

Over 25 years supporting Carers

# Carers News

Spring Newsletter 2014

No. 76

[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)



## The Derbyshire Challenge...

**Derbyshire County Council needs to save £157 million over the next five years. This is extremely serious and means that one third of the Council's funding will be gone by 2018.**

For Adult Care this will mean substantial cuts to services they currently provide. Cuts of this size will have a significant effect on people and communities across Derbyshire, people supported by Adult Care, the council and its staff, despite the fact that the council is committed to protecting its most vulnerable residents, as far as it possibly can.

The Leader of the Council, Councillor Anne Western, along with leaders from other affected councils, are continuing to make their case to national Government that these cuts are unfair and unjust.

However, at the same time the Council needs to plan how it will get through the difficult years ahead. The Council is calling this 'The Derbyshire Challenge,' which is all about how it will deal with the budget cuts and turn around the county's fortunes.

Firstly, work is being done to see what savings can be made within the Council. This will include, among other things, a review of senior management structures, surplus land and building disposals, vacancy control and smarter purchasing.

Work is also being done to look at better ways of working with partners, including the NHS and community and voluntary groups, to ensure that the best outcomes are being achieved and that there is no service duplication.

There are lots of small and large ways that money can be saved and they are keen to capture any money saving ideas from local people, staff and partners.

At the moment plans are being developed by each Council department to show how money can be saved. Adult Care reports went to Cabinet on January 21st 2014 after which more details will become available and you will then be invited to take part in consultation on specific proposals.

There are very difficult times ahead and this includes a big risk to staff from jobs cuts. However, the Council is determined to meet the 'Derbyshire Challenge' as best it possibly can and in so doing, protect Derbyshire's most vulnerable citizens.

For further information regarding how the Council is dealing with the budget cuts it has to plan for - click to: [www.derbyshire.gov.uk/council/news](http://www.derbyshire.gov.uk/council/news) or simply search for 'The Derbyshire Challenge' in your Internet search engine.



## Future-proofing Derbyshire Carers

We are now entering a new stage in DCA's evolution with Helen Robinson's recent departure. There is no doubt that Helen made a huge contribution to our development over the last four years, for which we are very grateful and we wish her every success in her new job.

We are equally grateful for the contribution which the Senior Management Team and all staff have made to get us to the robust position that we have now reached.

However, with the post of Chief Executive now vacant, the financial constraints facing our main funders and the potential impact of the Care Bill when it becomes law, we now have to consider how to prepare for what faces us.

In light of this, the Board of Trustees have taken the deliberate step to bring in Narinder Sharma as interim Chief Executive, to allow us the opportunity to reflect on the way forward and to minimise the impact of the vacancy on our organisation.

Narinder brings with him over 20 years leadership experience in our sector and understands the issues that Carers face. We wish him a warm welcome.

The Trustees wish to ensure that the organisation is able to continue to deliver high quality services, work with current and new partners and remain at the forefront of innovation in the provision of services to our Carers.

We are acutely aware that 2014 onwards will not be without its challenges and we intend to ensure that we have the most appropriate organisation in place to meet the challenges that lies ahead.

*Vicky Davison (Chair)  
On behalf of the Board of Trustees  
Derbyshire Carers Association*

## A quick introduction...

*Hello, I'm Narinder Sharma, currently working as the Interim Chief Executive for Derbyshire Carers following Helen's recent departure.*

*Coming from a caring background, I'm extremely excited to be given the opportunity to help DCA continue its outstanding work with Carers.*

*I feel our organisation is very well placed to meet the challenges ahead and I intend to ensure the very best service for our Carers - now - and in the future years.*

*Looking forward to meeting everyone over the next few months - Narinder.*





## Derbyshire Carers Association

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White House  
The Willows  
Slack Lane, Ripley,  
Derbyshire DE5 3HF

Tel: 01773 743355  
Fax: 01773 512288

### Amber Valley

01773 749087

### Bolsover and East Chesterfield

01246 222373. Ext. 2

### Chesterfield and North East Derbyshire

01246 222373. Ext. 2

### Derby

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

# Writing for the last time...

Hello Everyone,

**I want to say a huge thank you to everyone who has supported me in my time at DCA, the staff, the volunteers, the trustees and the Carers.**

I've been with the Derbyshire Carers for nearly five years and in that time we've grown and changed immensely.

We've opened Carers Drop-In Centres in Chesterfield and Derby City, relocated offices in Glossop and South Derbyshire - all to make our service more accessible to everyone.

We've almost trebled in size (staff and income) and are delighted to be now supporting nearly 10,000 Carers.

We've worked hard to secure monies for more services and we have worked closely with DCC and Derby City Council as services for Carers in the City have changed, with DCA becoming the 'Front Door for Carers.'

We have worked with the Department of Health securing substantial funding for our Teaming up for Transition Project and we have worked in partnership with our funders to ensure that Carers Breaks Funding is used to maximum effect for Carers in our area.

We've had lots of fun days... the Carers Week days included the Peak steam train trip, all the Carer's Balls, trips to Haddon Hall and Chatsworth, picnics, support meetings and also some very serious work together including the consultations on cuts to services in Derby City.

I have met and become friends with many of the Carers who the charity supports and they have been a great inspiration to me.

I am confident that DCA with its excellent staff, volunteers and trustees will continue to grow and develop, responding to the needs of Carers in Derbyshire.

I am leaving to work for a charity much closer to home but will miss DCA immensely and will always keep in touch.



*Helen Robinson*

Chief Executive Officer - Derbyshire Carers

## Skilled hands making a difference for our Carers

The staff and trustees of Derbyshire Carers Association would like to extend a huge thank you to Sue Spriggs and Jean Hartley who recently donated £1,000 towards the Charity.

Sue and Jean work tirelessly to raise money each year for various charities and over the past six years have donated over £10,000.

