

CARERS NEWS

You Care, We Care

Over 30 years supporting carers

www.derbyshirecarers.co.uk

Autumn/Winter 2018

Edition 88



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

OUTREACH OFFICES

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

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

KEEP UP TO DATE WITH DERBYSHIRE CARERS ASSOCIATION

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

**Please note
our new
address
above**

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

Registered Charity No: 1062777

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

Dear Friends,

Welcome to our Autumn and Winter Newsletter, the final one for this year, and what a fantastic year it has been!

Many new Carers have joined our association and been supported by our dedicated and passionate team who have been there to offer information, advice and support as well as helping over 2,300 Carers complete their in depth Carers Assessment so far this year.

We have brought carers together at many events over the Spring and Summer, including our Carers Week celebrations and annual Carers Ball, and have introduced new Carers Groups and regular walks across beautiful Derbyshire. These are not only fun and promote health lifestyles but help Carers build friendships and feel less alone.

We all need Light and Winter festivals as it gets colder and darker. This Season we have a range of new and old events and activities for you to enjoy.

Our annual Carers Celebration is being held at the world famous Crooked Spire in Chesterfield. This may be one of the largest Carer gatherings in the Country.

We look forward to welcoming you to a selection of performances followed by festive treats and warm drinks. We are also returning to Derby City Cathedral for our Carers Service. This uplifting and joyous occasion will be a chance for us to celebrate all of the Carers in the City of Derby and further afield. We do hope you are able to join us. Please call us to book your place as they very popular.

Throughout the newsletter you will see details of other upcoming training and short breaks. On behalf of Carers we have obtained half price tickets including pantomime outings, first aid courses and Christmas craft sessions.

These are great days out to look forward to as the nights draw in and the days get shorter.

Many of our family of carers continue to face financial hardship, from national statistics we estimate there are over 25,000 carers living in poverty in our County.



NARINDER SHARMA
CEO – Derbyshire Carers

We have teamed up with Welfare Rights Derbyshire to share information on Carer-specific financial support. Making sure Carers receive accurate information regarding support of all kinds, which they are entitled to and deserve is fundamental to our work and existence at the Carers Association.

We are also exploring new ways of getting the right information to you at the right time when you need it most.

One of these initiatives is our new telephone befriending service. This will be launched in the New Year for those Carers who find it difficult to attend groups and activities. Please look out for this launch on our web-site, social media and future newsletter.

I know for some of you it may be a little early to think about, but may I take this opportunity to wish you a very Merry Christmas and all the best for 2019!

Narinder



CARERS RIGHTS

CARERS RIGHTS DAY

Every year Carers organisations across the Country participate in Carers Rights Day to raise awareness of Carers, their needs and issues impacting on their health and wellbeing. This year Derbyshire Carers Association is teaming up with Derbyshire County Council, the NHS and other Voluntary services to raise awareness of Carers with different teams in health and social care settings.

We are delivering our 'Carers Express' sessions across the County so that colleagues are aware of Carers and able to support them greater within their services as well as being able to signpost Carers to different services. At DCA we champion Carers within services to help build Carer Friendly services and communities.



WE WILL BE HAVING OUR ANNUAL GENERAL MEETING AT THE BEGINNING OF THE CARERS CELEBRATION AT THE CROOKED SPIRE IN DECEMBER.

'Our Fundraising team out in the community'. Huge thanks to Stick To It Crafts for their continued support



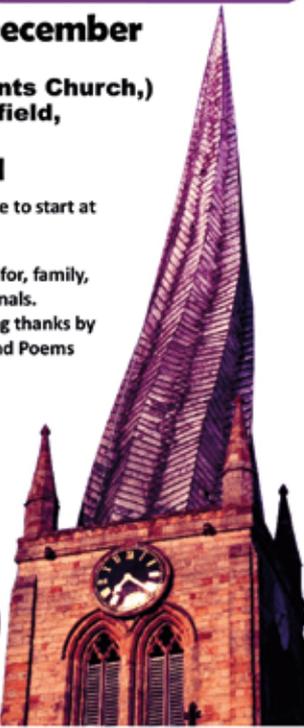
**Derbyshire Carers Association
Carers Celebration and AGM
2018 at the Crooked Spire**

