

# CARERS NEWS

You Care, We Care

Over 30 years supporting carers

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

Summer 2018

Edition 87

## 72%

of Carers in the UK said they had suffered mental ill health as a result of caring.

Source: State of Caring 2018 (Carers UK)

## 85,000

unpaid Carers in Derbyshire have suffered with mental ill health as a result of their Caring role



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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](http://www.derbyshirecarers.co.uk)  
 [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
 [www.facebook.com/derbyshirecarers](https://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,

We hope that you are all enjoying the unusually warm and dry summer. We at Derbyshire Carers Association have had a great summer, celebrating Carers Week and starting the second year of both the Derbyshire County Carers Service and Young Carers Service.

It has been great to see so many of you at our events throughout the County and City and hear the positive comments.

The Young Carers Team have been busy visiting local schools to raise awareness of Young Carers through assemblies and workshops. You can read all about the successes within the newsletter and see some of the great pictures.

This edition of the newsletter focuses on mental health, sincere thanks to everyone involved.

Mental health is defined by the World Health Organisation as:

"a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community."

Experts believe that one in four people will experience a mental health problem during their life. For an estimated 375,000 people, mental health problems may be complex and occur again and again throughout their lives.

The team at Derbyshire Carers are privileged to be able to work with Carers and their families helping to support people who struggle with mental health conditions.

Mental, physical and social wellbeing are virtually inseparable. Positive mental health is a vital asset for individuals, families and society.



**NARINDER SHARMA**  
CEO – Derbyshire Carers

Too often, people feel afraid to admit that they are struggling with their mental health. This fear of prejudice and judgement stops people from getting help and can destroy families and end lives. Their life circumstances, too, may create obstacles to recovery.

Significant progress has been made to tackle stigma surrounding mental health in recent decades, but it still remains a key issue driven by negative associations, experience and language.

Mental health needs opening up and having conversations about mental health is vital to ending the stigma that still surrounds these issues. It is everyone's responsibility to help people feel much more comfortable with their everyday mental wellbeing and have the practical tools to support their friends and family.

Kindest Regards

*Narinder*

# MENTAL HEALTH

## MENTAL HEALTH CARERS

Carers play a significant role in the lives of the people they look after. With their help, the elderly, disabled, and sick are able to function, undertake their daily activities and live fulfilling lives.

To be able to take care of others, it's critical that carers take care of themselves. Mental Health Services are vitally important so carers can stay healthy and are able to perform their caring role to the best of their abilities.

Caring for someone with a mental health condition is difficult. Although it's an invisible illness, it can be just as crippling as a physical one. Mental Health Carers need to reach out for support too!

Here at DCA, we work with a number of Mental Health Support Groups and forums throughout the county. These Support Groups give carers the opportunity to have a voice and share experiences without the fear of stigma and prejudice. Simply giving someone time to talk, and listening to how they're feeling can be helpful in itself. Letting someone know you will be there to help and they are not alone can also offer great reassurance.

## NORTH DERBYSHIRE MENTAL HEALTH CARERS FORUM CONTACT DETAILS:

St Thomas Centre (Behind St Thomas Church) Chatsworth Road Brampton Chesterfield S40 3AW

Last Wednesday of the month, 10am – 1pm

Email address: [nderbyshiremhcf@gmail.com](mailto:nderbyshiremhcf@gmail.com)

Contact No's: 07494 943084 / 07730 526219 / 07730 526221 / 07730 526220



## DERBY CITY AND SOUTH DERBYSHIRE MENTAL HEALTH CARERS FORUM CONTACT DETAILS:

Oddfellows Oddfellows Hall 32 Charnwood Street Derby DE1 2GU

3rd Friday of every month, 11.30am - 2pm

Email address: [dcandsderbysmhcf@gmail.com](mailto:dcandsderbysmhcf@gmail.com)