This year everyone at Derbyshire Carers Association were over the moon to hear Sue and Jean have very kindly selected DCA as one of their chosen charities.

Sue and Jean raise money through the sale of their own hand-made items of jewellery, fabric and knitted accessories plus other hand-made items.

The ladies also give talks and demonstrations to local interested Groups where they always highlight the work of the Charities they support.

The donation will make a big difference and go a long way towards helping Derbyshire Carers Association improve the lives of Carers in need throughout Derby City, Derbyshire and Glossop.

*A heart-felt thank you to Sue and Jean.*



*Pictured left-right: DCA's Joanne Goodison with Sue Spriggs - holding a small selection of her beadwork and silver jewellery.*

## Innovative Carer Project reaches 1,000<sup>th</sup> Carer

The Teaming Up for Transition Team, (TUFT) working on Derbyshire Carers Association's Carer Identification Project, has entered its highly successful second year working with GPs, health professionals and Carers.

To date, the project team have identified and supported over 1,000 new Carers in Derbyshire since its launch in 2012.

The 'TUFT' initiative is the only one of its kind in the country and its success will surely lead to other areas duplicating the innovative work found here in Derbyshire.

The Project, well into its second year, continues to work closely with GPs, staff and Carers in surgeries and community hospitals, developing and implementing referral systems and methods to identify and support Carers across the county.

For further information regarding the TUFT Teams' activities call: 01246 222373 ext.3 or email: [transition@derbyshirecarers.co.uk](mailto:transition@derbyshirecarers.co.uk) (Please ensure your GP surgery is aware you provide care for someone, to ensure your health is monitored - The TUFT Team)

## National Trust helping Carers

As we are now moving towards Spring, 'Winter Days' will be packed away till next year. However, National Trust properties are open all year round and many have special events to celebrate - such as Easter, Christmas, etc.

The majority of National Trust properties have a good degree of access and welcome visitors with disabilities and also welcome assistance dogs.

Again the majority of properties have adapted WC's, provide manual wheelchairs for loan and self-drive and volunteer driven powered mobility vehicles are available at some large gardens and parks.

Their admission policy admits a necessary companion, or Carer of a disabled visitor, free of charge on request.

However, the National Trust does have an 'Access for All Admit One Card' which can be issued by their Supporter Service Centre and means that you do not have to ask for free admission for your Carer/companion each time you visit a National Trust property.

You can obtain a card by phoning 01793 817634.

More information can be found online at: [www.nationaltrust.org.uk](http://www.nationaltrust.org.uk)



## Carers Voice

My name is Neil and I work for the Derbyshire Carers Association as the 'Carers Voice Project Co-ordinator', based at the Chesterfield Carers Centre.

Since taking on this initiative last May, new Carers are signing up to the project, especially as more Carers wish to have their voices heard in these very uncertain times.

I am also a family Carer myself, so I understand the stresses and strains involved with caring for a loved one and how lots of information is not known by Carers that would benefit them more in their caring role.

I am always on the lookout for new people to join the project, so if you have a few hours to spare each month, do feel free to get in touch with me, telephone: 01246 222373.



## A Caring Person...

It takes strong arms to support the weight of a breaking heart.  
It takes strong shoulders to comfort someone with a grieving soul.  
It takes a caring person to be that strong support.

We walk tall throughout the world, but even a mighty branch can break.  
This is when we seek out a caring person, who can be our supporting frame.

Someone who will stand by us when all the others have gone, our support in time of need.

You need strong arms to hug someone when they feel they cannot go on.  
You need strong shoulders for someone to cry on within their hour of grief.  
You need both of these things just to be the supporting kind.

*A Carers Poem from last year's Christmas Service - forwarded to us by Lisa Barker, Carer Support Worker*

## A very proud Carer accompanies her father to York Minster

Mr. Maurice Dykes (92), veteran of the World War II Battle of Kohima in North East India, is pictured here with his daughter Kath, meeting the Lord Mayor and Mayoress of York.

Invited by his regiment, the Second Division of the Royal Artillery, to its annual re-union, Maurice socialised with the few remaining soldiers from the campaign and then went on to chat with Prince Andrew in the famous Chapter House in the Minster.

The Prince invited them both to a garden party at Buckingham Palace, but unfortunately Maurice was unable to attend.



*Very proud daughter Kath (left) says her father - who is still going strong at 92 years - enjoyed the day immensely and is looking forward to the next regimental reunion!*

## Working with Care Homes in the county

Derbyshire County Council Adult Care Services produced a tender for work which aimed to support a number of changes in four of its council-run care homes which would see improvements made to the home environment for those who have a frail memory or who are in the early stages of dementia.

The project is supported by funding from the Department of Health, which has accepted Derbyshire County Council Adult Care Services as an Enhancing the Healing Environment pilot project. The overall aims of the project are:

- To achieve tangible, physical improvements to outdoor spaces at Castle Court, Thomas College and The Grange.
- To develop resources to support way finding and orientation at all four HOPs within the project
- To address sustainability of the improvements beyond the lifetime of the project, this may include aspects of design, staff training and developing community involvement
- To produce a final evaluation report of the work which describes the process and changes achieved, including the impact on the lives of the residents.

Working closely with DCC colleagues, key staff for the Derbyshire Carers-led aspects of the project are:

**Project Sponsor:** Izzy Fisher DCC Commissioning Manager.

**Senior Suppliers:** Derbyshire Carers Association.

**Project Assurance:** Joanne Goodison Business & Administration Manager.

**Project Coordinator:** Debra Dudley.

Improvements to be made at Castle Court in Castle Gresley, Whitestones at Chapel-en-le-Frith, Thomas Collodge House in Bolsover and The Grange in Eckington include:

- Uniform dementia friendly signage throughout the home.
- Re-design and re-decoration of dining areas.
- Orientation boards for lounges.
- Artwork to be used as a tool to support wayfinding.
- Colour coding.
- Gardens to be renovated and furnished with new patio furniture, bird tables, bird boxes, new planted tubs, etc.
- Aids to wayfinding / orientation.