Thursday 13th December
The Crooked Spire
(Saint Mary & All Saints Church,)
Church Way, Chesterfield,
Derbyshire S40 1XJ
12 noon - 1.30PM

To be seated for 11:45am, service to start at 12 noon, with a short AGM

For Carers, the people they care for, family, friends and associated professionals. Proceedings will include a stirring thanks by Revd. Patrick Coleman, Carols and Poems written by Carers as well as contemporary live music.

Tea, coffee and mince pies will be available following the service.



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

Registered Charity Number: 1062777





**Derbyshire Carers Association
Carers Celebration 2018 at
Derby Cathedral**

Monday 10th December
Derby Cathedral
18-19 Iron Gate, Derby
DE1 3GP
1pm - 2.30pm



To be seated for 12.45pm, service to start at 1pm

For Carers, the people they care for, family, friends and associated professionals.

Tea, coffee and mince pies will be available following the service.



To book your place or for more information please contact DCA on:
01332 200002 or 01773 833833

Registered Charity Number: 1062777



CELEBRATING SUMMER

This Summer we had a flourish of activities for Young Carers over the Summer Break.

By providing activities Derbyshire Carers are able to impact on the well-being of young people. This is one of the key factors which motivates activities: 'aiming to provide not only respite, but an educational empowering experience which builds young people's tool kit for life'. This is about creating a context where self-discovery is possible; it's not about delivering a preordained programme, it is about creating a space where young people make decisions which they can learn from and is flexible to those young people's needs.



BOXING

There were two boxing sessions delivered in partnership with Fitness Factory in Chesterfield. We were able to offer beginner boxing training to our young carers, the success of this activity was great and led to one of the young carers and Derbyshire carers discussing their continued involvement with the boxing club. We see this as a great success as they have been commissioned to attend a boxing session each week for the rest of the year. Everyone else clearly enjoyed the session, which was physically challenging but engaged participants in a fun way.

WILD THINGS

The day was spent in Shining Cliff Woods near Belper, and consisted of many outdoor educational choices. By affording the young people choice means they are making decisions for themselves about what they would like. This could be seen as unusual since young people often have limited choices.

Young carers tried things they may have never done before. For example, they lit fires, cooked bread, made spears, skimmed rocks and much more. These chances to try new things create pathways literally and mentally for young carers to explore, trying new things is a positive outcome. This was funded through the Foundation Derbyshire Rolls Royce fund.

NATIONAL VIDEOGAMES ARCADE

This was a well-equipped, educational, and interactive experience, documents gaming from its origins in government computers all the way to today's virtual headsets. This space was open to the young carers who had free range to explore the arcade as they saw fit. We played with the young people and the group naturally mixed together. This was a success and gave younger and older people the chance to learn from each other.



CELEBRATING SUMMER

OUTDOOR GENIUS

Meeting outside Poole's Cavern in Buxton, we met our instructor and her son. The pair were knowledgeable about the woodland and gave us some interesting information about the history of the land and its use, while paying tribute to the nature living here.

They took us uphill to a safe fire lighting space, where we learnt about modern and historic methods for lighting fires. This was all done professionally, carefully, and in a way which made people relax and enjoy the activity. Affording our young carers a chance to something dangerous but in a controlled way.

We all lit some cotton wool on fire using flint, then together made a small fire and cooked marshmallows.



QDOS CHALLENGING THE BODY AND MIND

Our last summer activity was a dance and drama extravaganza! Using a community space and through the company Qdos creates. There was great feedback about the activity and throughout the day you could see the group forming together.

