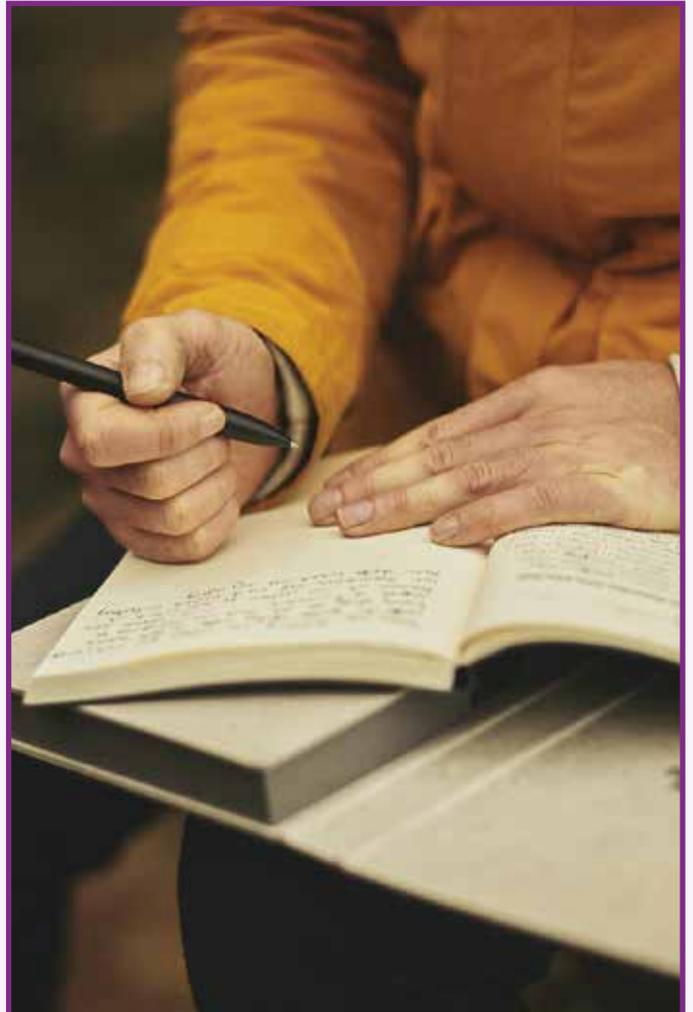
This was going to be "A day in the life" article based on talking with family carers of people with learning disability and exceptionally high support needs. Mr and Mrs Fawcett kindly gave me an hour of their time and realising that it cannot just be about "a day" here is a glimpse, at least, into the reality of life-long caring for two people who have very high support needs.

Broken nights are a regular when either Ian or Frances have seizures but otherwise their day starts before 7.00 am; washing, changing and dressing their son and daughter ready for the day. Breakfast is prepared: Ian's is liquidised with dietary supplements added. Frances is able to chew a little but, of course needs to be helped appropriately.

During the week Ian and Frances go out to day activities unless they have had seizures or are unwell. Both are picked up between 8.30 and 9.30 am usually returning at about 4.00 pm. Even with some welcome help provided for Frances in the mornings it is very "hands on" until they have left for their day activities (and on their return).

While Ian and Frances are elsewhere there is still a plethora of tasks to be completed. These include routine things such as washing and shopping but in addition are regular attendance at wheelchair clinics, medication ordering and checking as well as reviews, meetings with the orthotics department, updating of benefits and other paperwork as well as constant liaising with Health Services and other people. It is, says Mr Fawcett, like running two small businesses.

During the week both Ian and Frances have activities that are of a high standard provided by the No Limits Services in Chesterfield for Ian (Monday to Friday) and



East Midland Housing at Tibshelf for three days a week for Frances with one-to-one support at home for the other two.

Mr and Mrs Fawcett are delighted with the care and help Ian and Frances get but it is clear that their own lives are absorbed by the care they give their son and daughter. What keeps you going? I ask.

"They are our 'children'", Mr and Mrs Fawcett reply. "We love them and feel our responsibility.

This is their home and we are their voice. Even with the help which we appreciate, our role is full-time. This is our life."

Peter Dawson

Learning Disability Engagement Worker

LEARNING DISABILITIES

Support groups
for Parent Carers
of children/young
people and adults.