The project also draws on the expertise offered by 'First Taste' – who support activities within care homes and input from local schools and colleges.

Each home is also offering the opportunity to join their 'Friends' group, where anyone who is interested in supporting and helping care home staff, residents or Carers.

Anyone who is interested in joining the Friends Group can contact their nearest home directly or call Debra Dudley at Derbyshire Carers on 01246 222373, or via e-mail at:

debra.dudley@derbyshirecarers.co.uk

## CARERS EMERGENCY CARD

Anyone who provides essential support can obtain a Carer's Emergency Card, regardless of the amount of support they provide.

In an emergency, and this card is found in your purse or wallet, people will know that you are a Carer and that someone relies on you for help and support.

If an emergency arises, services will be able to contact a relative or other person who can step in, until you are able to resume your role, or can arrange alternative support.

You can submit details on-line at: [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) - Emergency Carers Card - or ask your local DCA worker for an application form.

It's very straight forward and well worthwhile - we recommend all our Carers to have one!



## Bus service for Cancer patients

The Nenna Kind Cancer Drop-in Centre based in Chesterfield town centre have organised a bus service for anyone going to Weston Park Hospital in Sheffield for treatment.

The service will run twice a day, Monday to Friday, leaving at 10am from Chesterfield, arriving at Weston Park at 11am. Returning from Weston park at 1pm.

The second run departs Chesterfield at 2pm arriving at Weston Park at 3pm, returning from Weston Park at 5pm.

All seats must be booked in advance at a cost of £5 per return journey. Telephone 01246 555514 or M: 07564 152921 for information.

**Nenna Kind Cancer Support Drop-in Centre, 3rd Floor of Dents Chambers, New Square, Chesterfield.**

*A big thank-you to all involved in organising the AGM and party celebrations to commemorate the 25th anniversary of Derbyshire Carers Association - established in 1988.*

*Held in the County Offices Ballroom at Matlock, the evening was a great success!*

*Transport was made available from Chesterfield and we were dropped off just outside the main door, avoiding having to walk up the steps at the back - a boon for many of us who are a little unsteady on our feet.*

*It was a very lively meeting with the Ballroom beautifully decorated in DCA's corporate colour of purple with many Carers joining in the fun by donning purple items of clothing to*

*show their support and appreciation. There was a lovely buffet, interesting speakers and guest speaker Pat Hall gave us a humorous, light-hearted look at life through the eyes of a 'mature lady' living in a small Derbyshire village.*

*Everyone was made very welcome by all the DCA staff and we were invited to the Carers Ball later in the year - something I looked forward to, as I've never attended one before.*

*Chesterfield Carer*

*Everybody should have a cake to celebrate a 25th anniversary!*

*Many thanks to everyone who helped make the evening such a success.*



## Gaining experience with DCA Carers

Staff at Chesterfield Carers Centre are pleased to welcome Claire Symonds post-grad Occupational Therapist Student with Sheffield Hallam University, and Shona Lupton Psychology student with Nottingham Trent University - both completing placements for their respective courses.

Claire is going to be spending time with us through January and February, learning about our organisation, and how we work with carers. As a part of her placement she will be writing a report on how Chesterfield Carers Centre could benefit from input from someone with a background in Occupational Therapy.

Shona will be spending some time at Chesterfield undertaking a study with younger carers to find out how their caring responsibilities affect them as individuals. Shona's study has received ethical approval from the university and will be supported by staff and our own senior management team to undertake the study over coming months. Shona will also be working as a volunteer at Chesterfield Carers Centre, supporting the Teaming Up For Transition teams

By developing Chesterfield Carers Centre as a placement centre not just for student nurses, but for a range of allied health and social care professionals, DCA staff gain a greater insight into the roles of these future practitioners, and also take the

opportunity to place the health, wellbeing and support of carers onto their agenda at the outset of their careers.

Our next student nurses from Derby University will be:

9th June 2014 for 2 weeks

14th July 2014 for 2 weeks

28th July 2014 for 2 weeks

We are also investigating the possibility of accepting student Social Workers on placement here at Chesterfield.

This work is currently in the very early stages, and a full learning outcomes mapping exercise, practice based learning activities, cost / benefits report would need to be completed with the relevant universities – but this is potentially very exciting for us here as this would further increase our inter-professional learning portfolio, as well as increase the benefits for DCA, both in terms of additional support we receive and raising our profile as a charity and stakeholder in inter-professional education within the East Midlands. I will keep you posted with any further developments!

The original student pilot programme is due to be evaluated in the summer, and hopefully funding will be secured to continue with this work, as it benefits staff, students and ultimately our carers.

*Debra Dudley,  
Chesterfield Carers Centre*



*L-R: Shona Lupton,  
Claire Symonds and  
project leader Debra  
Dudley, photographed  
at the Chesterfield  
Carers Centre.*

## Spireites Disability Football Club

Disability Football Coaching sessions are being held for 6-16 year olds every Thursday throughout the year (except during school holidays).

The aim is to provide youngsters with disabilities, the opportunity to participate in the nations' favourite game and to improve their skills, confidence and motivation. The sessions also provide the opportunity to develop social skills within a fun, safe environment under the supervision of a qualified coaching staff.

All activities are led by Chesterfield FC Community Trust qualified coaches.

Sessions are held on Thursdays, 5pm-6pm in the Sports Hall, Queens Park Sports Centre, Chesterfield, and cost £2 per session.

For further information please phone the Chesterfield FC Community Trust on: 01246 269300 ext 6007.