Vivien Walters – 07921 162740

Sandra Austin – 07779 107087



## MENTAL HEALTH CARERS SUPPORT GROUPS

### The Croft Mental Health Carers Group

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

### 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



### 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. Contact: Malcolm Grieve on 01246 220686

### Long Eaton Mental Health Carers Support Group

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 Mental Health Carers Support Group

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](mailto:helencochrane2@gmail.com)

### Clay Cross Mental Health Support Group

1st Weds of every month 11am – 1.30pm Clay Cross Social Centre, Market Street. S45 9JE Bob – 01246 864661



# MENTAL HEALTH

## MENTAL HEALTH SPOTLIGHT

A Clay Cross Carer has spoken of the need to support Carers of family members or friends with mental health issues, and of the isolation such Carers often feel.

"Carers always seem to get left out of the equation. I know this is true, as my son was paranoid and psychotic and I had to become his Carer without advice or help. He was suffering from the age of 14 and was not diagnosed for almost 8 years after numerous suicide attempts. It is a very lonely place to be, when you don't understand what your child is going through and you find it hard to cope."



## WHAT TO DO IF YOU OR THE PERSON YOU CARE FOR IS IN CRISIS

If you feel like the person you care for is unable to manage their symptoms and you feel unsafe, you should contact your GP or NHS 111 if out-of-hours.

For immediate, life-threatening emergencies,  
call tel: 999.

If you, or someone you care about, is experiencing mental ill health and is in a crisis or emergency situation, the following organisations can help:

- The person you care for's GP - if possible your first point of contact should be their GP, as they will know their medical history and will decide the best action to take.
- If a health or social care professional (a care co-ordinator or key worker) has given you a specific phone number to call when you are concerned about the person you care for's condition, continue to use that number.
- Adult Care - during office hours Call Derbyshire on tel: 01629 533190 - the call centre is open between 8am to 8pm on Monday to Friday, and 9:30am to 4:30pm on Saturday to provide you with a speedy and direct response.
- Adult Care Out of Hours - in an emergency outside of normal office hours, call the Emergency Duty Team on tel: 01629 532600.

Congratulations to one of our members, Clay Cross Mental Health Carers Support Group, who have been awarded the Tesco Bags of Help top award of £4,000.

The Tesco Bags of Help project helps provide thousands of pounds to good causes in the community. Tesco customers were asked to place tokens in one of three containers that carry the names of the competing entries, and the Clay Cross Mental Health Support Group won. Extra funding means the group can support more

carers in the community, expand their membership and organise more days out and evening events.



Just some of the great literature that is out there  
around mental health and Caring.

# MENTAL HEALTH

## MENTAL HEALTH SPOTLIGHT



Mind provide advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.

Mind have an a – z of mental health on their website which is written in an easy to understand format.  
<https://www.mind.org.uk/information-support/a-z-mental-health/>

### CARING FOR SOMEONE WITH MENTAL HEALTH ISSUES

Emma was referred to Derbyshire Carers Association as she was struggling with the ongoing demands of her current caring responsibilities. Emma cares for her husband, Tony who suffers with mental and physical health issues. Alongside her caring responsibilities Emma also has her own physical health challenges to deal with.

A carers assessment was completed whilst also providing Emma with some necessary short term emotional support. During the carers assessment issues were highlighted that were impacting on Emma's and the whole family's wellbeing.

Some of the issues we identified from the carers assessment included current financial constraints, Emma was feeling guilt about undertaking things for herself and her own wellbeing, Tony was feeling guilt because he was not able to afford to visit his parents (which was impacting on his current mental health issues).

As a result of the carers assessment they were awarded a Carers personal budget which enabled all of the family to visit Tony's parents who live 212 miles away (one way). Information was provided on Derbyshire Welfare Rights and TURN2US regarding finances.

Derbyshire Young Carers are providing support for Emma's 15 year old daughter, who is also now accessing Local Talking Therapies enabling her to try and deal with her feelings of guilt. She has also been given access to information on how to cope when supporting someone with mental health issues and depression.