UMBRELLA DERBY & DERBYSHIRE

Parent carer support groups/Men's group, siblings groups, helpline and social activities for children young adults (age 0–25) with disabilities – [http:// www.umbrella.uk.net](http://www.umbrella.uk.net) or 01332 521229 for more details (Amber valley, Erewash and Derby City area)

CARTOON HEROES

Parent carer support group for carers of children 0-24 years old. Regular support groups with specialist free speech and language, audiology and holistic workers attending – <http://www.cartoonheroes.co.uk> for more details (Derbyshire and Derby City area)

SUNSHINE SUPPORT

Parent Carer support group, training and advice from specialist services for Carers of children up to 25 years old – <http://www.sunshinesupport.org.uk> (Derbyshire and Derby City areas)

NAS DERBY AND DISTRICT BRANCH

Autism support and information for children and adults – 07500 089 571 or email DerbyandDistrict@nas.org.uk (Derbyshire and Derby City)

DASG (DERBYSHIRE AUTISM SERVICE)

Parent Carer support, siblings support, care provider service for children and adults with Autism spectrum conditions – <http://www.derbyshireautismservices.org> or 01773 741221. (Derbyshire area including Buxton)

CROAK CARERS

Parent carer support groups/activities for children/young people up to 25 years old on the autistic spectrum/ADHD – 07568 196 968 and facebook group (Erewash area)

SPECIAL NEEDS CIRCLE

Support groups, workshops/training sessions for parent carers of children and young adults 0–25 years old – <http://www.specialneedscircle.co.uk> (Amber Valley and Erewash areas)

FRANTIC FAMILIES

Parent Carer support group ASD/ADHD – leigh.morton@talktalk.net /traceygoodrum@talktalk.net (Amber Valley/Nottinghamshire areas)

FAIRPLAY

Parent carer support and care provider service for children and adults with disabilities – <http://www.fair-play.co.uk> or 01246 203963 – (Chesterfield and North County area)

AUTISM, ASPERGERS AND ADHD SUPPORT GROUP

Support group – 01298 72965 or www.grapevinebuxton.org.uk (Buxton area)

DERBYSHIRE CARERS ASSOCIATION

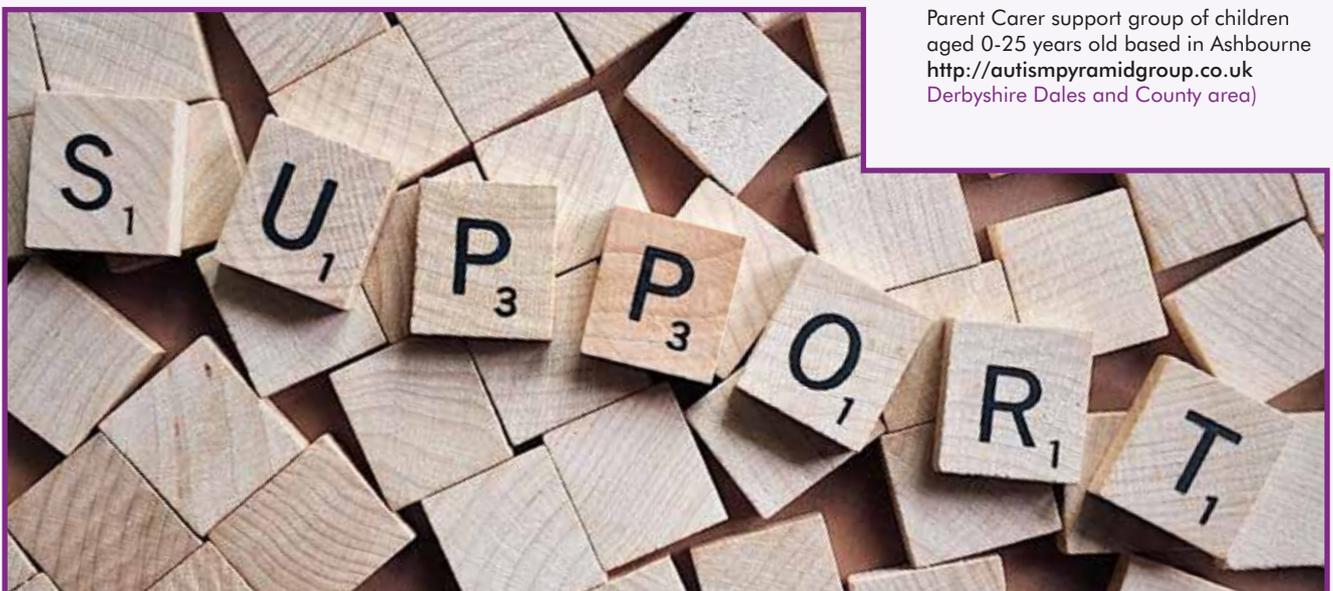
Parent Carer support for those with children over the age of 18 years old across the whole County – <http://www.derbyshirecarers.co.uk> or 01773 833833 – (County and Derby City)