## Kiloran Trust

There is a warm welcome waiting for all Derbyshire Carers at the Kiloran Trust in London.

Any Carers who are needing a break at a real home-from-home, please contact Norma Graham, Kiloran project manager on 02076 027404 or DCA Support Worker - Janis Handley: 01246 222373.

## Volunteering Opportunities!

Do you have a couple of hours free? How about volunteering for DCA?

We have vacancies for volunteers in a number of areas all across the county.

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

Please contact Kelly Gibbons on 01246 222373 or e-mail: [kelly.gibbons@derbyshirecarers.co.uk](mailto:kelly.gibbons@derbyshirecarers.co.uk)

## Parenting Additional Needs is excited to be joining forces with Derbyshire Carers Association to offer much needed support to Parent Carers.

Parenting Additional Needs was set up two years ago by Emily Brailsford and is run solely by parents of children with an additional needs. They offer monthly support group meetings with professional speakers, day trips and fun days for the whole family.

When founder Emily first started the group it was based in Matlock but it soon became apparent there was a need for this service elsewhere. They now have well-established groups in Matlock and Chesterfield as well as a new group which opened in Ashbourne early this year. They hope to have groups opening throughout Derbyshire.

A special-needs child can change the whole family's life so they are also running a siblings art journal course which is a six-week programme and is aimed to help siblings deal with their feelings and emotions.

It's also a great opportunity to make friends with other children who have a disabled sibling.

Please feel free to pop along to any of the meetings. All dates, times and locations are updated regularly on the Facebook page or their website [www.parentingadditionalneeds.org.uk](http://www.parentingadditionalneeds.org.uk) or simply give them a call on: 07980 762778.

# City Centre News

## Derby City Carers Centre

17 Babington Lane DE1 1TA . Tel: 01332 200002

Open 9.00am - 3.00pm, Monday to Friday

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

## Derby City Carers Breaks - Pamper Days...

Everyone had a wonderful time at the Christmas Pamper Day... many raffle prizes were won, new friends were made, and relaxation was the key word of the day!

Pamper Days are available to any Carer who is registered with a Derby City GP.

Please contact Louise or Diane on 01332 200002 ext 4 or E-mail [louise.gamblen@derbyshirecarers.co.uk](mailto:louise.gamblen@derbyshirecarers.co.uk) for further information or to reserve your place.



DERBY CITY  
CARERS  
ONLY



Derbyshire Carers Pamper Days offer Carers time to relax and enjoy a range of therapies.

All of the treatments are provided by a team of holistically qualified therapists who have been supporting Carers for over eight years.

*All sessions are delivered in a calming and sensitive environment.*

### 2014 DATES AT THE DERBY MS CENTRE

Lilian Prime House, 7 Enterprise Way, Jubilee Business Park (off Stores Road), Derby DE21 4BB.

29 March, 12 April, 10 May, 21 June, 19 July, 16 August, 20 September, 18 October, 15 November, 13 December.

Time: 10:00-16:00.

### 2014 DATES AT BABINGTON LANE, DE1 1TA

(appointments only):

24 May, 26 July, 27 September, 29 November.

Time: 10:00-16:00 (Last appointment 15:30)

#### REIKI - for stress

Deep relaxation, helps with pain control. Enables you to deal with all that life throws at you. Brings inner peace. NOT suitable for anyone using a pacemaker.

#### REFLEXOLOGY - for stress

For relaxation and general wellbeing. Helps with IBS/tummy problems. Clears imbalances and energizes the body.

#### FACIALS - stress release and moisture

Feel totally pampered and refreshed and revitalized. Tone facial muscles and soften laughter lines. Use of aromatherapy based products. Cleanse, tone and exfoliate.

**MANICURE** - Cosmetic beauty treatment for fingernails and hands. Consists of filing, shaping of the nail, treatments, massage of the hand and forearm, and finally application of nail polish. Gel nails available for a payment of £6.00.

**PEDICURE** - Foot spa, exfoliate, massage followed by file and polish.

**REMEDIAL MASSAGE** - Occupational injuries, aching muscles, back and neck problems, frozen shoulders, lower limb problems, stress.

**SPORTS MASSAGE** - Concentrates on problems and restricted areas. Improves muscles and joints.

**RELAXING MASSAGE** - Back, hands or feet. Soothes nerves, eases muscle tension and improves circulation. Leaves you with a feeling of wellbeing.

**INDIAN HEAD MASSAGE** - For those that carry tension in the shoulders, neck and head. Boosts immune system, stimulates the circulation and brings clarity of thought.

**AROMATHERAPY MASSAGE** - Use of essential oils helps relieves stress and aching muscles. Very soothing and relaxing.

**HOPI EAR CANDLES** - Available for payment of £8.00. An alternative medicine practice claimed to improve general health and well-being by lighting one end of a hollow candle and placing the other end in the ear canal.

**NB: SOME treatments not suitable for people with skin conditions. All therapists have the right to refuse treatment.**

## Care Link Safe Socket

Care Link can provide a Safe Socket which may be beneficial to Carers. I discovered this when a Carer contacted me very upset as her mother had fallen and knocked the telephone off the hook and could not then activate her panic button as the telephone line was not available.

Through contacting Care Link we have found out that the telephone line can be bypassed via a safe socket that Care Link can provide and fit for a one off payment of £21.

This means that should the phone be off the hook the alarm can still be activated.



DERBY CITY COUNCIL

Ann Hamp

Carers Connect Worker/Support Worker

## CREATIVE CARERS

### Are you a Carer who needs to increase your income?

An exciting, FREE, six week training course for carers, with lunch provided, is being piloted in Derby city. The sessions will:

- Discover the skills and strengths you have.
- Help plan how to sell/use your skills and:
- Design an action plan to turn those dreams into a reality.

