

CARERS NEWS

You Care, We Care

Over 30 years supporting carers

www.derbyshirecarers.co.uk

Spring 2018

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11th-17th June



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DEAR FRIENDS

DERBYSHIRE CARERS ASSOCIATION DELIVERY CENTRES

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

Derby Carers Centre
22 Mallard Way
Pride Park
Derby
DE24 8GX
Tel: 01332 200002

OUTREACH OFFICES

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

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

KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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

**Please note
our new
address
above**

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

Registered Charity No: 1062777

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

Dear Friends,

The Association has been busy in recent months recording and compiling the many activities and achievements of the last year. It has not been easy. This year is the first of a five year term of offering hope to the many thousands of carers in our beautiful County. Whilst looking through past promotional material for our many events, the colour purple jumped from the page. It combines calm stability of blue that every carer offers their loved one and fierce energy of red that is needed to make sure their family receives all the help they need and are entitled to.

I am pleased to say it is this same offer of stability and advocacy that has meant Derbyshire Carers has had a highly successful year on behalf of the approximated 130,000 adult carers and the estimated 6000 young carers in the County.

We are pleased to report our First Aid and Manual Handling training specially designed for individual carers is now firmly established. Initial feedback is excellent, learning objectives are agreed with each person and suited for the person they care for. If you feel you could benefit please book yourself onto one of the sessions. Please be aware also it's not all school work, because we are fortunate to have the White Peak on our doorstep the walking for carers initiative has got off to a "brisk" start. I shall be joining you on these and look forward to talking with you whilst we walk. This training is part of a wider initiative of Carers Breaks and Training, it is underpinned by the premise, for which there is considerable evidence that a modest level of help and training for a Carer early on in their carer journey will prepare them for a time that is much more challenging later that may threaten to overwhelm them.

This is the first year of our new Young Carers' service and currently we have a caseload of 192 young people we are working with. We have been provided with enough resource by the County Council to support 160 but the demand for the excellent support available from our workers has been such that we have used our own resources rather than close our doors to these children who do an amazing job looking after a vulnerable member of their family. We will continue raising awareness of

Young Carers and raise funds so we continue supporting families.

Thank you to the whole team overseen by Deborah Gough, your work is greatly valued, and I am confident the service will grow and continue introducing innovation to a vital area of our offer to young carers.



NARINDER SHARMA
CEO – Derbyshire Carers

Another new major strand of our work is the Engagement service. We have been fortunate to have recruited well known and respected support workers in specific disease areas and their work is impacting positively amongst some of the most vulnerable carers and their families across the County. Jane Yeomans the Team Leader has joined us from the NHS and is working with Dot Inger and Peter Dawson overseeing their work offering support for those caring for a loved one with a drug or alcohol addiction and families affected by a loved one with learning disability. None of the work described above would be possible without the many Volunteers we have recruited and trained to support our work.

Many Volunteers have acquired a range of skills and knowledge that has resulted in them finding paid work. Although we are sorry to lose them we are delighted of course when this happens. Do contact us if you can offer time, skill, and insight into the caring role from which our carers can benefit.

We have been able to provide over 6000 telephone, advice and information sessions as well as nearly 500 home visits in our first year.

As I conclude this, I am hearing that Stephen Hawking passed away last night and am reminded of one of his most famous quotes. "...We are all Time travellers moving forward in time..." Although pleased with our first year we at DCA shall move forward with all of you to continually improve Carers Services in Derbyshire.

Kindest Regards
Narinder

NEWS & EVENTS



CARERS WEEK

It's Carers week 11th-17th June, here at DCA for Carers week we are going with the theme Caring for Carers to allow you to stay healthy and connected. Below is a selection of activities happening that week, for the latest on what's happening check out our website www.derbyshirecarers.co.uk

All our events are FREE, for more information or to reserve a place please call the Chesterfield office on 01246 559524

