

Dreams can come true!

It can happen... dreams can come true - like they did for Michael - pictured above with a very 'special friend'.

Two years ago, Michael who has learning difficulties, suffered a major heart-attack linked with other very serious complications and it was touch and go for a while.

His mother (and sole Carer) Maureen, made a promise to him, that if he pulled through, they would go and 'swim with the dolphins'.

We're very pleased to say Michael is recovering well - and as you can see from the photograph - managed to fulfil his life-long dream to share a special moment with the delightful dolphins.

Special Swimmers at Staveley

Family swim for children with special needs - why not come and have some fun in our one hour family fun swim. Come and meet other families with children with special needs and have a great time with float balls and sinkers - all the family welcome!

We meet the first Saturday of the month at Staveley Healthy Living Centre, 5pm to 6pm. The cost is £2 per person swimming, meet for 4.45pm to book in. Please telephone Liane on 0791 0366 237 for further information.



ABC Carers Group

Meets at the Peter Webster Centre, Sheffield Road, Whittington Moor, Chesterfield S41 8LQ.

Every second Tuesday of the month - 10am to 12 Noon. Meetings have been arranged for:

11th June 9th July 13th August
10th September 8th October 12th November
10th December. Come along and share your ideas, make new friends, attend social activities; outings and special events. There's lots happening for Carers!

FOR THE PEAK DISTRICT FARMING COMMUNITY

In Tandem

A rural social group for those with long term ongoing conditions or in the early stages of Dementia and their Carers. Would you (or someone you know) living locally in our farming and rural community like to join us at our new social group?

- Enjoy stimulating talks & discussions by interesting speakers.
- Get hands-on with our lively programme of activities.
- Find out about local support services.
- Have respite time for Carers ■ Enjoy a delicious cuppa & cake.
- Have a qualified adult Carer on hand.

We meet fortnightly on Thursdays, 10.30am-12.30pm, (£1pp) at: **The Farming Life Centre, Blackwell Hall Farm, Blackwell, Buxton, SK17 9TQ.**

For more information or to join **In Tandem** please contact: **Julia Cook on 01298 85162.** www.thefarminglifecentre.org.uk.

We may be able to assist with transport.

SUPPLIERS OF INDEPENDENT LIVING & MOBILITY AIDS

care100

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ACROSS

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- A hot drink
- Kept in the dining room
- Used with a knife
- Value in pounds of the prize for this puzzle

DOWN

- Name of our shop
- Somewhere to keep money
- Name of one of the owners of our shop
- Wear one if it is cold
- Name of another owner of the shop

Your Name:

Address:

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Tel No:

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Derbyshire Carers Association

25 years supporting Carers

Carer's News

Summer Newsletter 2013 No. 74

www.derbyshirecarers.co.uk



Prepared to Care?

Carers Week asks - can the UK cope with its ever rising Carer numbers?

Across the UK the number of people caring, unpaid - for a family member or friend who is ill, frail or disabled - has now risen to 6.5 million.

Every day 6,000 people take on new caring responsibilities across the UK. Without the right support, advice and information, caring can impact on relationships, finances, career, health and well-being. Becoming a Carer can impact significantly on a person's life - caring takes time and energy, it can leave you feeling very isolated and alone.

Prepared to Care? - the 2013 Carers Week campaign, will focus on how the UK's current Carer population is coping, how effectively Government is supporting the growing numbers of Carers, and whether the wider population is prepared for future caring responsibilities.

Carers Week will highlight the impact of caring on daily life and, with an ageing population and higher incidence of disability and serious illness, encourage the public to think whether they could manage a caring role.

Prepared to Care? will also help those already caring to make sure they are accessing all the practical and emotional support they need to care safely and look after themselves.

A new report to be published for Carers Week will highlight to the Government the changes required to improve the lives of Carers and the people they care for.

Running from Monday 10th to Sunday 16th June 2013, some 2,000 organisations will be involved in 10,000 Carers Week Prepared to Care? local events.

A smashing time planned for Denby visit!

For this year's Carers Week event - turn to page 7



Denby

healthwatch Derbyshire

Healthwatch (HW) is the new independent consumer champion for health and social care which launched across England on 1st April 2013.

Residents of Derbyshire will have a powerful voice locally and nationally through Healthwatch Derbyshire (HWD) - their local Healthwatch.

HWD gives the Derbyshire public a strong, independent and collective voice. Whilst we do not act on specific individual issues we do offer a signposting service and provide advice and information to the public about accessing health and social care services.

We provide a platform for local voices to have an impact on local services, not just for the people who use them, but anyone who might need to in the future.

Information shared with HWD will be fed directly to those responsible for the design and delivery of services, letting them know what they are doing well and where there is room for improvement. This information will also be input into HW England, the national body that all 152 local Healthwatch organisations across the country will feed into. This will enable areas of concern, or good practice, to be identified at a national level.

If you have something to say please don't keep it to yourself. Through people speaking out we can create a better health and social care system for all of us.

Healthwatch Derbyshire
Suite 14, Riverside Business Centre, Foundry Lane, Milford, Derbyshire, DE56 0RN. 01773 880786.

www.healthwatchderbyshire.co.uk
Email: enquiries@healthwatchderbyshire.co.uk

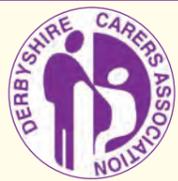
Congratulations go to Lynda



Nominated by a couple who were in extreme caring circumstances, Lynda Hammond, DCA Carer Support Worker based in Glossop, was voted a winner in the 'Dignity in Care Daisy Awards' for best practice, a scheme run by local health providers.

" We put your name forward because we felt you helped us at a time when we were struggling to understand our role as Carers and your support was invaluable to our family - you made a difference. Glossop Carer

Lynda commented: 'The award means a lot to me - it's good to know my input and involvement with a family has made the path easier for them.'