The young people were asked to move and think for themselves and although instructed through each activity, it was a challenging physical and mental work out for them. For example, when asked on the spot to make

something up, (that's not easy for an 11 year old who's around strangers). One of the best outcomes from these activities was when a young person discovered drama and has the intention to explore it in Secondary School.

They clearly enjoyed the activity, but beyond that emotion they had a good brain for the analysis and deeper meanings within art form. They could talk and communicated those ideas well, generating interest from their peers.



A, who attended boxing sessions expressed a keen interest in the activity. We were able to see and react to this, so when their case worker visited them they were able to discuss the activity, and through this meeting/conversation found out they would very much like to continue boxing.

We have negotiated between young carer, boxing instructor, and management to support this case further towards pursuing boxing. They have now been funded to attend boxing each week for the rest of the year. Seeing this from beginning to end afford us the perspective and first-hand experience of how DCA can adapt to suit the needs of individuals and work with them.

BENEFITS FOR CARERS

Finding out what financial support you are entitled to can be challenging. Derbyshire County Council welfare rights service can help you to find out what benefits are available and guide you through the claiming process.

When it comes to caring there are two main types of benefit. The main benefit for carers is called CARERS ALLOWANCE.

OTHER BENEFITS

If your income and savings are low you may also be entitled to means tested benefit. If you are under pension age you may be able to claim Universal Credit to top up your income. If you have reached pension age then Pension Credit may be available and you could also be eligible for housing benefit, council tax support and help with NHS costs.

If you are already receiving the State Pension you won't be paid any Carer's Allowance, but it's still worth making a claim. This is because if you're eligible then you could be awarded extra Pension Credit or Housing Benefit instead. If you're claiming Universal Credit, you may be able to get an extra amount because of your caring role without actually applying for Carer's Allowance. This is known as a Carer Element.

HOW TO GET MORE HELP OR ADVICE

If you would like to know more about what benefits you are entitled to or how to claim you can:
Call Derbyshire County Council's Welfare Rights service helpline on 01629 531 535

Email: welfare.benefits@derbyshire.gov.uk
Look at the information on their website:
www.derbyshire.gov.uk/welfarebenefits

CARERS ALLOWANCE (CA)

Carers allowance can be paid to people who meet the following conditions:

You must spend at least 35 hours per week caring for a person who receives one of the following qualifying benefits:

- Disability living allowance- care component paid at the middle or high rate
- Attendance Allowance
- Personal Independence payment daily living component
- Constant attendance allowance (of £69.90 or more) paid with the Industrial Injuries/War Pension Schemes
- Armed forces independence payment

You can work and earn up to £120 per week and still receive Carer's Allowance but will not be entitled in any week that you earn more than that amount.

You must also be aged 16 or over, not be in full time education and not subject to immigration control.

It is important to note that you are not prevented from getting carers allowance if you are disabled yourself and also need care. You do not have to be related to, or live with, the person you care for.

**CARER'S
ALLOWANCE**

A word of caution: if you are paid Carers Allowance it can sometimes affect certain benefits that the person you care for receives and can make them worse off. It is advisable to get some advice before making a claim by speaking to the Derbyshire County Council Welfare Rights Team.

**TO CLAIM
CARERS ALLOWANCE**

**GO ONLINE
WWW.GOV.UK/CARERS-ALLOWANCE**

**OR PHONE
0800 731 0297**

BENEFITS ADVICE

ATTENDANCE ALLOWANCE (AA)

If you have a disability where you need someone to help look after you then Attendance Allowance helps with extra costs.

ATTENDANCE ALLOWANCE

It's paid at 2 different rates and how much you get depends on the level of care that you need. You can get Attendance Allowance if you're 65 or over and the following apply:

- You have a physical disability (including sensory disability, for example blindness), a mental disability (including learning difficulties), or both
- Your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
- You have needed that help for at least 6 months (unless you're terminally ill)

ATTENDANCE ALLOWANCE (AA)

If you are aged 16 to 64 and have long term ill-health or a disability then you may be entitled to Personal Independence Payment.