The training is a place to plan and think ahead. You can learn how to increase your income by selling skills or products. It may be years before you put your plan into action or you might want to get going straight away. It's up to you.

To get further details about course dates, or to book yourself on: E-mail: [creativecarers@gmail.com](mailto:creativecarers@gmail.com) or you can leave a message for us with Lisa Hallsworth on 01332 200002 at Derbyshire Carers.

If you live in the City we may be able to help with Carers' sitting costs. We look forward to hearing from you.

Vita Snowden - from Creative Carers  
A Social Enterprise set up by Carers for Carers

## Time to Share:

### Carers out to lunch and consultation

In response to Carers' views we would like to propose a Carers' Lunch/ Chat - for the 17th April 2014 for Derby City Carers.

Starting at 11.30am for lunch at 12.30pm. There will be a big raffle and the opportunity to chat until 3pm. We will confirm venue asap.

If you are interested in attending at a reduced rate for lunch of £5 (including a raffle ticket for some super surprise prizes), please call the Derby Carers Centre on 01332 200002, extension 1 - and book with Lisa Hallsworth. This is a first come, first served event.

Whilst we envisage this to be an opportunity for Carers to 'come together and share' we recognise that there are those who would need to be accompanied by those they care for. Should this be the case please discuss this at time of booking with Lisa.

To join us on this day please ensure you book and provide a deposit of £2.50 per person (non re-fundable), either by cheque payable to Derby Carers Centre or in person at the Centre by 10th March 2014.

Please provide details of allergy/intolerances at this point.

The co-operative membership

Many thanks!

Derby Carers Centre would like to say a big 'Thank You' to the Co-operative Group for their kind consideration in granting us the sum of £250.

The money will be put towards a lunch for our Carers, which we hope to arrange for Easter.



### A warm welcome to Georgina...

...who has recently joined Derbyshire Carers Association and will be working as Business/Administrative Apprentice at our Derby City offices on Babington Lane.

Georgina has joined us via Learning Unlimited and is working towards an NVQ Level 2 in Business/Admin during her 12 months stay with us.



January 2013 was the start of a whole new outlook for an Alvaston Carer who discovered she had hidden talents. Lillian (pictured below), utilised funding from Derby City Carers Personal Budget to attend art lessons with local tutor - Sue Trentham.

Mastering acrylics, Lillian has gone from strength to strength, acquiring further skills and gaining more and more confidence. She is now enjoying a photography course at the Rycote Centre to develop her skills even further. Lillian tells us: 'All Carers need an escape, a chance to relax, when I attend my two-hour painting sessions, I think of nothing else, I enjoy it immensely.'

'I've got so much from the sessions,' added Lillian, who admits she had never painted before, stating the funding was the 'push' she needed to try something new.

*Pictured below: Lillian with examples of her work. If you look closely, you'll see we have used her painting of foxgloves as a background to our Carers News masthead.*



ArtCore

Make jewellery, pottery, sculptures, clay models and paint paint paint!

Derby City Carers Breaks\* offers you free sessions at ArtCore ...learn new skills, explore creative techniques and enjoy yourself!

Please call Louise Gamblen or Diane Roe for more information on 01332 200002 ext. 4, or E-mail: [louise.gamblen@derbyshirecarers.co.uk](mailto:louise.gamblen@derbyshirecarers.co.uk)



\*Only available to Carers registered with a Derby City GP

## Open Meetings for Carers

All Carers are welcome, the meetings are to discuss Carer Services within the City and future developments. If Carers wish to ask a question of councils they can submit a question on the day or send via Derbyshire Carers to be asked on their behalf.

Dates: Thursday 10 April - Cllr Tittley available

Tuesday 30 September - Cllr Tittley & Cllr Bayliss available

Both meetings will be at the Council House, Council Chambers, from 11.00am to 12 Noon.

Jackie Straw

Commissioning Manager

Integrated Commissioning, Adults Health & Housing  
Derby City Council

## Care together from anywhere

*jointly*

This may be of interest to Carers who use mobile phones, tablets, laptops and computers...



'Jointly' is a mobile and online application created by Carers for Carers. It is designed to make caring a little easier, less stressful and a lot more organised. It combines group messaging with other useful features including to-do and medication lists, calendar and more! Use it with others or on your own. Click to <http://www.carersuk.org> for further information and to view the informative on-line video.

The app. allows you to:

- Invite people, see who is in your circle, view a log of recent activity
- Store useful information about the person you are looking after and access it any time at a click of a button!
- Communicate with everyone in your Jointly circle at a touch of a button! Simply post a message or upload an image.
- Keep organised and on top of things by using tasks and task lists. Simply create a task and assign it to any member of your Jointly circle, including yourself, and monitor its status.
- Create date/time specific events and invite anyone in your circle.
- Keep track of current and past medication of the person you are caring for. You can also upload an image to quickly recognise a medicine.
- Store useful contacts and access their details anytime, anywhere!

Once you create a Jointly account you can use it to log in to Jointly on any device you choose. Download the Jointly app on your iPhone, iPad or Android device or visit [www.jointlyapp.com](http://www.jointlyapp.com) from any other tablet, mobile phone, laptop or home computer.

You can visit [www.jointlyapp.com](http://www.jointlyapp.com) or download the app for free and access the Jointly video, Jointly user guide and Jointly FAQs in order to find out more about Jointly. Jointly works with circles of care. You can purchase a Jointly circle with an one-off payment of £2.99 either through the Apple or Google Play stores or at [www.jointlyapp.com](http://www.jointlyapp.com).

Once you have purchased a Jointly circle for the person you are looking after you can invite as many people as you want to share the care with you. There is no additional cost for you or the people you invite to join you. Alternatively, you can use Jointly on your own to organise the care around someone. In this case you will still need to buy a Jointly circle.