EDUCATION SUPPORT

Derbyshire information advice and support service for SEND – advocacy, information and support with any education support issues for children aged 0-25 years old – <http://www.derbyshireiass.co.uk> (Derbyshire area)

AUTISM PYRAMID GROUP

Parent Carer support group of children aged 0-25 years old based in Ashbourne <http://autismpyramidgroup.co.uk> (Derbyshire Dales and County area)



XMAS EVENTS

CARERS CELEBRATION

2018 AT THE

CROOKED SPIRE

On Thursday 13th December Carers were enjoying our fourth annual Carers Celebration Carers event at the Crooked Spire in Chesterfield.

They were enthralled by performances from the Sharley Park School Choir and Highfields School Choir, with traditional Christmas songs and songs from the Greatest Showman.

The Spire was packed with over 300 people attending the event including The Duke of Devonshire, Toby Perkins MP, the Mayor of Chesterfield, the Mayor of Matlock and the Mayor of Ripley.

Afterwards people were treated to coffee and cakes across the road.

Thank you again to Father Patrick Coleman and the wonderful team at the Church of St Mark and All Saints, Chesterfield for their wonderful hospitality.



CARERS CELEBRATION 2018 AT DERBY CATHEDRAL

On the 10th of December we held a Derby city carers celebration at Derby Cathedral, the event was well attended and a lovely time was had by all.



CARERS PAMPER DAY IN DERBY CITY

In December Carers were treated to a pamper day at our Derby City offices.



CHRISTMAS CELEBRATIONS

Our Chaddesden carers support group holding their Christmas party.



TELEPHONE

BEFRIENDING SERVICE

“NEW FACE, NEW SERVICE!”

Hello, I’m Diane – a new face at Derbyshire Carers, but not new to befriending.

With over 8 years’ experience of running befriending projects in the Derbyshire area, and around 16 years working within the voluntary sector, I am really enjoying working within the Derbyshire Carers team and speaking with carers who need our support through a new telephone befriending service. It’s been a busy few months since January when I started, and meeting Princess Anne in my first week was quite an induction!

The aim of our new telephone befriending service is to support carers who are very isolated or at highest risk of becoming isolated, with a friendly supportive regular phone call & chat. From our experience we are in contact with many carers who have little or no interaction with their local community, family or friends and are unable to get out & about, who really benefit from this kind of social contact.

This service relies on volunteers to make the regular calls - either from their own home or from one of our offices. Volunteers are fully trained & supported to make the regular calls to carersthe calls make a real difference, providing a listening ear and a friendly voice to talk with.

We are looking for enthusiastic volunteers to keep the project thriving & growing.

Could you or someone you know, be a volunteer?

There are no qualifications needed and the skills required to volunteer are simply the ability to listen, have patience and take notice. If you know someone who is interested in becoming a telephone befriending volunteer with us, and would like to find out more about how they can help, please get in touch – it would be great to hear from you & them!

Diane Naylor
– Telephone
Befriending
Coordinator



GLOSSOP CARERS GROUP

The Glossop Carers Group Christmas Party was a great success with 20 carers present. They enjoyed a lovely buffet and music was supplied by a band called the Retroettes which was provided by Music in hospital.

Everyone said they had a fabulous time.



“Long Eaton Carers had a fantastic private cruise on the Trent Prince on 22nd January 2019 with a lovely meal. Many thanks to the crew and Captain of the Trent Prince for a very enjoyable day.”