PERSONAL INDEPENDENCE PAYMENT

Personal Independence Payment (PIP) is a benefit for people who may need help getting around or with daily activities because of a long-term illness or disability. PIP has two parts to it – a mobility component and a daily living component.

To be eligible for PIP you must be aged 16 to 64 and have a health condition or disability where you:

- Have had difficulties with daily living or getting around (or both) for 3 months
- Expect these difficulties to continue for at least 9 months (unless you're terminally ill with less than 6 months to live)

**ATTENDANCE ALLOWANCE HELPLINE
TELEPHONE: 0800 731 0122**

**DWP - PIP CLAIMS
TELEPHONE: 0800 917 2222**



Derbyshire Carers Association Dementia Friendly Walks

These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support.



**Whitworth Centre free car park in Darley Dale off A6 - a walk around Whitworth Park and linked cycle tracks. 2nd Tuesday of month—
13 Nov, 11 Dec 2018**



**Hassop Station (pay and display) - a short walk along the Monsal Trail with the Peak National Park Rangers. 3rd Tuesday of month—
20 Nov, 18 Dec 2018**

For more information please contact Helen Milton at Walking for Health on: 01629 761 194 or email helen.milton@derbyshiredales.gov.uk
Registered Charity Number: 1062777





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

Third Tuesday of every month:
Derby Carers Centre, 66-68 St Peters Street, Derby, DE1 1SN
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

CARERS CELEBRATION

DCA WITH THE GRATEFUL HELP OF DERBYSHIRE GYPSY LIAISON GROUP WERE ABLE TO GET ACCESS TO A GYPSY FAMILY FOR THEM TO SHARE THEIR EXPERIENCES OF WHAT IT'S LIKE TO BE A CARER IN THE GYPSY COMMUNITY.

Lila is a Carer for her son Peter who is in his 30's. "Peter has severe autism and does not cope well with change, he can take up to one month to settle when we reach a new site. Being moved on can be a problem as if we move out of the area then we have to change the social worker.

Caring in a caravan can be hard work any hot water we need has to be boiled. Getting access to water itself can be difficult and if people realise we are Gypsies they sometimes try to prevent us getting water.

Mary who is in our family group is very elderly and infirm, as a consequence she has mobility issues.

Mary also needs grab rails and other fixed aids which are not possible when living in a caravan that has to be moved at short notice.

Mary also has bouts of incontinence so not having easy access to water can be a major issue as we have to clean up Mary and the caravan. People may say why doesn't Mary move into a house but she has lived like this all her life its part of her culture, moving into a brick house would have a negative impact on her mental health.

If we could have a site of our own with a few basic facilities it would give us a sense of routine and allow us access to some services that we currently can't access." DCA is committed to reduce double discrimination of being a Carer, and from a BME or marginalised community.

YEAR ONE CELEBRATION EVENT

Our celebration event at the Post mill Centre, South Normanton was a great success with well over 100 people attending. Carers were treated to cake and complementary therapies as well as having a range of professionals from various organisations spread around the room for them to talk to for advice and help.



YOUR FEEDBACK AND FIGURES FOR THE FIRST YEAR OF THE COUNTY SERVICE

98% OF CARERS WHO GAVE FEEDBACK WANT TO CONTINUE TO HAVE ONGOING SUPPORT

59% OF CARERS HAD NEVER BEEN IN RECEIPT OF PERSONAL BUDGET PRIOR TO THIS CARERS ASSESSMENT

“

Thank you very much for my Personal Budget looking forward to weekend away from caring in the Cotswolds.

Telephone conversations with Support worker helped me realise I must keep on with my interests.

Breaks budget makes a huge difference in maintaining my wellbeing.