ACTIVITY	DATE/TIME	LOCATION	DETAILS
Caring for Carers Afternoon tea –with information and advice provided by DCA	11th June 12.30 to 3pm.	Cricket Club Chesterfield – Queen's Park	Come and join us for a relaxing afternoon tea.
First Aid + tea and cakes	11th June	Heanor – Park Court Community Centre 10.30 –1.00	This is our regular first aid session but with added tea and cakes.
First Aid + tea and cakes	12th June	Wellbrook Medical Centre	This is our regular first aid session but with added tea and cakes.
Walk and Canal Boat Trip	12th June	Cromford Canal	This will include a gentle walk and a canal boat trip.
Information and advice stand at Chesterfield Royal	12th June	Chesterfield Royal Hospital Entrance	Information and advice for carers in conjunction with Chesterfield Royal.
Caring for Carers Afternoon tea –with information and advice provided by DCA	13th June 3pm to 5pm	Clay Cross Café – Gladstone Hub	Come and join us for a relaxing afternoon tea, please call to reserve a place.
Caring for Carers. Tea and cakes with information and advice from DCA	14th June	Buxton Pavilion Tea Rooms	There will a morning and an evening session, please call to reserve a place.
Caring for Carers – Someone for You – music, refreshments and much more	15th June 11am to 2.30pm	Shirebrook – Village Hall	Free event with music, refreshments, activities, information via stalls from local providers.

FIND ADVICE AND SUPPORT DURING DEMENTIA ACTION WEEK

People will have the chance to learn more about dementia and local support services as Derbyshire County Council, Derby City Council and a range of key partners put on events for Dementia Action Week 2018. Running from Monday, 21 May to Sunday, 27 May the week will include Dementia Friends Sessions, where people can get training and support to create dementia-friendly communities, Q&A sessions, information events and a memory market place.

By working with partner organisations, the county council is raising awareness of dementia and the support services available in Derbyshire. It's vital that people with

dementia, their friends, families and carers know that there is support and advice available for them and where to go to get it. Dementia is a growing issue around the country, but especially in Derbyshire where we have an ageing population.

To find out more about the events taking place during Dementia Action Week go to:

www.carersinderbyshire.org.uk/dementia-action-week



50 YEARS ANNIVERSARY OF ONE OF OUR HEANOR VOLUNTEERS

Volunteers are the life blood of Derbyshire Carers Association, we could not do what we do without them.

Mrs Ann Crossland has been volunteering for Derbyshire Carers for over 10 years. Ann has run the very successful support group at Heanor providing support and advice for all the carers that attend as well as some fabulous outings.

Ann cares for her husband David and has done so for over 20 years. In December Ann and David celebrated 50 years of marriage and received recognition from the queen.

From everyone at Derbyshire Carers we would like to send our congratulations and our heart felt thanks for everything you have done to support DCA.



DERBYSHIRE YOUNG CARERS SERVICE



YOUNG CARERS CHILL OUT DAY

Public Health generously funded the Young Carers Chill-out day which took place on February 21st at Pleasley Vale Outdoor Activity centre in Bolsover Derbyshire.

26 Young Carers aged between 5-18 attended this day event and had a great time.

They had the opportunity to ride go-karts, climb the mobile climbing wall, sail in canoes and have a go at archery. They learnt some survival skills, had relaxing massages and their hair braided. Junction Arts provided art activities and filming took place for a Young Carers DVD.

This was a great day for Young Carers to meet other Young Carers, have some time away from caring and have fun!!

Thank you to everyone involved in this event.



YOUNG CARERS SCHOOL AWARD

In association with Derbyshire County Council we are now launching our Young Carers School Award, which is available to all schools across Derbyshire. It details a set of standards, demonstrating good practice in supporting young carers in schools.



This will offer our schools recognition for the great work that they are doing for young carers. Schools will be given support to meet the standards and will be revisited regularly to help them to maintain and build on the work that they are doing.

NEWS & EVENTS

SCHOOL LIAISON SERVICE

It's been a busy few months for school liaison. Since September I have been introducing the Young Carers Service to schools across the county. Focused work has begun in Amber Valley, with over 20 schools engaging with the service. Schools have had awareness raising assemblies for their pupils, telling all the children about young carers and how important they are to their families.