TRANSITION FROM CHILDREN'S TO ADULT SERVICES

'CHRIS MITCHELL IS THE TEAM LEADER OF DCA'S COUNTY TEAM OF CARER SUPPORT WORKERS. CHRIS HAS WORKED AS A SOCIAL WORKER ALL HIS CAREER AND HE AND HIS WIFE HAVE 3 ADOPTED YOUNG ADULTS WHO HAVE DOWNS SYNDROME. WE ASKED CHRIS ABOUT HIS EXPERIENCE OF THE TRANSITION FROM CHILDRENS' TO ADULT'S LEARNING DISABILITY SERVICES.'

1. WHAT SOURCES OF SUPPORT ARE THERE FOR FAMILIES DURING THIS TIME LOCALLY AND NATIONALLY?

The first place to look is the Derbyshire Local Offer website <https://localoffer.derbyshire.gov.uk/>

We also have a list of organisations that offer support on page 9.

2. WHY IS THE TRANSITION FROM CHILDRENS' TO ADULT SERVICES SUCH AN IMPORTANT TIME?

As a family we found it the biggest and toughest transition of all. Adult services are less available than children's services, and are harder to access. Families have to push to get packages of care and support in place and be prepared for applying sustained pressure on professionals to get the results you think your child needs.

3. WHAT FACTORS HELP SECURE A GOOD TRANSITION TO ADULT SERVICES?

We have found that it's important to get good advice and support from professionals as this transition can be a challenge for everyone. Also, if you are in a network of other parents, or you know of other families who have been through transition before, you will benefit from their opinion and advice based on their experiences.

4. WHAT ADVICE WOULD YOU GIVE TO FAMILIES TO PREPARE FOR TRANSITION?

It's important to plan ahead and talk to your child's teachers and social worker well in advance and get their advice about what services your child might be able to access. Go and see them and ask other families who use them what they think. Do they recommend them? if they have had concerns, are these concerns which might apply to your son/daughter and if so are they a deal breaker?

5. WHY IS AN EHC PLAN SO IMPORTANT BEFORE AND DURING TRANSITION?

The EHC (Education and Health Care) plan is a vital document as it is both the 'passport' to adult services or further education and the way of specifying what your child's needs are and how they should be best met.

Talk to your child's school and social worker about making sure that the EHC plan is fully addressed both in the penultimate and final year reviews.

6. WHAT SHOULD YOU DO IF YOU ARE NOT HAPPY WITH HOW THE TRANSITION IS GOING?

Because the transition to adult services is such an important time, it's best to flag up your concerns early. Have a conversation with your child's head teacher, or **senco** or put your worries down on paper and give them to both your child's school and social worker.

We found that it was easier to write them out as this gives time to think about what are the main worries and the lesser priorities are. If you are in touch with a support organisation give them a call and ask them if they will listen to your worries and act as a sounding board and advocate for you.



SUPPORT

CARERS TRAINING, BREAKS AND EVENTS

HERE AT DERBYSHIRE CARERS WE PUT ON FREE TRAINING, BREAKS AND EVENTS FOR CARERS

Tuesday 14th May Free First Aid Training Glossop
1.30pm-3.30pm Glossop Volunteer Bureau, Bank House,
22 Henry Street, Glossop SK13 8BW

To book your place or for more information please contact us on: 01663 745500

Tuesday 11th June Free First Aid Training Hilton
10am – 12noon. Wellbrook Medical Centre, Wellend
Road, Hilton, DE655GZ

To book your place or for more information please contact us on: 01773 833 833

Tuesday 18th June Free First Aid Training Shirebrook
1pm - 3pm Shirebrook Village Hall, Park Road,
NG20 8PW

To book your place or for more information please contact us on: 01773 833 833

Wednesday 3rd July Free First Aid Training Darley Dale
1pm - 3pm. Whitworth Centre, Station Road, Darley
Dale, DE4 2EQ

To book your place or for more information please contact us on: 01773 833 833

Wednesday 3rd July Free Manual Handling Training Buxton 10am – 12noon. Buxton Library, Kents Bank
Road, Buxton, SK17 9HW

To book your place or for more information please contact us on: 01663 745500

Thursday 4th July – Pamper Day in South Normanton
2pm - 4pm. Post Mill Centre, Market Close, South
Normanton, DE55 2EJ