Derbyshire Carers Association

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01332 200002

South Derbyshire
01283 212194

Erewash
01773 743355. Ext. 229

Glossop
01457 858383

High Peak
01663 745500

High Peak South and Dales
01629 812132

Minority Communities
01332 200002

Emergency Planning Services (Derby City only)
01332 200002

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

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

Making progress for Carers

Hello everyone,

Hopefully by the time you read this, the weather will have improved and summer will be on its way - with brighter, warmer days for everyone.

Time seems to be moving so quickly - it doesn't seem a year since the last Carer's Week - when we enjoyed a lovely visit to the Museum of Childhood at Sudbury. This year we are planning a visit to Denby Pottery - full details and booking form are on page 7.

We have a number of other events happening during Carers Week and I hope to see many of you during the week.

Derbyshire Carers Association continues to grow and develop and nowhere is this more evident than in the number of Carers coming to us for support.

In the last twelve months we have registered a further 2000 Carers, each one of them looking for help and support; information and advice from DCA.

This significant increase in the demand for our services at a time when nationally, funding for charities is so difficult, lies behind our decision to appoint a fundraiser to raise much needed finances.

We want to be able to support all the Carers coming to us, and all indications are that the numbers will continue to increase, so obviously additional funding is an absolute necessity.

Our Fundraiser, Jerry Allen introduces himself on page 11.

We say goodbye to Lynne O'Brien who has supported Carers in the High Peak for the last 20 years and who so richly deserves a happy retirement and we introduce a number of new staff - Carol in Erewash and Carroll, Ann, Louise and Diane in our Derby City office.

Can you help us?

DCA has been successfully supporting Carers for 25 years and has gained a wealth of experience - but even now, we don't pretend to know all the answers.

So we need your help: Please

tell us what works about our current services, what doesn't, and what is missing.

What would make it easier for us to meet your needs?

How can we reach the thousands of Carers who don't even know that they are Carers?

Please drop us a line to our Head Office at Ripley; leave a comment on our Facebook page or catch up with me during Carers Week.



Helen Robinson

Chief Executive Officer - Derbyshire Carers

Website is looking fantastic

Please take a moment to have a look at our new style website which was launched at the beginning of the year. Navigation around the website is much improved and there is a wealth of information there for Carers and professionals.

We would like to say a huge thank you to Kelly Gibbons, our Administration Officer/Volunteer

Co-ordinator based at Chesterfield, who has given a great deal of her own time and effort in getting the website to where it is now.

The website we see today is a result of Kelly's hard work. We will continue to keep the site up to date and informative.

Thank you Kelly.

Management Team at DCA

I want to help Carers in Derbyshire

giftaid it Do you pay tax? If so, your gift can be worth 25% more to us - at no extra cost to you. All you have to do is complete your details below - and the tax office will give 25p for every pound you give. *Please help us if you can.*

Please treat the gift of £ as a Gift Aid Donation.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that Derbyshire Carers Association (Registered Charity No: 1062777) will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Title: _____ Initial(s): _____ Surname: _____

Home address: _____

Post code: _____ Date: _____ Signature: _____

Please notify Derbyshire Carers Association if you change your name or home address.

MAKE AN INSTANT DONATION

Derbyshire Carers Association is a registered charity supported by Derby City Council, Derbyshire County Council and the CCG's of Derby City, Derbyshire County and Tameside & Glossop. Please help support our services to Carers across Derbyshire.

I would like to give today:
Simply text: DERB25 £10
(or any amount you would like to donate) to make an instant donation.

The caller making the donation will receive a text message receipt confirming their donation to Derbyshire Carers. A chance to Gift Aid the donation is also offered.



60+ Carers Well-being Project

Derbyshire Carers Association is delighted to confirm that it has been awarded additional funding from the People's Health Trust to continue the successful 60+ Carers Wellbeing Project into 2013.

The project's aim is to improve the health and well-being of Carers aged 60 and over, who are resident in Derbyshire.

The project consists of:

- Carers Well-being Grant of up to £200 which Carers can use to give them a break from their caring role.
- Training Workshops (CATCH) to support Carers in their caring role and improve confidence in caring.
- Two events, one to celebrate Carers Day in June and a Carers Ball in October to be held in Chesterfield at The Winding Wheel.
- A new addition to the project for 2013/2014 will be the option of six counselling sessions for Carers aged 60 and over - more details of that aspect will follow in our autumn edition of *Carers News*.

To access the funding, Carers aged 60 and over, who care for more than 35 hours per week and are resident in Derby, Derbyshire and Glossop are eligible to apply for a 60+ Wellbeing Grant up to £200 to use to give them a break from their caring role.

Carers who applied for the 60+ Wellbeing Grant last year, are welcome to re-apply, however, applications will only be considered 12 months from the date the successful applicant received their award cheque.

C.A.T.C.H. News

Carers' Advice and Training for Confidence in Health - is a condensed version of Caring with Confidence project, with three sessions exploring different aspects of caring, helping to develop the Carer's knowledge and skills to improve their everyday life. The sessions will:

- Help you build on your strengths as a Carer.
- Give you the opportunity to share experiences and learn from others in similar situations.
- Give you useful information, ideas and tips about looking after someone.
- Help you decide what you might like to change about your caring role.

CATCH sessions are being held in Derby at DEDA, Chapel Street, Derby, DE1 3GU with remaining sessions on 18th June and 9th July and in Chesterfield at Fairplay, Alexandra Road West, Chesterfield, S40 1NP on Tuesday 17th September, 8th October and 5th November.

The three workshops will cover the following topics: Caring and Me, Caring and Life, Caring and Communicating, Caring and Coping, Caring Day to Day.