Staff in many schools have received training and support in how to identify and support young carers in their schools. This has led to an increase in the number of young carers being identified and referred to the young carers service, with many schools identifying several young carers.

The next targeted area is South Derbyshire, with focused work beginning here over the next few months. One of our High Peak workers is starting to raise awareness of young carers by visiting secondary schools in the High

Peak area. Links have been made with the Education Psychology team, and with the Locality Children's Partnership teams, making sure that different services working with children across the county are aware of the service and how best to support young carers.

If you are interested in finding out more about the School Liaison Service, please contact Helen Yates at:

helen.yates@derbyshirecarers.co.uk



YOUNG CARERS FORUM

We have set up a young carers forum in the Amber Valley area recently. This is so we can get the opinions of young carers, and make positive changes for every young carer across the county.

So far we've had three meetings and they've gone really well!

We've found loads of topics which we can cover, and hopefully bring these changes about. We have covered topics around education, health and socialising which have given us a positive direction to steer the group in.

The group get along really well and the forum has a really strong future. Derbyshire young carers service is committed to making sure the voice of young carers is always heard and we will continue to work on this forum and grow it so as many young people are involved as is possible.

Charlie Hughes



YOUNG CARERS IN THE NEWS

One of our young carers Alyssa was recently featured in the Derbyshire Times. Here is an excerpt from that article

"She's a little superstar, you don't have to ask her, she just does it," said mum Karena Waterfall.

Her 10-year-old daughter Alyssa helps look after two younger brothers who need a great deal of care and time. Harley, six, has severe autism and Teddy, three, is being tested for autism.

Harley can't talk and is prone to volatile behaviour, Teddy can only say a couple of words.

On trips around Ripley where the family live, Alyssa will take Teddy on a strap while Karena pushes Harley in a buggy. Karena said: "Without her, we wouldn't be able to get out. It would make every aspect we do twice as long and twice as hard.

"There have been days when I've had to go shopping and Harley's kicked off; I've had to physically restrain him and I'm sat in a heap on the floor with him.

Alyssa sees things that are not nice, things that she shouldn't have to see. "I've had days where I've sat and cried and she's had to give me a cuddle because there's been no-one else around."

The full article can be found on the Derbyshire Times website.
<https://bit.ly/2J1hQ19>

NEWS & EVENTS

CARERS CELEBRATION 2017 AT THE CROOKED SPIRE

On Thursday 14th December we hosted our annual Carers Celebration at the world famous Crooked Spire in Chesterfield. We were joined by over 200 Carers, friends and colleagues as well as students from Highfields School Matlock and Sharley Park School, Clay Cross.

The Celebration was an uplifting and lively start to the festive season with a variety of performances and songs. We all sang hymns and carols together and enjoyed an array of songs from the school choirs as well as solo performances.

After the service Carers enjoyed warm drinks and festive treats at the Parish rooms.

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

SAVE THE DATE!

After many requests we have booked our 2018 Carers Celebration for Thursday 13th December.



CARERS CONNECT AMBER VALLEY SESSIONS

After a minor delay in launching due to the beast from the east our new style sessions started on March the 15th at Belper Baptist church.

These sessions allow us to be able to offer both support and information as well as opportunity for assessments to be done.

On our launch day we made contact with a number of other organisations and the local GP practices, this means we will be able to offer a wide variety of support to carers.

Moving forward the sessions will run twice a month on the 1st and 3rd Thursday from 1pm – 4pm at Belper Baptist Church, Bridge street, Belper, DE56 1AZ



CARERS HAVE FUN AT BINGO

On Friday 19th January, DCA organised lunch and several games of Bingo at Mecca in Chesterfield. Martin Webster, the manager of Mecca very kindly donated over £22 worth of books to each carer.

We had a fun filled few hours with several winners including 2 ladies who split their £200 winnings between them. Over 30 carers attended and we had a fabulous time with the carers requesting another visit soon!



NEWS & EVENTS

CLAY ART

Working in partnership with Making Space (who are responsible for providing the Dementia service), DCA offered carers the chance to try clay art.

This was with the DEEP group that meets in St Helena's college the 3rd Tuesday of each month.

They used air dry clay and made a variety of pots to take home.