*Note: Some employers and service providers are offering Jointly. In this case you can ask for a Jointly voucher code which will allow you to use Jointly for free.*

## Hoax calls - targetting the vulnerable

We have been advised that a number of hoax telephone calls have been made to elderly and vulnerable people asking them to pass over their bank details saying that an "overpayment" of fees to DCC or Council has been made and that they would like to refund it (reported as stating £300 as the amount).

So far this has been reported as happening in the Amber Valley Area, but please think twice before giving any bank details over the phone.

## Census shows rise in Carer numbers

Census data has revealed that between 2001 and 2011 the number of Carers in England and Wales increased from 5.2 million to 5.8 million.

The greatest rise has been among those providing over 20 hours care - the point at which caring starts to significantly impact on the health and wellbeing of the Carer, and their ability to hold down paid employment alongside their caring responsibilities.

Helena Herklots Chief Executive of Carers UK said: 'The Census results show that caring is a growing issue as our population changes and ages. An increase of 11% in Carer numbers is a really significant rise. We are going to see many more families struggling and becoming physically, emotionally and financially overwhelmed by caring as their health suffers, as they fall out of employment and as their relationships are pushed to breaking point because they cannot get the right support'.

Carers UK

## Silver Line

A free 24-hour dedicated helpline for older people across the UK has been launched by Esther Rantzen.

'The Silver Line' aims to combat loneliness in the over-65s by providing friendship, information and advice through calls to trained volunteers.

*'Like child abuse, loneliness carries a stigma, especially for an older generation too proud to ask for help.'* - Esther Rantzen CBE.

To contact Silver Line please phone: 0800 470 80 90.

The phone line is funded by a £5m grant from the Big Lottery Fund.



Derby Carers get creative at P.A.C.E. with Craig and Cavan. Carers learnt new skills at a woodcraft programme producing various projects; display cabinets, a bird table, jewellery box and picture frame. Carers who attended this break from their caring role gave it a great big thumbs up!

## Seeing the sights in the Capital!

I've just arrived home from a wonderful five-day Carers Break in London with fellow Carer and good friend Diane. We stayed in a super little guest house owned by the Kiloran Trust which is situated in Shepherd's Bush.

When we arrived we were both tired and ready for a break from our caring roles. We were looked after so well by Norma and her team. Lovely, homely accommodation, good food and a warm welcome was awaiting us.

Whilst in London, we visited Westminster Abbey, St. James Park, Buckingham Palace and London Zoo. We also enjoyed a relaxing river cruise up the Thames and an exciting afternoon in the Tower of London.

We finished our Kiloran break with a show at the Prince Edward Theatre, watching the unforgettable Jersey Boys.

We were very proud of ourselves by the way in which we travelled around London. It's a huge place and everything is humongous. You could easily be daunted by the thought of getting lost but as true Carers, nothing fazes us! We jumped on and off the red buses to each and every new destination.

When we arrived home everything seemed a lot smaller than before.

Diane and myself would like to thank Colleen at Derby Carers for her help in arranging and supporting us over this most needed break.

Should we ever get the chance to visit Kiloran again, we have got one thing to say: 'London here we come!'

Janet and Diane  
(Derby City Carers)

*Kiloran is a charity that offers a few days break for Carers who are tired and need some rest from their caring roles.*

*They make your meals and will find out in advance what you like or if you are allergic to anything.*

*You can visit their website at: [www.kilorantrust.org.uk](http://www.kilorantrust.org.uk)*



# Carers Ball in the spotlight



**Celebrating  
25 years !**



Justifiably proud, last year saw Derbyshire Carers Association celebrate its 25th Anniversary and we marked the occasion with some very special events.

The AGM was a very different format from usual, with the business side of things almost taking a back seat to Carers just having fun!

The Mayor and Mayoress of Chesterfield came along to help us celebrate and cut the anniversary cake whilst guest speaker Pat Hall delighted Carers with her humorous tales - it was a lovely evening.

But biggest of all celebrations was the Carers Ball held at the prestigious Winding Wheel, Chesterfield.

It was time to dig out the posh frocks, dust off the dickie bows and dance the night away to some excellent music from the live entertainers.

A lovely buffet and a very big raffle with some fabulous prizes added to a delightful evening - and of course - we had to have another cake (*you can never have too many cakes*), thanks to volunteer Lynn, for her culinary skills in creating the three-tier delight.

Our resident lensman prowled the tables, photographing Carers as they let their hair down and enjoyed themselves. It was a chance to relax, unwind from caring roles and have a little well-deserved 'Me Time,' something we all need once in a while.

It was a great opportunity to meet fellow Carers from all across the county, with many Carers meeting old acquaintances and making new friends.

As you can see from the photo's - everyone enjoyed themselves immensely!

Looking back over the last 25 years there's been some memorable events for Carers, remember the fabulous steam train journey across the Peak District, the visits to Chatsworth House, Haddon Hall, Denby Pottery and who could forget the visit to Sudbury Hall Museum of Childhood.

We've held lots of pamper days over the years, always very popular with our Carers - along with a few more serious training days such as moving and handling courses, emergency first aid and the successful Caring with Confidence courses. The cookery sessions at Chesterfield are still talked about, it's something we've been asked to organise again if we can.

We are hoping we'll be able to continue these special events in the future and we're constantly trying to source funding to enable Carers take a break from caring and have chance for a little time for themselves.

## Carers Groups in your area

These Carer-led groups offer 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; training and information days, outings and special events. Everyone welcome!