CATCH sessions are available to Carers aged 60 and over who live in Derby City, Derbyshire and Glossop.

For more information on the project or to book onto any of the events/workshops, please contact Becky Laughton at our Chesterfield Office, on 01246 222373 or email rebecca.laughton@derbyshirecarers.co.uk

Wheelchairs and things...

The Chesterfield Carers Centre now has a couple of wheelchairs available for short term use by DCA Carers.

The equipment has all been kindly donated by local Carers. We have a powered and ordinary push-type wheelchair, that will fit into a car boot.

We also have a rollator, (the four-wheel type with built-in seat), which is ideal for shopping expeditions or to help build confidence using mobility aids, before making any purchases.

Telephone: 01246 222373 for details.



Helping to raise needed funds

I am Jerry Allen, the new DCA fundraiser. I will be based mostly in the Ripley office, but I intend to visit all DCA locations as soon as possible, to learn more about DCA and to gather everyone's fundraising ideas.

My background is in project management and IT, but I have spent several years fundraising for projects and helping charities in Sri Lanka, Bangladesh and Tajikistan (where?).

I am very keen to know more about Carers and their needs and about the work of Derbyshire Carers Association.

Raising finances is very important for ensuring that we continue to provide a valuable service and the Association continues to grow.

I would like to know your ideas on fundraising. If you are aware of funding opportunities or of projects within DCA that need financing, please tell me. I would like all members of staff, volunteers, trustees and Carers to be part of the fund raising effort.

I look forward to meeting you all.

Jerry Allen



Does your GP know you are a Carer?

GP surgeries throughout Derbyshire are working with Derbyshire Carers Association to provide an excellent service for the Carers in their practice. From Carer Coffee mornings to Carers Information boards, there's lots happening with plenty more activities planned for Carers Week 2013 and throughout the year.

It is really easy to register with your surgery as a Carer, all you need to do is complete one of the 'Do you Care for Someone' flyers which should be available at each surgery. Then hand this over to the GP practice team and they will place you on their Carers Register.

Benefits of registering can include:

- Invitations to the seasonal flu vaccine programme.
- Ensuring your health and well-being needs are being met.
- Access to health promotion activities including healthy eating programmes and invitations to Carers events in the surgery.

You may also be given information on local services available for Carers including Derbyshire Carers Association and the Carers Emergency Card.

For more information please call the Transition Team on 01246 222373 ext 3 or ask the Carers Champion in your local GP surgery.

Staveley Carers Group

Meets at the Staveley Centre, Calver Crescent, Middlecroft, Staveley.

Every second Friday of the month, 1pm to 3pm:

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

This Carer-led group offers the opportunity for you to meet other Carers in a warm, friendly atmosphere. Come along and share your ideas, make new friends, attend social activities, outings and special events

A very warm welcome awaits you!



Glossop Update

Pamper Day

Carers from across Glossop enjoyed a lovely pamper day in March with therapies including a manicure, reiki, facial, arm and hand massage, foot and leg massage, a lovely back massage with aromatherapy oils or through clothes if preferred.

Everyone who attended had a lovely restful time, feed-back on the evaluation forms was really positive with Carers appreciating the opportunity to 'chill out'.

Everyone said how much more relaxed they felt and how good it was to have a little time just for themselves, of course the question was 'When is the next one!'

Thanks to Pat and her colleagues for all their efforts.

M.P. pays a visit to Carers Group



The evening support group on 27th March gave a warm welcome local MP Andrew Bingham, who braved the snow to visit Glossop Carers. Carers were invited to submit questions beforehand and Andrew also fielded questions on the night.

Many questions were around the lack of respite provision, the fact that Carers don't know definitely until two weeks before if they can actually take their holiday and also costs. Some asked for more details on dementia services and how the Government sees these developing.

Andrew has agreed to come back to talk to us again, I just need to sort a date out with him, however if any High Peak residents would like to ask questions beforehand please either forward them to me or contact Andrew's office on: 01298 26698 / or e-mail: andrew.bingham.mp@parliament.uk

CARERS WEEK

In Glossop I am organising an information day, the Carers Week title of 'Prepared to Care' raises all sorts of different ideas of how to interpret the title.

With this in mind I am inviting many different organisations to take part - to inform Carers and the public in general about the different options available to those already in a caring role; to those just at the start of this new way of life and also inform others who are not Carers about the role of a Carer and what is available in the community.

The information day will be on Tuesday 11th June at Bradbury Community House, Market Street, Glossop. It will run from 10am until 3pm, tea and biscuits will be supplied. It would also be really good if some Carers were willing to come along and join a forum to discuss the effects of caring and the positive outcomes they have.

If you would be interested in attending please ring Lynda Hammond telephone: 01457 858383 for further information.

Late News...

I have just had confirmation that a representative from Willow Wood Hospice will be attending our support group on Tuesday 28th May at 7.30pm at Bradbury House.

Pat Hunter will talk about all the work of the hospice, the day services and how it fits into the community for Glossop residents. *Lynda Hammond - Glossop Carer Support Worker*

Dales Diary

The Ashbourne Support Group: unfortunately the venue has been closed at short notice, we are currently sourcing a new location for the monthly support groups, please contact the Dales office for details or if you have any suitable locations.

Bakewell, Gernon Manor – 2.00pm-4.00pm. Meetings have been arranged for June 13th; July 11th; August 8th; September 12th; October 10th and November 14th.



25 years Commemorative Quilt

Calling all crafters and stitchers!

Rebecca Volli is making a quilt to celebrate DCA providing 25 years of support to Carers. If you would like to make a patch for the quilt, have any spare bits of material or embellishments, even an old piece of clothing that you don't want, please call Rebecca on 01629 812132 or e-mail: dales@derbyshirecarers.co.uk.