The feedback from the carers was very positive, saying it allowed them to spend time chatting and laughing whilst creating their pot.



SUPPORT FOR BME CARERS

We have been busy working with LINKS CVS to create an action plan for our partnerships with the Black and Minority Ethnic (BME) groups in Derbyshire.

We understand that many Carers in Derbyshire are from minority groups and may find it difficult to engage with services due to language and cultural barriers.

Following from the 'Report on the needs of BME Carers in Derbyshire' which LINKS produced in 2017 we have explored ways that we can reach more Carers from minority groups and ensure we are accessible for all Carers.

Dot Inger, DCA's Equality and Community Engagement Worker has been meeting with the different groups within the Community to learn more about how we as an organisation can help and support Carers known to them. We are also planning on introducing new Equality Carers Groups, having key DCA literature available in different languages and hosting an Equality Carers Network event.

Within our next edition of Carers News we will be detailing information of the forthcoming support groups for carers within the BME communities and of course all updates on future developments.



DCA ARE PROVIDING A VOICE FOR LEARNING DISABILITY CARERS

Over the past two months Gillian Butterfield (DCA volunteer) and I have been facilitating groups, on behalf of DCA, in a lengthy Engagement exercise alongside other carers, officers of Derbyshire County Council and colleagues with learning difficulties. We have both felt proud to represent Derbyshire Carers Association in the nine events which have taken place all over Derbyshire. The objective has been to discuss, in a structured and dynamic manner what makes "a good day" for someone with a learning disability. Learning Disability Carers and people with learning disability themselves were invited to come along to an Engagement event in their area. Over three hundred people (carers and people themselves with learning disability) took up the invitation and "engaged." In fact there has been more demand than capacity so more engagement events are being planned.

DCC have committed themselves to reviewing whether Day Activities for learning disabled people are "ticking the box" and really providing the variety of opportunities and fulfilment that people want. Carers have included parents, siblings, grandparents and at one event a caring friend who came along on a personal invitation. One family carer said to me that it was good to have DCA involved as it showed that we are an organisation that is interested and caring. Gillian and I took the opportunity to spread

the word that we are an organisation that flies a flag for people with learning disabilities and their carers and we gave out dozens of leaflets and newsletters in the process.

Though the days were principally about the day opportunities for people who have learning disability, carers were invited to put their own concerns down on a separate flip chart sheet. These comments will contribute to the final report which will be put together by the independent coordinator of the events (from Helen Sanderson Associates). It is interesting to note that the majority of these points expressed the carers' concerns for the well being and fulfilment of their "cared-for" friends and family members.

After a further series of events a report will be put to elected members and form a consultation document with specific consultation events resulting from that. As Gillian and I are intending to remain involved in this whole process we will make sure we give you updates on the progress of this engagement and consultation process. I think we all want the same thing ultimately; as good a life as possible for the people who are close to our hearts.

Peter Dawson
Learning Disability Engagement Worker

TRAINING & EVENTS

FREE TRAINING

FREE FIRST AID TRAINING

Starting last September, our first aid courses for carers got off to a flying start in Swadlincote. These courses are especially designed to suit the needs of Carers. Since starting in September, we have offered a first aid course each month in different areas across Derbyshire and will continue to be doing so into the future.

Upcoming First Aid trainings

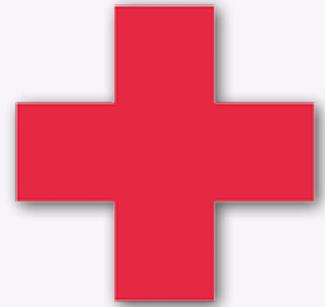
Saturday 28th April 10.30am – 1pm: Blythe House Hospice, Eccles Fold, High Peak, SK23 9TJ

Monday 21st May 1.30pm – 4pm: Outlook, 99 Briargate, Long Eaton, NG10 4BQ

Monday 11th June 10am – 12.30pm: Park Court Community Centre, The Florence, Shipley Market Place, Heanor

Wednesday 20th June 1pm – 4pm: New Mills Volunteer Centre, 33–35 Union Street, New Mills High Peak, SK22 3EL

Tuesday 11th September 5pm – 7.30pm: Blythe House Hospice, Eccles Fold, High Peak, SK23 9TJ



“Given some valuable information, would recommend highly”

“Very useful covered a lot of issues in 2 hours”



FREE MANUAL HANDLING TRAINING

Our safe moving and handling course for Derbyshire Carers kicked off in January at New Mills volunteer centre and again these will be offered across Derbyshire in all areas. All the Carers that have accessed these courses so far have thoroughly enjoyed them and have taken away useful information and techniques to support them in their caring role.