”

1542

New Carers identified

13,500

Carers registered with DCA in the County of Derbyshire

1795

Carers Assessments completed

6613

Carers provided with information, advice and guidance

16

Carer Support Groups

TRAINING & BREAKS



Derbyshire Carers Association
Christmas Crafts and Candle Making



Derbyshire Carers Association would like to invite Carers to our Christmas Crafts .

Friday 30th November
 9.30am to 12.30pm, @Whitworth Centre, Darley Dale, Matlock DE4 2EQ
Thursday 6th December 1pm to 4pm
 @Belper Baptist Church, Bridge street, Belper, DE561AZ

- Soap Making
- Candle Making
- And More



To register your interest or for more information please contact DCA on:
01773 833833

Registered Charity Number: 1062777




Derbyshire Carers Association
Free Pantomime tickets for Carers to Pomegranate Theatre Chesterfield



Thursday 6th December 2.30pm
Pomegranate Theatre Corporation Street, Chesterfield, S41 7TX

2 Tickets per Carer maximum. If second ticket is non Carer a donation of £5 is requested.

Booking Essential, to reserve your place or for more information please contact us on: 01773 833 833

Registered Charity Number: 1062777




Derbyshire Carers Association
Free Pantomime tickets for Carers to Derby Arena



Tuesday 18th December 1.30pm
Derby Arena, Royal Way, Pride Park, Derby, DE24 8JB

2 Tickets per Carer maximum. If second ticket is non Carer a donation of £5 is requested.

Booking Essential, to reserve your place or for more information please contact us on: 01332 200 002

Registered Charity Number: 1062777




Derbyshire Carers Association
Free Pantomime tickets for Carers to Buxton Opera House



Thursday 20th December 2.30pm
@Buxton Opera House, Water Street, Buxton, SK17 6XN

2 Tickets per Carer maximum. If second ticket is non Carer a donation of £5 is requested.

Booking Essential, to reserve your place or for more information please contact us on: 01773 833 833

Registered Charity Number: 1062777



NEWS & EVENTS

CARERS BALL

This years Carers ball was a great success and we are grateful for the donations of chocolates from Thornton's

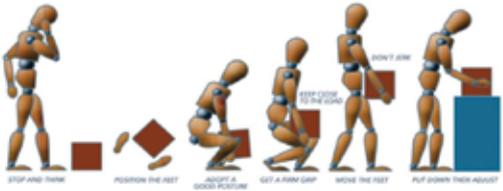




Derbyshire Carers Association
Free Manual Handling
Training Event for Carers

Tuesday 20th November
10.30am—12 noon
Chaddesden Fire Station,
Chaddesden , Derby

Manual handling training will help support anyone who has physical caring responsibilities for a loved one. This course is specifically designed for the needs of Carers.



For more information or to book your place contact DCA on:
01332 200 002

Registered Charity Number: 1062777





Derbyshire Carers Association
Free First Aid
Training for Carers

Monday
26th November 
10am—12noon

Room 1, Market Hall,
Chesterfield, S40 1AR

The course delivered by Paramedical First Aid Training will cover:

Safety • Recovery Position
Choking • CPR • Wounds
Assessing for breathing

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

Registered Charity Number: 1062777




DCA SUPPORT GROUPS

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

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

AMBER VALLEY DISTRICT

Ripley

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

Carers Connect Amber Valley

1st Thursday every month 1pm – 4pm
Belper Baptist Church, Bridge street, Belper, DE561AZ
Drop in and support service for carers in Amber Valley.
Carers assessments also available, pre-booking essential for assessments.
Contact: Head Office on 01773 833833 for more information.

Heanor

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

Parents and Carers Information Group (Not DCA Facilitated)

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 Whitemoor Day Centre, John'O'Gaunts Way, Belper DE56 0DB.