To book your place or for more information please contact us on: 01773 833833

Saturday 13th July Free Woodwork Taster Session for Carers

11am - 3pm. Wyaston Village Hall, Main Road Wyaston,
Derbyshire DE6 2DR

We have arranged a Free taster session for Carers,
places are limited..... to book your please contact us on:
01773 833 833

Tuesday 6th August Free Manual Handling Training for Carers Ripley

10am - 12pm. Field Terrace community rooms, Ripley,
DE5 3HL

For more information or to book your place contact DCA
on: 01773 833833

Tuesday 10th September Free Manual Handling Training Hilton

10am – 12noon Wellbrook Medical Centre, Wellend
Road, Hilton, DE655GZ

To book your place on this FREE course contact DCA on:
01773 833833

Wednesday 11th September – Pamper Day in Darley Dale 1pm - 3pm Whitworth Centre, Station Road, Darley
Dale, DE4 2EQ

To book your place or for more information please contact us on: 01773 833833

Tuesday 24th September – Pamper Evening in Glossop
7pm – 9pm Glossop Volunteer Bureau, Bank House,
22 Henry Street, SK13 8BW

To book your place or for more information please contact us on: 01663 745500

Wednesday 25th September – Pamper Day in Bolsover
1pm - 3pm Bolsover Assembly Room, Hilltop, Bolsover,
Chesterfield, S44 6NG

To book your place or for more information please contact us on: 01773 833833

Tuesday 1st October Free Manual Handling Training for Carers Shirebrook 1pm - 3pm. Shirebrook Village Hall,
Park Road, NG20 8PW

For more information or to book your place contact DCA
on: 01773 833833

Wednesday 9th October Free First Aid Training for Carers Bolsover

1pm - 3pm Bolsover Assembly Room, Hilltop, Bolsover,
Chesterfield, S44 6NG

To book your place on this FREE course contact DCA on:
01773 833833

Manual handling training

will help support anyone who has physical caring responsibilities. This course is specifically designed for the needs of Carers.



First Aid training

Please note this training will not result in a recognised qualification.



Pamper Days

Therapies may include Indian Head Massage, Facials, Reiki, Reflexology, Aromatherapy And More!



DCA SUPPORT GROUPS

DERBY GUISE AND GRACE GROUPS

Paul Strachan coordinates Derby's Guise Group (carer peer-support) and Grace group (for carers who are bereaved or adjusting to change as their loved one has entered residential care). These support groups take place on the last Wednesday of every month between 10.30am-12.30pm. Come along and enjoy a friendly chat or just relax, with free tea and coffee. This is a chance to get out of the house and meet new people. There is a lift for those with mobility issues and there are plenty of parking spots in the area.

We have regular guest speakers and plans for trips to places such as Chatsworth. Activities including crafts, photographic courses and a book club are also being considered. You'll receive a very warm welcome. If you're interested in attending, please call Paul on 01332 200 002.



Derby Carers Group (Guise Group) enjoy a fun quiz at the city's Cosy Club.

INTRODUCTION TO DCA CARERS SUPPORT GROUPS

Carers support groups are a friendly welcoming environment that offers a space to relax, gain knowledge and partake in activities. We find that most carers can feel isolated with the demands of their caring role. The groups provide a space to connect with carers who understand what you are going through. Support groups can also provide a welcome break and distraction from daily duties.

DCA support groups are open to recognised carers within Derbyshire. They are free to attend and occur monthly at the specified time and date. There is no need to book or cancel, but of course you are welcome to call to find out more information about the groups.

Peer support groups are helpful and valuable as individuals with similar lived experiences are able to provide emotional support, information and guidance based on personal experience. Our peer support groups are run collaboratively with carers, volunteers, DCA staff and partnerships with other organisations, to provide a variety of support and guidance.

Carer support groups can provide you with:

- Reduced feelings of isolation and meeting people who understand.
- Practical information based on personal experience.
- Free training and talks to support your caring role
- Regular activities to support wellbeing such as; crafts, relaxation, trips, pamper sessions.
- Expand your social network.
- Information on local services and activities.
- Use your experience to help others.
- Explore coping skills and share advice.
- Reduce the risk of burn out.
- Reengage with interests and hobbies.
- A break from caring.