Upcoming Manual Handling trainings

Tuesday 8th May 5pm – 7.30pm: Blythe House Hospice, Eccles Fold, High Peak. SK23 9TJ

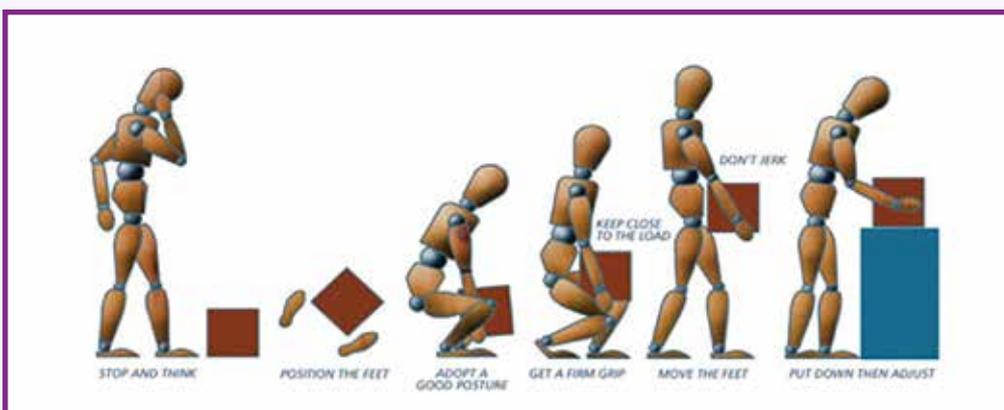
Tuesday 14th August 1pm – 4pm: Glossop Methodist Church, 48 chapel Street, Glossop, SK13 1AT



“Very interesting and useful”

“Well presented and thoroughly enjoyable”

“It has made me think about the things I do at home!”



TRAINING & EVENTS

WALKS FOR CARERS

Over the month of February Derbyshire Carers have offered walks in different locations. Whilst its been rather chilly, It was a great way to chat in an informal way whilst enjoying some breath taking scenery. The visit to Carsington and to Roliston Forestry Centre were blessed with pure blue skies and sunshine and a great chance to meet new people.

After each walk, we enjoyed a well deserved piece of cake and a coffee to warm us up. It proved a great source of relaxation and a chance to meet up with familiar faces as well as new ones. Keep your eyes peeled for more walks being planned over the coming months, I think a bit of sunshine will make it perfect.

Jo Askew – Training and Breaks Co Ordinator

All walks will be followed by coffee and cake!

We have partnered with Walking For Health with the following two walks, you will need to register your interest with Tom at Walking For Health on: 07736 822 305

Monday 9th April–At Poolsbrook country park, Meadows Drive, Poolsbrook, Chesterfield, S43 3LH. Meet at the pavilion at 11am to walk round the lake.

Monday 21st May–At Tissington. Meet at 11am in the national park car park to walk along the trail. DE6 1RA.



We will be working in partnership with walking for health for future walks, they offer a range of walks themselves see their website for more details. <https://www.walkingforhealth.org.uk/>

LEGAL ADVICE CLINICS

Derbyshire Carers Association run legal advice clinics in conjunction with Rothera Sharp Solicitors. The clinics, which are run by Adam Cotterill, are a great opportunity for Carers or the people they care for to obtain free, independent legal Advice.

We have already received a lot of positive feedback. Adam is very friendly and approachable. He explains legal issues in a clear, straight-forward way that is easy to understand.

Over 100 Carers have accessed the clinics since July 2017.