For further information call David Eyre on 01629 531913

The Croft Mental Health Carers Group (Not DCA Facilitated)

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

BOLSOVER DISTRICT

Bolsover Mental Health Carers Support Group

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

South Normanton

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

CHESTERFIELD DISTRICT

Peter Webster Centre (Not DCA Facilitated)

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

Carers Community Group

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

ASD/ADHD Parent Carer Group (Not DCA Facilitated)

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

Chesterfield Carers Support Group

3rd Wednesday of the month 10:30am – 12-30pm upstairs Saints Parish Rooms next to Crooked Spire, 3 St Mary's Gate Chesterfield S41 7TD
Lunch & refreshments provided.
Contact: Mick 07721505441 or Maureen 07887607136

Deep Group

(In partnership with Making Space)
3rd Tuesday of the month 10:00am – 12:00 noon. St Helenas Campus,

2 Sheffield Road, Chesterfield, S41 7LU The Mental Health Carers Art Group (Not DCA Facilitated)

Meets every Friday, 10.30am – 12.30pm. Chesterfield Labour Club, Saltergate, Chesterfield.

It's a small group, all materials provided, refreshments too. There's painting, drawing and, of course, we draw on our experiences as Carers. There's no stress, no competition. 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!

Contact: Malcolm Grieve on 01246 220686

DERBY CITY

Chaddesden

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

Guise Group

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

Grace Group

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

Mickleover

(Not DCA Facilitated) 2nd Monday of the month 2pm – 4pm. Our Lady of Lourdes Roman Catholic Church, Church Hall, 36 Uttoxeter Rd, Derby DE3 9GE
Contact: 01332 200002 for more information.

Alvaston

(Not DCA Facilitated)
2nd Tuesday of the month at 10am – 12pm. Alvaston Library, 1252 London Rd, Derby DE24 8QP
Contact: Kathy Smedley on 01332 606793 for more information.

SUPPORT GROUPS

Groups throughout the county to support Carers locally.

EREWASH DISTRICT

Erewash Carers Lunch, Ilkeston
3rd Tuesday of the month, 10:30am – 1:00pm
Morrisons, Ilkeston, 107 Nottingham Road, Ilkeston DE7 5NN
Carers and cared for are all welcome!
Contact: Head Office on 01773 833833 for more information.

Erewash Carers Lunch, Ilkeston (Not DCA Facilitated)
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
(Not DCA Facilitated) 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
3rd Monday of each month (except Bank Holidays) 2:00pm – 4:00pm
Outlook, 99 Briargate, Long Eaton. NG10 4BQ (in the Green Room)
Contact: Head Office on 01773 833833 for more information.

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

HIGH PEAK DISTRICT

Glossop
2nd Tuesday of every month, 1:30pm – 3pm. Glossop Volunteer Bureau, Bank House, 22 Henry Street, SK13 8BW
Contact: Head Office on 01773 833833 for more information.

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

High Peak Mental Health Carers Support Group
(Not DCA Facilitated)
1st Wednesday of every month 11:30am – 1:30pm. Buxton Methodist Church, Chapel St, Buxton SK17 6HX
Contact: Helen 07791 219 541
helencochrane2@gmail.com

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

DERBYSHIRE DALES DISTRICT

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

Matlock
3rd Monday of the month
1:30pm – 3:00pm
Helen's Trust Homcraft, Crown Square, Matlock, next to Specsavers.
Contact DCA 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 interested in attending please contact:
Brenda Creed on 07762 376401 or
Katey Twyford on 01629 733840.

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

CONTACT US FOR MORE INFORMATION!

Music for Hope Valley Carers and Cared for
(Not DCA Facilitated)
(predominantly those with Alzheimers/ Dementia) 3rd Thursday of the month, 2pm in Eyam.
Should you like to attend please call Mrs Horton on 01433 631020 for further information

NORTH EAST DERBYSHIRE DISTRICT

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

SOUTH DERBYSHIRE DISTRICT

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

• 13 Nov 2018

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

STOP PRESS!!

CARERS WEEK 2019

will be from
10th – 16th JUNE