### RECOVERY AND PEER SUPPORT SERVICE

Recovery is about helping people to achieve their own goals and aspirations.

Delivered in partnership with People, Potential, Possibilities (P3) and Derbyshire Federation for Mental Health (DFMH), the service helps people improve and maintain their mental health and wellbeing and reconnect with their local community by offering access to targeted one-to-one staff support, telephone support and community groups, and is open to anyone over the age of 18 living in Derbyshire who is experiencing mental ill health.

The service also offers training to enable people to support each other in their recovery journey and benefit from other people's experiences.

#### Services They Offer

- Targeted support through one-to-one and group sessions.
- Self help and peer support
- Telephone support
- Advice and information on mental illness.
- Recovery education to help manage and understand your mental health
- Social activities in the local community
- Signposting to other sources of community and specialist support

### SINGLE POINT OF ACCESS

If you would like to contact the service, they are open from 9am - 5pm Monday to Friday.

email [DerbyshireRecoveryPeerSupportService@rethink.org](mailto:DerbyshireRecoveryPeerSupportService@rethink.org) or call them on 01773 734989.

Visit: [www.rethink.org/derbyshirerecovery](http://www.rethink.org/derbyshirerecovery)



# CARERS WEEK 2018

## CARERS WEEK WITH THE YOUNG CARERS TEAM

The Young Carers team were out and about across the county during Carers Week, raising awareness and letting everyone know about the Young Carers Service.

Tuesday saw Helen delivering an assembly to Year 9 at Shirebrook Academy, giving information about Young Carers and letting the children know how important it is to ask for support as a Young Carer.

Jackie delivered a fabulous activity with a group of children at Somerlea Park Juniors. The children explored what a young carer is and how it might feel to be in this role. Some of our Young Carers took part in the activity and were able to share their own experiences.

Smita went to Ripley Junior School and worked with a very enthusiastic group of children as they found out all about Young Carers. They asked lots of questions and got stuck in with all the activities.

At lunchtime, Helen met with the anti-bullying mentors at David Nieper Academy. Again, they explored the issues surrounding Young Carers and showed a great deal of understanding and empathy.



On Wednesday, we celebrated the achievements of Ripley Junior School, presenting them with their Level 2 Derbyshire Young Carers School Award. They are the first school in the county to achieve this award which recognises the policies and practices that they have put in place in the school for identifying and supporting Young Carers. We hope many more schools will follow their lead.



# CARERS WEEK 2018



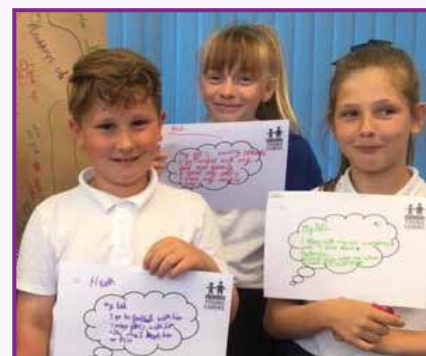
The afternoon saw Helen delivering more awareness raising sessions at William Allitt School with two groups of their Community Champions. The children were asked to consider how to further share their learning and understanding with the rest of the school and are discussing how to raise the profile of Young Carers further.



Primary School and Melbourne Junior School. The children joined in the activities enthusiastically and now have a shared awareness of Young Carers, and the difficulties that they might face.

The week finished with Helen delivering an assembly at Eureka Primary School to the junior children. The children were interested in the messages of the assembly and excited to enter our writing competition, all about caring.

We'd like to thank all the schools for getting involved with Carers Week and all the children for their enthusiasm and commitment to the activities and assemblies. Thank you to the whole Young Carers Team for all your hard work this week.