Below are some of the reasons Carers are booking onto the Legal Rights Clinics.

- Wills, Probate and Trusts
- Powers of Attorney
- Care Home Fees
- Moving House
- Family Matters
- Dispute Resolution
- Commercial and Business matters



RS RotheraSharp Solicitors



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

All of our clinics will run from 12-5pm every Tuesday.

First Tuesday of every month:

Derbyshire Carers Association Resource Hub, South Lodge, Boythorpe Avenue, Chesterfield S40 2BF
Tel: 01773 833 833 | Email: info@derbyshirecarers.co.uk

Second Tuesday of every month:

3 Park Avenue, Ripley, Derbyshire, DE5 3EF
Tel: 01773 833 833 | Email: info@derbyshirecarers.co.uk

Third Tuesday of every month:

Ground Floor, Pride Park, 22 Mallard Way, Derby, DE24 8GX
Tel: 01332 200 002 | Email: derby@derbyshirecarers.co.uk

Fourth Tuesday of every month:

43 Market Place, Long Eaton, NG10 1JL
Tel: 0115 973 4111 | enquiries@rotherasharp.co.uk

FUNDRAISING

Here at Derbyshire Carers Association we want to make sure we can offer all of the right support to Carers at the right time. This is only possible with the generosity, help and support of our many volunteers and supporters. There are many ways that you can get involved to support the work that we do and help us reach more Carers and offer greater support.

We have collection tins which we can share with local businesses to raise much needed funds for our Young Carers Service. If you know a local business which will happily host a tin please let us know.

Last year a Carer baked cakes and hosted a coffee morning amongst friends to fund Young Carers to continue to attend sport activities and provide them with a much needed break from caring.

Friends and family members can nominate us as a charity when taking part in sponsored events.

Every bit of help goes a long way to helping us reach and support the most vulnerable Carers in our community. If you would like to find out more please email us at: info@derbyshirecarers.co.uk or call **01773 833833**

Thank you

THE CANAL TURN SPONDON FUNDRAISER FOR DERBYSHIRE CARERS ASSOCIATION 1ST DECEMBER 2017

Elizabeth Illingworth, a fulltime Police Officer and Carer organised this fundraiser for Derbyshire Carers Association at Canal Turn in Spondon. Elizabeth looks after her Aunt aged 91 years who has dementia and juggles this caring role around her demanding job.

The event took place at the Canal Turn Public House in Spondon Derby on the 1st December 2017 and got the ball rolling for



Joe Brewster

Christmas celebrations! There was live music with solo guitarist vocalist Jordan Sheppard, two DJs, and fantastic buffet which was sponsored by Mc Mediation. (Lorraine Mc Andrew)

Ticket sales combined with a raffle and auction raised an amazing £1605.00 on the night! The monies raised will be used by Derbyshire Carers Association who will be arranging a well deserved day trip out for carers in 2018.

In March we were successful in obtaining funding from the Amber Valley locality fund for our Amber Valley Young Carers Action Group which will meet monthly at the Croft in Ripley.

The aims of this group is to give Young Carers a voice in the decisions which affect them on a local level and to support and inform them of changes which may affect them. It is also for them to have fun and to share their experiences.

The group will have guest speakers who work with Young Carers to come and inform them of support, funding opportunities and new initiatives which could benefit all Young Carers living within Amber Valley.

Derbyshire Young Carers service are being supported by Belper and Duffield Rotary, to enable Young Carers to access social activities and to give them opportunities to meet with other Young Carers in Derbyshire.

Debbie Moore, Young Carers Transformation manager attended the Rotary members meeting to talk about Young Carers issues, the impact this can have on them and how they can be supported.



Elizabeth's Aunt, Josepha Benitez-Lopez, having a good time on the dance floor!

On the night Elizabeth thanked DCA for all the support she had received from them in particular Emma Handley, Carer Connect and Support Triage Worker. Elizabeth would not have known about the valuable support offered by DCA if she had not met Emma at an information day at Oakwood Church.