Unusual items are especially sought-after, especially those with a 'caring' story or a sentimental theme behind them, but all donations big or small will be gratefully received!

We hope Rebecca, our Dales Carer Support Worker, recovers quickly from her planned operation. We're all rooting for you Becky - keep off the high heels and hop to it! *DCA staff*

HIGH PEAK CARERS

I attended a very informative day at the Lee wood Hotel, in Buxton, there were lots of stands with information about services in the area, new groups etc., a PA directory, and a new group offering support for people with additional needs. If you were unable to attend and think some of the information may be useful to you please give me a ring; 01663 745500.

Buxton Carers Group

The group have had several interesting speakers, John Morton gave a talk about places out and about in Derbyshire, with some fantastic photos, last month a Community police officer came along to talk about 'Keeping safe' and next month we are having a 'Pamper Session' - Wednesday 1st May, Buxton Methodist Church, 11am-12.30pm.

Chapel-en-le-Frith Carers Group

Usually meets at Blythe House, Eccles Fold. Monday, 2.00-3.30pm, on Monday 20th May we are meeting at the Fallow Deer, Chapel-en-le-Frith at 1.00pm for lunch.

Hopefully the snow has now gone, (fingers crossed), and everyone will be able to get about without fear of slipping. Sorry to any one who made it to some groups that had to be cancelled, I did try to contact all those Carers who were likely to turn up but inevitably Carers may have been missed.

Lynne O'Brien - Carer Support Worker High Peak.

Amber Valley Support Groups

Carers Breaks - Lots of A.V. Carers have benefitted from the funding, please contact Louise Green, Amber Valley Carer Support Worker on 01773 749087 for further updates.

Belper Carers Support Group. Meets 2nd Wednesday of the month, 10.30am-12 Noon at Manor Farm, Newbreck Road, Belper.

Ripley Carers Support Group. Meets 1st Tuesday of each month 10.30am-12 Noon at Field Terrace, (Opp. Co-op store), Ripley.

Heanor Carers Support Group. 2nd Monday of each month, 10.30am-12 Noon at Park Court Community Rooms, (opp. Hospital through archway at Sheltered Housing), Ilkeston Road, Heanor.

All Carers will receive a very warm welcome at these friendly, informal Carer support groups.

Carers Group update

It's now been nearly two years since we moved into the Carers Centre at Chesterfield and we've seen lots of changes in such a short time at Derbyshire Carers.

The increase in the numbers of Carers joining us has been phenomenal - and it's a honour and privilege working with all our old and new Carers.

For myself it's time to rethink what's working well for Carers in my area - and what is lacking - and so after consulting with Carers who attend the Tibshelf group, we have made the decision to close this group and start a new group at The Hub, South Normanton.

The Hub which has good access and car parking, great facilities, cafe, meeting rooms and is close to all local amenities. Carers can even do some of their shopping before or after visiting the new group.

A consultation meeting was held on 2nd May, with Carers invited to voice their opinions on what they would expect from a new group. In attendance were Cath Carlise, Social Services manager from Woburn House, Blackwell, along with representatives from the Alzheimer's Society and the Sitting Service at Stonebroom.

We hope to launch the new group on Thursday 4th July, (2pm to 4pm) - everyone will be made very welcome.

Come along and share your experiences, concerns and needs - Carers after all, are the experts.

Let us consult and discuss how we can be supported - with help from DCA.

Janis Handley, Chesterfield office and Carer for 45 years.

Telephone 01246 222373. Ext. 2



A big Hello!

My name is Carol Sayers and I have just begun working as the Carer Support Worker for Erewash. I am replacing Emma Handley and by all accounts, I have some 'big boots to fill' - I know she will be greatly missed. However, I'm up for the challenge!

I will be based in the Ripley office and will generally be working on Wednesday, Thursday and Friday each week.

I have a varied background mostly in community development work as a Youth & Community Worker in the Amber Valley area and Derby City. I've also been responsible for the setting up of a number of Information and Advice Projects in Derbyshire; 'Unit 10' in Chesterfield is still going strong, I hear.

I lived in Dorset for ten years setting up the Quay Advice and Information Centre, which is also still very successful, before returning to Derbyshire to take care of my mum and to be nearer to my grandson.

My mum was an independent person, as a young widow she raised five children on her own and even looked after her own mother! As she became older and less mobile, my siblings and I wanted to ensure she was well cared for and looked after.

When she was diagnosed with a terminal illness, her one and only wish was that she remain at home, which is exactly what she did.

Our family were very fortunate as we received a lot of help and support from her GP, district nurses and her wonderful palliative care team. However, I know of other Carers who, for various reasons, have not been so fortunate. I hope my own personal experience will enable me to relate and empathise with Carers.

Carol Sayers - Erewash Carer Support Worker

Lynne's the retiring sort

Where do I start to talk about someone who has been with Derbyshire Carers Association 22 years - working with Carers for all of that time - and has made such a great difference to Carers and their families.

Lynne O'Brien, our High Peak Carer Support Worker, has experienced many changes within DCA over the years, having played an integral part in re-shaping how we deliver our services to the ever-changing needs of Carers across the whole of Derbyshire.

Utilising her vast experience, Lynne has been part of our staff induction process, guiding and instructing new colleagues through the intensive DCA learning criteria.

Staff members have expressed nothing but positive and kind regards for Lynne, who will leave a massive void when she retires in June to explore the wonderful world of retirement.

Quotes include: 'Very genuine person, dedicated to Carer's rights'; 'She sees things from a Carer's point of view'; 'Very passionate commitment, nothing is too much of a challenge'; 'Enthusiastic and self motivated, humorous and happy' - although I reckon that last comment was heard during happy-hour at the wine bar...