### ABC Carers Group - Peter Webster Centre,

Sheffield Road, Whittington Moor, Chesterfield S41 8LQ

Meetings held every second Tuesday of the month - 10am-12 Noon

11th February	Mayor's Parlour - Guided Tour: Meet outside Chesterfield Town Hall at 10am
11th March	BRM Solicitors - Gemma Hardwick: 'Power of Attorney, Wills, Inheritance, legal information, etc.'
8th April	Steve Coles, Derbyshire Fire Service: 'Fire safety and awareness in the home'
13th May	Visit by Janette Wajs from Social Services 'The work of Social Services in your area' Q&A
10th June	TBA. Carers Week: 9th-15th June
8th July	TBA
12th August	TBA
9th September	TBA. 25th Sept: AGM at County Hall, Matlock
14th October	TBA
11th November	TBA
9th December	Christmas Celebration TBC

### ASD/ADHD Parent Carer Group

St.Thomas Centre, Chatsworth Road, Chesterfield S40 3AW

Meetings held 9.30am to 11.30am. For further information please E-Mail: [claree73@gmail.com](mailto:claree73@gmail.com)

Tuesday 25th February Visit from Parent Partnership.

Tuesday 25th March

Tuesday 29th April

Tuesday 20th May

Tuesday 24th June

Tuesday 22nd July

A Carers Group just for parents of youngsters suffering from ASD/ADHD or similar complaints



### The Staveley Carers Group - The Staveley Centre

Calver Crescent, Middlecroft, Staveley, Chesterfield S43 3LY

Meetings held every second Friday of the month - 1pm to 3pm

14th February	Paul Smith - Sports Physiotherapist
14th March	BRM Solicitors - Gemma Hardwick: 'Power of Attorney, Wills, Inheritance, legal information, etc.'
11th April	Mayor's Parlour - Guided Tour: Meet outside Chesterfield Town Hall at 1pm
9th May	Steve Coles, Derbyshire Fire Service 'Fire safety and awareness in the home'
13th June	TBA. Carers Week: 9th-15th June
11th July	Visit by Janette Wajs from Social Services 'The work of Social Services in your area' Q&A
8th August	TBA
12th September	TBA. 25th Sept - AGM at County Hall, Matlock
10th October	TBA
14th November	TBA
12th December	Christmas Celebration TBC

### South Normanton Carers Group

The Hub, South Normanton / Post Mill Centre

Meetings held every second Thursday of the month - 2pm to 4pm.

For further information please contact Janis Handley at the Chesterfield Carers Centre: 01246 222373.

### NEW - Dronfield Carers Group

With a view to increasing our services in the Dronfield area, we are currently working in partnership with the Derbyshire Police Force to organise a new Carers Support Group in the Dronfield/ Woodhouse area.

If you feel you may be interested in attending a Carers group or volunteering, please contact Linda Porter on 01246 222373 or E-Mail: [linda.porter@derbyshirecarers.co.uk](mailto:linda.porter@derbyshirecarers.co.uk)



## Glossop News...

Glossop Carers have had a busy few months. A Laughter Therapy afternoon with 'Laughing John', gave us the chance to laugh at ourselves and learn to deal with changing emotions.

**Our Halloween Party was brilliant,** everyone took it in their stride and dressed the part, we had a decorated room with cobwebs, spiders, bats and skeletons and had treats of eyeballs and bloodied fingers!

In November we had a Body Shop Party to raise funds. It was a great night and we raised £90 for activities in the area.

For our Christmas 'do', we had a change from the usual Christmas meal and went to the Oakwood pub in Glossop. We were entertained again by Sheila Gott, the brilliant Country singer. A lovely buffet was put on by the pub. The evening was well attended and everyone took a small gift home.

Moving on to this year, we had High Peak CVS to our January meeting. They informed us of how to change energy providers using comparison sites and other methods. We all would like to save some money and this helped show the way.

Our February group will be on the 25th. We have a someone from Tameside Hospital coming along to discuss their services and the 'Forget Me Not' Scheme. As Dementia is so much more in our thoughts, it's really useful to know of these services and what we - or our 'cared-for' - can expect from the hospital.

### EVENING SUPPORT GROUP DATES 2014

**February 25th:** 'Dementia Care' at Tameside Hospital.

Further meetings have been arranged for: March 25th, April 29th, May 27th, June 24th, July 29th, August: No meeting. September 25th - AGM at County Hall, Matlock. September 30th, October 28th, November 25th, December: Christmas Meal (date/venue tbc - central).

All meetings take place on Tuesdays evenings (unless specified) at Bradbury Community House, Market Street, Glossop and start at 7.30pm. Details for outings will be notified nearer the date.

All Carers are welcome to attend meetings, transport and/or a sitter may be available, but please ring Lynda on 01457 858383 or 07990 516616 to:

1. Check for details before the night.
2. To arrange transport if required.
3. To request a sitter.

I look forward to welcoming you to an event this year, January is our planning month, so watch this space for further details!

Lynda Hammond



## High Peak

Hi everyone, it is a New Year so I just wanted to confirm the dates for the Support Groups around the High Peak area as follows:

**Chaple-en-le-Frith:** 4th Monday of each month, 2pm until 3.30pm, at Blythe House, Ecclesfold Fold, Chapel-en-le-Frith, SK23 9T.

**Buxton Support Group:** meets at the Methodist Church in Buxton SK17 6HX. 1st Wednesday in the month, 11am until 12.30pm.

If you require further information please do not hesitate to contact me on 01663 745500.

Jill Cowan, Carer Support Worker, High Peaks

## Amber Valley News

**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 attending the Amber Valley Carer Support Groups are to enjoy a free lunch, thanks to the Co-operative 'Carers' Day Out Awards'.

The Co-op generously donated funds towards the cost of this event and we would like to take this opportunity of thanking them and wish all Carers attending an enjoyable meal!

### Belper update:

Are you a Carer living in the Belper area? If so, then come along to our small and friendly Belper Support Group. This group is in need of more Carers in order to continue, unless more Carers attend, this group will have to merge with the other AV groups. A very warm welcome awaits you!