DCA SUPPORT GROUPS

There are Support Groups throughout the county that support Carers run by Derbyshire Carers Association and others.

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

AMBER VALLEY DISTRICT

Amber Valley Learning Disability Carers Group

Last Wednesday of the month.
10am – 12pm. Field Terrace Community Centre, off Slack Lane, Ripley DE5 3HL. Come along for information, informal support, a chat and a cup of coffee (or tea). Anybody who is a family carer of someone with a learning disability is welcome.

Contact Peter Dawson, Learning Disability Engagement Officer on: 01773 833833

Ripley

1st Tuesday of the month.
10:30am – 12noon. Field Terrace Community Rooms, Field Terrace, Off Slack Lane, Ripley DE5 3HL.
Contact: Head Office on 01773 833833 for more information.

Heanor

2nd Monday of the month.
10:30am – 12:00pm. Park Court Community Centre, next to Fire Station (Under Archway of Sheltered Housing,) Heanor. DE75 7DS
Contact: Head Office on 01773 833833 for more information.

The Croft Mental Health Carers Group (Not DCA Facilitated)

1st Tuesday of the month From 1.30pm till 3.30pm.
The Croft, Slack Lane, Ripley, DE5 3HF
Contact: Terry Earl 07721006100 / 01629822337

Somercotes Carers Group (Not DCA Facilitated)

1st and 3rd Friday of the month
2:00pm – 3:00pm.
Somercotes medical centre community

café, Somercotes Medical Centre, 22 Nottingham Rd, Somercotes, Alfreton DE55 4JJ.
Somercotes PPG run this and they are very friendly and welcoming.
At the first Friday of each month they have a complimentary therapist visit and offer treatments.

Duffield Carers PPG

Every other month on the first Tuesday
2nd April, 4th June, 6th August, 1st October, 3rd December 1pm – 2.30pm Western Centre Tamworth St, Belper DE56 4ER. Elizabeth Reed – elizabethreed@hotmail.com

BOLSOVER DISTRICT

Bolsover Mental Health Carers Support Group

3rd Friday of the month.
10.30am-12.30pm.
Burnbridge House, Carr Vale.
Refreshments, Manicures, Pedicures, facials. Contact Sonia: 07878 863094

South Normanton

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

CHESTERFIELD DISTRICT

Peter Webster Centre (Not DCA Facilitated)

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

Chesterfield Carers Community Group

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

ASD/ADHD Parent Carer Group (Not DCA Facilitated)

Meets at: St Thomas centre, Chatsworth Road, Chesterfield S40 3AW
Contact: Claire Griffiths on 01246 279916 for dates of the next meeting.

Chesterfield Mental Health Carers Support Group

3rd Wednesday of the month.
10:30am – 12:30pm.
Upstairs, Saint Parish Rooms, (next to Crooked Spire), 3 St Mary's Gate, Chesterfield, S41 7TJ
Lunch & refreshments provided.
Contact: Mick 07721505441

Deep Group dementia

(In partnership with Making Space)
3rd Tuesday of the month
10:00am – 12:00 noon.
St Helenas Campus, 2 Sheffield Road, Chesterfield, S41 7LU.

The Mental Health Carers Art Group (Not DCA Facilitated)

Meets every Friday, 10.30am – 12.30pm.
Chesterfield Labour Club, Saltergate, Chesterfield.
It's a small group, all materials provided, refreshments too. There's painting, drawing and, of course, we draw on our experiences as Carers. There's no stress, no competition.
Contact: Malcolm Grieve on 01246 220686

DERBY CITY

Chaddesden

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

Guisse Group

Open to all. Last Wednesday of the month (not December)
10.30am – 12.30pm
Cosy Club, Royal Buildings, Victoria Street, Derby DE1 1ES
Contact: Derby Carers Hub on 01332 200002 for more information.

Grace Group

For carers that have recently lost the person they care for, or their cared for goes into residential care.
Many Carers find themselves alone after their caring ends. Grace Group offers the chance to meet others in a similar situation, make new friends and find a new path in life.
Last Wednesday of the month (not December) 10.30am – 12.30pm
Cosy Club, Royal Buildings, Victoria Street, Derby DE1 1ES
Contact: Derby Carers Hub on 01332 200002 for more information.