Lynne's life will now be filled with family and friends, caravanning, holidaying, pursuing her many hobbies, (she's passionate about singing), joining the 'Ladies Who Do Lunch Brigade' and many more yet to be discovered activities available to a retired 'lady of leisure'.

To many of us she is a very loyal friend who will be greatly missed - have a great retirement from all your envious colleagues at Derbyshire Carers Association.

Deborah Gough

Carers Support Manager, Derby City

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E-mail: chesterfield@homeinstead.co.uk
www.homeinstead.co.uk



Matlock Carer
29th March 2013

Dear Sir/Madam
Last month I was extremely privileged to receive a cheque for £250, to spend on something to enrich my life as a Carer.

I promised to let you know how I spent the money. I have bought a second-hand laptop (from a very reliable source). I can also afford two lessons, the first of which I have already had. I am hooked! I am now in constant touch with my four grandchildren, whom I have not seen for four years. My husband sleeps soundly for one to two hours every afternoon, so as I never leave him, I use the time to send e-mails and practice getting onto the Internet. I have a lot to learn, but I am thoroughly enjoying the new contacts I am able to make via the Internet. I realise it's never too late to learn!

My sincere thanks for opening up the opportunity to move into the modern world!
Yours most gratefully
Marjorie G. (aged 84)

Carers Breaks Scheme

The Department of Health Carers' Breaks Scheme for Derbyshire and Glossop continues to go from strength to strength with many Carers now accessing funding to help improve their health and wellbeing. Carers reaching certain criteria, can apply for funding of up to £250 - which can be used to help evaluate some of the pressures of an intense caring role.

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

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

How the money can be used:

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

■ It can be used in many ways, for example; as a contribution towards a gym membership or supporting another hobby. It could also be used to purchase more practical help, for example - assistance with gardening, decorating or with cleaning.

For further information regarding Carers Breaks Funding, please contact your local Derbyshire Carers office, telephone numbers are printed on page two - or for those who are now internet friendly... click to our new website: www.derbyshirecarers.co.uk. Many thanks Marjorie for your lovely letter - Ed.



Lisa's South Derbyshire update...

southderbyshire@derbyshirecarers.co.uk

National Carers Week

Commences week beginning 10th of June 2013, and in the South area I will be attending the Gresley Dale Surgery meeting old and new Carers.

We wish to find Carers who would be willing to be part of a press campaign during Carers Week, to help others find out what they may need to help with their caring roles for family.

If you feel you would be willing to speak on the radio or the talk to the local press about the help that is out there for Carers, please give me a call.

We would appreciate Carers speaking out during this week, if you are able to discuss your caring role in the Swadlincote and South Derbyshire area, could you help us highlight the lives of Carers and offer some advice to those just starting out?

If you don't speak out, caring goes on, no one knows about the time given freely and willingly to support family and partners.

Please help us to ensure South Derbyshire Carers are seen and heard. Ring Lisa Barker 01283 212194.

South Derbyshire Carers Office CVS Room 4, 46-48 Grove Street, Swadlincote

southderbyshire@derbyshirecarers.co.uk
The Office is open Mondays and Fridays 10am-3.00pm for walk-in appointments, other days please ring first to confirm your attendance.

Home visits are available by prior arrangement for Carer's Assessment and access to Carers Breaks funding where eligible.

Would you like a referral to the Handy Van Scheme; register as a Carer; get a Carers Emergency Card, or perhaps a lift to the local doctors via the Social Car Scheme. Or simply do you want to know more about the support available in the area, please call and ask or E-mail in your request.

At very busy times it can be difficult to contact the office, please leave a message on the answer machine with your name and number so we can call you back as soon as possible. If you feel you need to speak urgently to someone, please call our Ripley office to registering your need. Telephone: 01773 743355.

Coming up : starting in September

New Caring and Me series of courses, run to offer new Carers practical support and give them a chance to attend a course run for three weeks to highlight the areas of care and what types of skills you need to manage the caring role and your own needs.

To register your interest for this group please ring 01283 212194. Dates to be arranged to suit.

New Brochure available for adults

The new summer brochure for Adult Community Education is now available to download from www.derbyshire.gov.uk/adulteducation The brochure is also available at Swadlincote, Hatton and Melbourne Adult Community Education Centres, Library & Information Centres or from Call Derbyshire on 08456 058 058.

Carer Support Groups

Held at the CVS Building, Grove Street, Swadlincote DE11 9DD. Telephone: 01283 212194

Monday 13th May: 9.45-Noon Solicitor talking about caring roles and legal implications.

Monday 10th June: 9.45-Noon Carers, Cake and Coffee Morning: Talking about being prepared for caring. All welcome to come along and share their best tips.

Monday 8th July: 9.45-Noon Carers Volunteering / What happens at CVS.

Monday 9th September: 9.45-Noon Support Group

Monday 7th October: 9.45-Noon Speaker: tbc

Monday 11th November: 9.45-Noon Speaker: tbc

Wellbrook Carers Support Group. Held at Wellbrook Medical Centre Welland Road, Hilton DE65 5GZ.

Tuesday 2nd July, 10am-Noon Support and Speaker

Tuesday 3rd September, 10am-Noon Support and Speaker.

Tuesday 5th November, 10am-Noon Support and Speaker.

This friendly group is run by volunteer Joan Gingell, meeting in the room above the reception area at Wellbrook Medical Centre. On the alternate months, they meet for lunch or coffee across the South Area.

Call 01283 212194 to find out more. All Carers are very welcome.

ShoutOut Friday Night Group

A new group for young adults, people with additional needs are meeting for a Friday Night Club, meeting at Woodville Youth Centre. Ring CVS office to get registered: Telephone: 01283 550163.