*Louise Green - Amber Valley Carer Support Worker*

*Telephone: 01773 749087*

*E-mail: ambervalley@derbyshirecarers.co.uk*

## Ilkeston Carers Group

Meet fortnightly on Wednesdays, 1pm - 3pm in the Stanton Room at the Ilkeston Community Hospital. For more information contact: Carol Sayers 01773 743355 Ext 229.

## Bakewell Support Group

Meets every second Thursday of the month, 2pm-4pm, at the Gernon Manor, Dagnall Gardens, Bakewell. New Carers will be made very welcome.

Contact Rebecca Volli: 01629 812132 for further information.

## Carers Group at Hilton

### Dates for the Open Carers meetings

**2014:** Meeting on a Tuesdays from 10am - 12 Noon.

7th January, 4th March: Health Watch speaker, 6th May, 1st July, 2nd September and 4th November

These are bi-monthly meetings at the GP Surgery, The Upstairs Meeting Room, Wellbrook Medical Centre, Welland Road, Hilton, Derby DE65 5GZ.

For the alternate months, the Carers meet up for a coffee/meal out. For further information please contact :- Joan or Lisa on 01283 212194.



## Swadlincote Carers Group

Monthly Mondays 10am - 12 Noon, meeting at the CVS Building, Grove Street, Swadlincote.

3rd March, 7th April, 12th May, 2nd June, 7th July, 8th September, 6th October, 3rd November and 1st December.

*Lisa Barker - Carer Support Worker, South Derbyshire*

*Telephone: (01283) 212194*

*E-mail: southderbyshire@derbyshirecarers.co.uk*

## New Initiative for Erewash Carers

Derbyshire Carers Association are looking to recruit volunteers to act as 'Buddies' to Carers who might be feeling isolated, confused or new to their caring role.

Volunteers would support them to attend Carer Support Groups, help them to understand their caring role, possibly share their own experience of caring, assist them to access advice, information and further support.

Volunteers will receive some training, on-going support and any expenses would of course, be covered.

Likewise if you know of any Carers who would benefit from this new project please let us know.

*For further information please contact*

*Carol Sayers: 01773 743355*

**Erewash Carers** enjoyed a pre-Christmas Pamper Day at the Parklands Centre, Long Eaton. Manicures, Pedicures and Massages were just some of the treatments on offer.

*'The treatments were FAB!' 'Just having time to myself was great and the treatments were a bonus' - were two of the very positive comments!*



The main comment from everyone, of course, was:  
*'When is the next one please?'*

## Long Eaton Support Group

**Dates for 2014 - meeting at The Green Room, The Outlook Centre, 99 Briar Gate, Long Eaton, NG10 4BQ. 2pm-4pm.**

- |                       |   |
|-----------------------|---|
| <b>January 20th</b>   | Presentation by Alan Dearman, Barnardos.                        |
| <b>February 17th</b>  | Presentation by Mo & Carol - Bulgaria Baptist Relief Fund.      |
| <b>March 17th</b>     | Presentation by Stephen Flinders - Mrs Crompton's Diary.        |
| <b>April 28th</b>     | Presentation by Jas - Health Watch.                             |
| <b>May 19th</b>       | Trip to Anderton Boat Lift.                                     |
| <b>June 9th</b>       | Carers Week. Cathedral Service Derby City, 11am -12 Noon.       |
| <b>June 11th</b>      | Carers Day ( <i>details to follow</i> ).                        |
| <b>July 21st</b>      | Proposed Trip to Shakerstone Steam Railway.                     |
| <b>August</b>         | Closed.   |
| <b>September 15th</b> | Rami Seth talking about his adopted Country through brown eyes. |
| <b>October 20th</b>   | <i>tba.</i>   |
| <b>November 17th</b>  | Presentation by Pat Hall: Life Can be Fun!                      |
| <b>December 15th</b>  | Christmas Meal - <i>tba.</i>                                    |

*Any queries - please contact Pat on: (0115) 9720 449.*

## Raising funds for Carers



DCA fund-raiser Jerry Allen working with the Finance Team at NHS Supply Chain, Somercotes, organised events to raise much-needed funds for DCA Carers.

Monies raised were 'match-funded' by NHS Supply Chain to make a total of £1640.00. The money raised was used to provide two trips for Carers to Chatsworth House on 12th and 13 December. Thank-you so much, to every concerned.

## A final word from Helen...

Before I leave, just wanted to say a huge thank you for all your support during my time at DCA. I am off to work for another Charity, (which is a lot nearer to home) in February and promise to keep in touch with everyone.

I started at DCA in May 2009 and since then we've seen vast changes. The highlights have to be the opening the Carers Centres, securing the increase in funding from Derby City Council and getting the Department of Health funding.

I'm really pleased that we've been able to give Carers a louder voice to services via 'Carers Voice' and 'Carers as Ambassadors.'

Of course the main achievement has been increasing the number of Carers the charity supports from 3,000 to now nearly 10,000.

One of the most important things I think, is that DCA has remained at heart, a proper charity, still very much in touch with its roots - and still totally focussed on helping Carers.

DCA is lucky to have a great Board of Trustees, a fabulous staff team and some lovely volunteers and I'm sure that it is well placed to face the next future challenges, whatever they may be.

*With love - Helen Robinson*

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*Trustees present Helen with flowers  
and a memorable picture marking her  
date of birth, top selling single, etc.*



**Undeterred by the freezing cold and lashing rain, all the staff from Derbyshire Carers turned out in force, to wish Helen Robinson a fond farewell and to celebrate the tremendous work she has done for the Association. With lots of smiles and quite a few tears, we wish Helen the very best with her move to a new job, which is a little nearer to her home, enabling her to better balance work loads with family commitments. Wednesday 29.1.2014**