Joe Brewster (80 years old) also celebrated his retirement on the night. He has given an amazing 33 years to the NHS as a Mental Health Carer. Elizabeth and Derbyshire Carers Association wish Joe a happy and prosperous retirement.

Lastly, a great big thank you to everyone who attended and supported the event.



Pictured in the middle Elizabeth Illingworth and from right to left Derbyshire Carers Staff that attended on the night Tina Curran, Emma Handley, Manjit Sokhal and Rachel Delicata

We will be working towards the Young Carers Action group having the ability to:-

- To raise the aspirations of Young Carers.
- To ensure they receive the right support in schools and colleges.
- To feel confident in asking for support and knowing where to go for this.
- To feel safe and valued within their community.
- For Young Carers to meet together and support each other within their community.
- To inform their community of the Issues Young Carers face and work together to implement any changes identified.
- To support other Young Carers in developing a Young Carers Action group within their area and community.

DCA SUPPORT GROUPS

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

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

AMBER VALLEY

Ripley

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

HEANOR

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

Parents and Carers Information Group
An opportunity for carers to get together in an informal environment to share ideas, listen and engage with speakers, learn from each other and gain strength in unity. Meetings are held between 10.00am-12.00pm on the last Wednesday or Friday of every month depending on the location.

Wednesday meetings are held at Parkwood Day Centre, Alfreton Park, DE55 7AL. Friday Meetings are held at Whitmoor Day Centre, John'O'Gaunts Way, Belper, DE56 0DB.
For further information call David Eyre on 01629 531913

The Croft Mental Health Carers Group
First Tuesday of the month From 1.30pm till 3.30pm.
The Croft, Slack Lane, Ripley, DE5 3HF with tea/coffee and biscuits.
Contact: Terry Earl 07721006100 / 01629822337

BOLSOVER & CHESTERFIELD EAST

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

CHESTERFIELD & NORTH EAST DERBYSHIRE

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

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

ASD/ADHD Parent Carer Group
Meets at: St Thomas centre, Chatsworth Road, Chesterfield S40 3AW.
Contact: Claire Griffiths on 01246 279916 for dates of the next meeting.
Deep Group (In partnership with Making Space). Meets on the 3rd Tuesday of the month 10:00am – 12:00 noon.
St Helenas Campus, 2 Sheffield Road, Chesterfield, S41 7LU.

Support group for carers who care for someone with a drug or alcohol addiction.
Confidentiality is a necessity for this Group. Anyone attending will be required to sign a confidentiality agreement. What is said in the Group goes no further. Last Wednesday of every month 6pm to 8pm.
Hope Springs, Springwell House, Newbold Road, Chesterfield S41 7PB. The aim of the group is to enable those affected by a loved one's addiction to speak without fear of being judged. Free Car Parking and Refreshments.
For more information please contact DCA on 01773 833833 or email info@derbyshirecarers.co.uk

The Mental Health Carers Art Group
Meets every Friday, 10.30am – 12.30pm. Chesterfield Labour Club, Saltergate, Chesterfield. It's a small group, all materials provided, refreshments too. There's painting, drawing and, of course, we draw on our experiences as Carers.

There's no stress, no competition. Every encouragement is given for Carers to find that talent they don't know they have. We learn from each other in a friendly environment. Enthusiasm is all that's needed!

Clay Cross Stressbusters/ Support Group
1st Weds of every month 11am – 1.30pm
Clay Cross Social Centre, Market Street. S45 9JE. Buffet around 12 mid day
Therapist, 25 members. There is car parking available at the front of the centre 2 hours free parking (if full, parking is available at Iceland) free of charge all day.
Contact: Bob – 01246 864661

DERBY

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

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

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

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

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

SUPPORT GROUPS

Groups throughout the county to support Carers locally.