<http://sdcvs.wordpress.com/2013/03/08/shoutout-group/>

As part of a joint funding initiative with CVS South Derbyshire and Derbyshire Carers Association, local Carers have been able to access emergency packs to help keep them warm and well over the winter period.

Pictured left is Chris Boulton collecting his pack from Lisa Barker at the South Derbyshire CVS office. Lisa informs us unfortunately all the packs are now gone, although she's pleased to say over 40 were handed out throughout the last four months! Thanks goes to Pam Wood at South Derbyshire CVS for all her help and assistance in this project.



Free Wills month for DCA Carers

In celebration of Carers Week 2013 - BRM Solicitors of Chesterfield, are offering all Carers registered with DCA the opportunity to make a Will for free!

Gemma Hardwick and Kathryn Wheeldon of BRM will meet Carers - one-to-one - to help complete their Wills, either at our offices here in Chesterfield or via a home visit or at their

premises in the town centre on Saltergate, Chesterfield. All they ask is Carers make a donation to Derbyshire Carers of £10 (or whatever can be afforded).

They will also be visiting our Carers groups during the year, offering 20% discount to DCA Carers with advice on care home fees, lasting power of attorney, etc.

For further information, please contact BRM Solicitors on: 01246 555111. Offer available 1st June to 30th June 2013.

Thank You Derbyshire Carers Association
for 25 years of supporting local carers



Helping you prepare for the future

JUNE 2013 IS FREE WILL MONTH

To celebrate Derbyshire Carers Association's 25th anniversary in May, BRM are giving you the opportunity to **MAKE A WILL FOR FREE.**

All that we ask for in return is that you make a donation to Derbyshire Carers Association to help them continue their important and much appreciated work.

To qualify, simply book an appointment to make a Will before 30th June 2013, quoting ref. "DCW"



Please contact:
Gemma Hardwick
01246 555111



Our offices are in
Chesterfield town centre,
opposite the Town Hall

We have our own free car
park and disabled access

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

01246 555111
www.brmlaw.co.uk

Gray Court, 99 Saltergate, Chesterfield, S40 1LD
BRM Solicitors are a firm of solicitors regulated by the Solicitors Regulation Authority (SRA) No. 1022194



LASTING POWERS OF ATTORNEY

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

Mental incapacity can occur at any point in life without warning, young or old. Making a Lasting Power of Attorney allows you to plan and make provisions in advance of any unforeseen circumstances so your health and financial affairs will be taken care of.

Contact Gemma Hardwick on 01246 555111 to make a FREE appointment to discuss how you can insure your future with a Lasting Power of Attorney

20% off
usual BRM fees
(not inc. disbursements)
Quote ref. DCA

Carer's Groups in the Derby area

Why not come along for a break and to meet other Carers. Enjoy activities, guest speakers and meet new friends.

DERBY CITY:

Derby Carers Centre, 17 Babington Lane, Derby DE1 1TA Meeting on the fourth Tuesday of each month in our upstairs meeting room. 10.30am-12.30pm

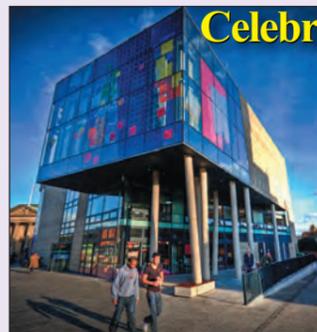
PARENT CARER'S GROUP:

For parents of children under 18 with LD/Autism/ADHD, etc. At Derby Carers Centre, 17 Babington Lane, Derby DE1 1TA. Meeting on the last Thursday of the month in our upstairs meeting room. 10.30am-12.30pm. (Subject to change during school holidays).

CHADDESSEN:

The Fire Station, Nottingham Road, Chaddesden, Derby Meeting on the second Wednesday of each month. 10.00am-12.30pm.

Call Derby Carers Centre if you would like to attend, on 01332 200002



Celebrating Carers Event!

Wednesday 12th June 10am-3pm

Join us at the QUAD in Derby City to Celebrate Carers and get a taste of Carers Breaks.

Come along and create your own Art with Artcore; have a hand and arm massage from fully qualified massage therapists; contribute to the Carers Book being written by our Creative Writing Tutor - Cathy Grindrod and Discover Wellness

with Wellbeing Works. Entertainment and refreshments will also be provided throughout the day, so what are you waiting for? Let's celebrate!

I'm Ann Hamp and I'm the new Carer Connect Worker for Derby City.

I'm working 20 hours per week and this will normally be on a Monday, Tuesday and Wednesday. I'm really looking forward to my new role and to working with such a fantastic team.

By way of introduction here is a little bit about my background: I started my working life as a legal secretary covering all aspects of the law. I then moved on after a few years to work as a paralegal clerk and this involved attending court with clients to instruct Counsel and support clients. I worked mainly with women who had suffered domestic violence during this time.

As my main interest was in people I moved on to study a Social Care Diploma and began work as a Community Care Worker, I enjoyed this immensely.

My interest in people took me on to study a psychology degree and led me to pastures new working within the University of Derby. There I worked first as a Graduate Teaching Assistant alongside undertaking research. I then worked as a lecturer and tutor and also undertook some support work within the University.

Over the past couple of years I have also worked as a mental health support worker.

The impact of a caring role became particularly apparent to me when my own mother became ill with dementia and as a family we realised how little we knew, not only about dementia but also about any support that was available, in particular for my father as her Carer.

The importance of the caring role and Carers having access to support and information brings me to the role of Carer Connect Worker and is something I feel passionate about and committed to. I am looking forward to working for Derbyshire Carers.