Mickleover (Not DCA Facilitated)

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

Alvaston (Not DCA Facilitated)

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

SUPPORT GROUPS

Groups throughout the county to support Carers locally.

EREWASH DISTRICT

Erewash Carers Coffee Morning, PPG, Ilkeston

Last Thursday of the month, 10am-11:30am.
Little Wick Medical Centre, upstairs – lift available, Nottingham Rd, Ilkeston DE7 5PR.

Contact Keely at the Medical Centre on 0115 9325229 for more information.

"This is a place for unpaid carers who look after a family member, friend or neighbour to get together to have a coffee and a chat. This is open to anyone in the area even if you are not a Littlewick patient. There are sometimes specialised guest speakers in attendance who will provide information on a specific topic."

Long Eaton

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

Long Eaton Mental Health Carers Support Group (Not DCA Facilitated)
Last Tuesday of the month 12 till 2pm.
The Oasis Christian Centre 129-131 Derby Road long Eaton NG10 4LL.
contact Rob 07932685022 or Joyce 07931722977.

HIGH PEAK DISTRICT

Glossop

2nd Tuesday of every month, 2pm – 3pm
Glossop Volunteer Bureau, Bank House, 22 Henry Street, SK13 8BW
Contact: Head Office on 01773 833833 for more information.

Buxton

1st Wednesday of each month 10:45am – 12:00pm.
The Vault, 2-4 High Street, Buxton, SK17 6EU.
Contact: 01773 833833 for more information.

High Peak Mental Health Carers Support Group (Not DCA Facilitated)

1st Wednesday of every month 11:30am – 1:30pm.
Buxton Methodist Church, Chapel St, Buxton, SK17 6HX.
Contact: Helen 07791 219 541 helencochrane2@gmail.com

Blythe House Support Group (In partnership with Blythe House)
2nd Tuesday of every month from 5.00pm – 7.00pm
Blythe House, Eccles Fold, Chapel-en-le-Friith, High Peak, SK23 9TJ.

DERBYSHIRE DALES DISTRICT

Ashbourne Carers Count Group (Not DCA Facilitated)
1st Wednesday of the month 10.00am – 12.00 noon
St Oswald's Church Hall, School Lane, Ashbourne, DE6 1AN

Matlock

3rd Monday of the month 1:30pm – 3:00pm
Helen's Trust Homecraft, Crown Square, Matlock, next to Specsavers
Contact DCA on 01773 833833 for more information.

Matlock Reading and Discussion Group (Not DCA Facilitated)

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

Music for Hope Valley Carers and Cared for (Not DCA Facilitated)

(predominantly those with Alzheimers/ Dementia)
3rd Thursday of the month, 2pm - 3pm in Eyam
Should you like to attend please call Mrs Horton on 01433 631020 for further information

NORTH EAST DERBYSHIRE DISTRICT

Clay Cross Mental Health Support Group (Not DCA Facilitated)
1st Weds of every month 11am – 1.30Pm
Clay Cross Social Centre, Market Street. S45 9JE.
Bob – 01246 864661

SOUTH DERBYSHIRE DISTRICT

Hilton

2nd Tuesday of the month, 10am – 11.45am
Wellbrook Medical Centre, Wellend Road, Hilton.
Contact: Lisa Barker on 01773 833833 for more information.

Oasis Carers Group Swadlincote
Last Thursday of the month, 10am – 12:00pm.
Town Hall, The Delph, Swadlincote DE11 0AH.
Contact: 01773 833833 for more information.

'Would you like to start a support group in your area? Derbyshire Carers could help you to do this....'

CONTACT US FOR MORE INFORMATION!



Derbyshire Carers Association

Free Woodwork Taster Session for Carers

Saturday 13th July

11am—3pm

Wyaston Village Hall, Main Road Wyaston, Derbyshire DE6 2DR

Derbyshire Dales Woodcraft Club is a friendly organisation that undertakes activities such as wood turning, wood carving, pyrography (burning patterns onto wood), Scroll sawing (making intricate designs by cutting wood) and marquetry (making patterns & designs using thin wood veneers).



We have arranged a Free taster session for Carers, places are limited

to book your please contact us on:

01773 833 833

Registered Charity Number: 1062777