EREWASH

Ilkeston

Meets fortnightly on Wednesdays 1:00pm – 3:00pm. Ilkeston Community Hospital, Heanor Road, Ilkeston, Derbyshire, DE7 8LN (in The Stanton Room). **Contact: Head Office on 01773 833833 for more information.**

Long Eaton

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

Carers Do Lunch

Every 3rd Tuesday in the month, 10:30am – 1:00pm. Sir John Warren Pub, Market Place, Ilkeston DE7 5QB. Carers and cared for are all welcome! All attendees can order from the discounted senior's menu regardless of age. **Contact: Head Office on 01773 833833 for more information.**

Erewash Carers Coffee Morning

Meet for coffee on the last Thursday of the month, 10am-11:30am. Little Wick Medical Centre, upstairs – lift available, Nottingham Rd, Ilkeston DE7 5PR. **Contact Sarah or Keely at the Medical Centre on 0115 9325229 for more information.**

Family Friends Group – For Carers and Anyone Living with Dementia or Alzheimer's Disease

Meets every Friday 10:30am – 1:30pm Welcome Hall, St Johns Road, Ilkeston DE7 5PA. **Contact: Head Office on 01773 833833 for more information.**

Long Eaton Mental Health Carers Support Group

Meets the last Tuesday of the month 12noon till 2pm. The Oasis Christian Centre 129-131 Derby Road, Long Eaton NG10 4LL. **Contact Rob 07932685022 or Joyce 07931722977.** Refreshments sandwiches mini pamper – suggest £5 donation.

GLOSSOP

Glossop

Meets on the second Tuesday of every month, 1:30pm – 3pm. Central Methodist Church, Chapel Street, Glossop, SK13 8AT. **Contact: Head Office on 01773 833833 for more information.**

HIGH PEAK CENTRAL

Buxton

Meets on the 1st Wednesday of each month 11:00am – 12:00pm. The Vault, 2-4 High Street, Buxton, SK17 6EU. **Contact: 01773 833833 for more information.**

New Mills

Meets on the 3rd Wednesday of each month 1:30pm – 3:00pm. New Mills & District Volunteer Centre, 33-35 Union Rd, New Mills, High Peak SK22 3EL. **Contact: 01773 833833 for more information.**

Blythe House Support Group (In partnership with Blythe House)

Meets on the 2nd Tuesday of every month from 5.00pm – 7.00pm. Blythe House, Eccles Fold, Chapel-en-le-Frith, High Peak, SK23 9TJ

Chapel-en-le Frith Support Group

Meets on the 4th Monday of each month 2:00pm – 3:30pm. Chalkers Snooker Club, Unit 6, Redmoor Mill, Buxton Road, New Mills, High Peak, Derbyshire, SK22 3JT. **Contact: 01773 833833 for more information.**

HIGH PEAK SOUTH AND DALES

Ashbourne Carers Count Group Meets 1st Wednesday of the month 10.00am – 12.00 noon
St Oswald's Church Hall, School Lane, Ashbourne, DE6 1AN.

Matlock

Meets on the 3rd Monday of the month 1:30pm – 3:00pm. Meadow View Care Centre, 300 Bakewell Road, Darley Dale, Matlock DE4 2JF. **Contact Joanne Askew on 01773 833833 for more information.**

Matlock Reading and Discussion Group

A reading group. For people with memory problems and their carers/ family members.

Meadow View Care Centre, 300 Bakewell Road, Darley Dale, Matlock DE4 2JF. **If you are interesting in attending please contact: Brenda Creed on 07762 376401 or Katey Twyford on 01629 733840.**

High Peak Mental Health Carers Support Group

Meets the 1st Wednesday of every month 11:30am – 1:30pm. Buxton Methodist Church, Chapel St, Buxton SK17 6HX. Lunch provided. A support group for those who have a caring role for someone with a mental health condition. **Contact: Helen Cochrane 07791 219 541 helencochrane@gmail.com**

SOUTH DERBYSHIRE

Hilton

Meets on the following dates 10am – 11.45am. Wellbrook Medical Centre, Wellend Road, Hilton. **Contact: Lisa Barker on 01773 833833 for more information.**

- 8th May 2018
- 12 June 2018 – First Aid course
- 10 July 2018
- 11 Sept 2018
- 9 Oct 2018
- 13 Nov 2018

Oasis Carers Group Swadlincote

Meets on the last Thursday of the month, 10am – 12:00pm. **Contact: 01773 833833 for more information.**

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

CONTACT US FOR MORE INFORMATION!