Ann Hamp - Carer Connect Worker, Derby City



Win a short break away to be taken at the end of the year at the prestigious New Mayfair Hotel - Blackpool

WIN A WEEKEND AWAY!

Blackpool's leading accessible hotel

- Connecting suites
- CQC registered
- Overhead tracking
- Quality dining
- 24hr call system
- Panoramic sea views
- Entertainment venue
- Transport services
- Large shower rooms
- Care packages

T: 01253 347543
E: sales@thenewmayfair.co.uk
W: www.thenewmayfair.co.uk

NEW MAYFAIR
Hotel for disabled people, their carers, friends and family

For your chance to win a short break - simply circle the ten words associated with a Blackpool holiday. To start you off - we've even highlighted one of the words!

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

The prize will be a Christmas-themed short break for two people (three nights) to be taken between 2nd December 2013 and 6th January 2014. The prize includes: bed & breakfast, dinner and evening entertainment every night!

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

Please send your completed entry to:
Derbyshire Carers Association
69 West Bars, Chesterfield, Derbyshire S40 1BA
before closing date: 01.06.13.

Your Name:

Address:

Tel:

If you do not wish to receive any further information from advertiser, please tick box:

Teaming Up for Transition project reaches a milestone



Teaming Up For Transition team members with representatives from The Big Chinese Society

The Teaming Up for Transition project is now into its second successful year working with GP's, health professionals and Carers. The project has identified and supported 455 new Carers across Derbyshire since its launch in June 2012.

We not resting on our laurels though; the project has an exciting second year planned - working with GP's; staff at community hospitals developing referral systems and continuing to identify and support Carers throughout Derbyshire.

During our first year we have:

- Worked with 60 Carers' Champions based within GP surgeries throughout the county, ensuring they are 'Carer Aware.'
- Delivered presentations to health professionals to raise the profile of Carers.
- Delivered presentations to Carers to offer support and guidance.
- Worked closely with GP's and health professionals to improve their understanding of Carer's needs.
- Attended Carer and dementia clinics to support Carers.
- Promoted the project through the local press and partner magazines.

- Developed referral systems to create a strategic link with health centres.
- Delivered Carer Awareness training.
- Attended 'Flu Clinics' to identify Carers.
- Manned stalls in hospitals.

To celebrate our 'Year One' milestone, we are holding a series of events with a 'Carer's Road Show' to offer information and advice to Carers at:

- **Burton (Queens) Hospital** Monday 10th June (all day).
- **Farming Life Centre, Bakewell,** Wednesday 12th June (2.30-4.30pm)
- **Littlewick Surgery, Ilkeston and Bakewell Surgery** (tbc).

Further details will be published on the DCA website as soon as we have confirmed additional dates, but we're hoping to have stands across the whole of Derbyshire.

If you would like to attend an event or discover more about the Teaming Up for Transition project, please call 01246 222373 ext 3 or E-mail: transition@derbyshirecarers.co.uk www.derbyshirecarers.co.uk

Chesterfield Carers Centre

Is working alongside The University of Derby School of Nursing on an innovative year-long project which will see Student Nurses completing part of their practical training with Derbyshire Carers Association.

Students will come to us for two to four weeks to further their education regarding the provisions for Carers within the independent and voluntary sectors and to develop their Carer knowledge and assessment skills.

We're looking forward to welcoming our first student nurses here in Chesterfield during Carers Week, starting 10th June, when we hope that they will have an opportunity to attend some of the events around the area and to meet some of our Carers.

If the project evaluates well, we hope to see more students furthering their education with us, as I'm sure that as an organisation, our Carers have a lot to teach them!

Debra Dudley

Word Search winner!



The winner of our Spring Wordsearch Competition is Mrs. Pauline Hall - who wins a bottle of Champagne - cheers!

Meet the new Mayor and Mayoress of Chesterfield



All Carers are invited to come along for a coffee and chat with the newly elected Mayor and Mayoress of Chesterfield, Councillor Peter Stone and - Barbara Wallace - at 1pm on Monday 10th June at the Carers Centre, West Bars, Chesterfield. It's a great opportunity to talk to the town's leading representatives in our informal and friendly atmosphere. Light refreshments will be provided.

Carers of cancer sufferers may be interested to know Barbara along with her husband, family and friends started the Nenna Kind Cancer Support Centre situated in Dents Chambers, New Square in the middle of Chesterfield.

This is in memory of their daughter, Helen, who died from cancer in January 2011.

Please telephone our Chesterfield office to register your interest in attending - Tel: 01246 222373.

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

Carers Breaks - at Becks Farm

A Carer's Experience:

We had a wonderful time, the sun was shining and the very moment we arrived the tension seemed to drain away!

We were warmly welcomed and kitted out with wellies and had another warm welcome from the delightful Alpacas!

The field had an amazing tent with a homely feel, we were given a cuppa and a talk about what we were going to do...

...We fed the alpacas, chickens, pigs, goats, horses and ponies. It was lovely to interact with them and they wandered around us throughout the rest of the day.

We then tried our hand at willow weaving, peg weaving, laying hedges and even constructing a bench.

At lunchtime there was a lovely home-made soup, bread and sandwiches followed by chocolate mousse. We sat and chatted about the day and then wandered to the top of the field and just sat and enjoyed tremendous views.

A Wonderful Time!



Drop-in Sessions

Derbyshire Carers Association runs a drop-in session every Monday from 10am until 2pm at the Council House, Booth No. 13, Corporation Street, Derby DE1 2FS

- Derbyshire Carers Association is the 'front door' for Carers in Derbyshire.
- You can get help to complete a Carers Assessment.
- Complete an Emergency Plan.
- Access a wide range of support.

If you need help, support or advice and you are a Carer in Derby City - then please drop in and meet us

A very big thank-you!



To our wonderful volunteers for all their invaluable support - which is very much appreciated! Volunteers at a Derby Pamper Day offering refreshments for all the Carers



National Carers Week 2013 Prepared to Care?

Events organised for the South of Derbyshire:

Monday 10th June
11am-12 Noon Derby Cathedral Service, Irongate Derby DE1 3GP

Tuesday 11th June
10am-2pm Information Stand at Sainsbury's supermarket, Westfield Shopping Centre.

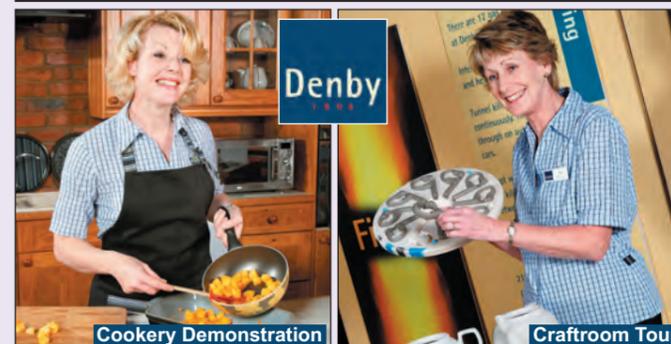
Wednesday 12th June
10am-4pm Celebrating Carers Event at The Quad, Market Place, Cathedral Quarter, Derby DE1 3AS Social Services lead.

Thursday 13th June
Main Event: Visit to Denby Pottery for all Carers in: Derby City, Amber Valley, Derby and South Derbyshire areas. See below.

Friday 14th June
10am-12 Noon Coffee and Information Day at Babington Lane Carers Centre, in partnership with Sainsburys.

10am-12 Noon Drop-in for Carers Event, Derbyshire Carers Centre, 17 Babington Lane DE1 1TA.

Saturday 15th June
10am-4pm Derby City Carers Pamper Day at the MS Centre, Jubilee Parkway, off Stores Road, (behind the Dance Studio).



Our Carers Week event this year is to Denby Pottery, it will include a full factory tour, cookery demonstration, lunch and a chance to browse all the shops and clearance offers.

The event is open to Carers of all ages and we politely remind you that we are unable to accommodate any cared-for on this trip. Please note that the factory tour is unsuitable for those with mobility difficulties.

This year, the trip is being offered over two days, depending on which part of the County/City you live in:

For those in the North of the region, covering Chesterfield, High Peak and Glossop, the event is on Wednesday 12th June.

For Carers in the South of the region, including: Amber Valley, Derby and South Derbyshire, the event is on Thursday 13th June.

Transport will be provided for those who are unable to make their own way there. Coach pick-up points will be organised and communicated once we have confirmation of the number of Carers attending.

To express an interest to the Denby visit, please complete the form on the right or for further information contact Becky Laughton at our Chesterfield Office, telephone: 01246 222373, or E-mail: rebecca.laughton@derbyshirecarers.co.uk.

PLEASE NOTE: You will not be able to reserve a space over the telephone.

New staff for our Derby City office...

We are Louise Gamblen and Diane Roe - we are so excited to be the new Carers Breaks Co-ordinators for Derby City Carers.



Over the last year we have both come to see the importance of Derby Carers and have relished the opportunity to be involved with the organisation.

Carers Breaks is a scheme that helps Carers to take a break from their caring role and we want to make sure that every eligible Carer has access to it.

For anybody who is not aware, Carers Breaks are short activity breaks accessed by Carers who are registered with a Derby City GP.

Free theatre visits, pampering sessions, woodcraft workshops and a wide range of creative media courses provided by the QUAD are just some of the options available.

Come and see us at the Derby office on Babington Lane or give us a call for more information and we can start the process of getting you the break you deserve!

Telephone number 01332 200002, Option 4. We look forward to hearing from you!
Diane and Louise

Denby Visit booking form

I would like to express my interest in attending the Carers' Week visit to Denby Pottery:

For Carers in the North of the region: (Chesterfield, High Peak and Glossop), on Wednesday 12th June.

Tick box

For Carers in the South of the region: (Amber Valley, Derby and South Derbyshire), on Thursday 13th June.

If I am successful in reserving a place, I would require transport to the event (times and pick-up points tbc.)

Name:

Address:

Telephone No.:

As space on the events is limited to 50 Carers per day, the first 50 Carers drawn out of the hat for each event will be notified directly.

Please return completed form to:

Rebecca Laughton
Derbyshire Carers Centre
69 West Bars, Chesterfield S40 1BA
No later than Tuesday 4th June, 2013.



Hello!



Hi, my name is Carroll and I am one of the newly appointed Carer Connect workers in Derby. I bring a wealth of experience from my numerous Voluntary and Statutory appointments.

Throughout my Social Work career I have worked as a practitioner within both Support and Care Planning and Assessment Teams. Following restructuring I have also worked as an Integrated Team Leader and managed a number of Children's Centres.

In between salaried positions I have also been a foster carer and step-parent to three children alongside having my own three children who are now 23, 20 and 16 years.

In terms of caring I have provided support for my late departed father and now my mother. Throughout my professional and personal life I have been very passionate about assisting and supporting those who do not have a voice and, for whatever reasons - are not receiving the services they deserve.

I began working at the Derby office as a volunteer and was overwhelmed by the level of care and commitment all the staff showed to their work - so this encouraged me to apply for this position.

I am very excited to be given the chance to be part of this team and look forward being part of this wonderful Association.

Carroll Hammond - Carer Connect Worker, Derby City.



Carers Service

Will be held at Derby Cathedral on Monday 10th June from 11am-12 Noon with refreshments afterwards

A Service to celebrate the work that Carers do
Carers, their cared-for, family, friends and professionals are all welcome to come along