## UNIVERSITY TASTER DAYS

During half term we took nine Young Carers to the University of Nottingham for their Young Carers' Taster Day. They met with other Young Carers from Nottingham, Leicestershire and Loughborough and took part in a full day of activities to find out all about university life.

They had an introductory talk, Q&A with current students and a tour of the campus, looking at all the different departments and facilities. Several of the Young Carers were amazed by just how big the university campus is.

They also had two subject taster sessions. The first was History, with some fascinating artefacts from the First World War, including smell boxes to recreate the atmosphere of the trenches, medals, and even an artillery shell. The history lecturer brought the subject to life with real life stories of the soldiers. Chemical engineering was the second session, the Young Carers took part in an experiment to filter red dye out of water using natural

materials such as carbon, chalk and sand. Finally, we all got to witness, and have a go, at making ice cream with liquid nitrogen. Amazing. And it tasted good too!

The Young Carers had a great day and all said they'd found it an interesting and valuable experience. We are grateful to the University for organising such a rewarding and engaging day for our Young Carers.





# CARERS WEEK 2018

Carers week was a busy one for all our staff , so many events happened to celebrate Carers and raise awareness of all that unpaid Carers do. Below are some of the highlights of the week

Monday of Carers week saw lots of Carers from North Derbyshire attend an afternoon tea event at the Pavilion in Queens Park Chesterfield. Lots of tea and conversation flowed throughout the afternoon. Andrew Bomford from Radio 4 was there on the day to do some interview's with Carers for a world at 1 program which aired on 21st June.



Tuesday, Carers were treated to a boat trip along the Cromford Canal with a gentle stroll afterwards for those who were able. The sun was out and a lovely day was had by all. The Carers all expressed how relaxing and tranquil the canal boat ride was and would love to be able to do one every day as a way of relaxing. When they returned to the start they were treated to tea and cakes courtesy of Derbyshire Carers.



Wednesday, Carers were treated to a walk around Calke Abbey Park with tea and cakes on their return.



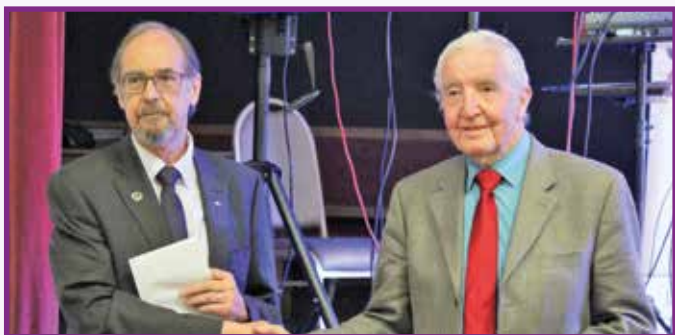
The week also saw the launch of DCA Glossop and the DCA Chapel-en-le Frith information and advice Hubs.





# CARERS WEEK ROUNDUP

Friday Carers were treated to an information and music event for Carers up in Shirebrook with Dennis Skinner as the guest speaker. The event was a great success and you could have heard a pin drop when Dennis spoke about the great work unpaid Carers do.



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In Derby City we provided information to Carers all week via an information and advice stall for Carers at the Intu Centre in Derby City Centre.



## CARING FOR SOMEONE WITH MENTAL HEALTH ISSUES

A member of our staff who is also a Carer briefly shares her story.

Growing up living in a family where my father who has bipolar (also known as manic depression)

It has been a long and difficult journey having to understand the high and lows, the introvert and extrovert behaviours to the extreme and seemingly random behaviours.

There were times that tore the family apart with the unpredictable behaviour, friends couldn't or wouldn't visit. Some times were spent walking the streets at night looking in remote places because he'd gone, and only sometimes leaving random coded messages as to where he had gone.

Our whole family was affected, as all we were able to do was respond and react to his behaviours.

Although we lived within the family, the professionals kept us excluded from our father's illness by not involving us and using confidentiality to keep us from being involved and having an input to his treatment.

After dad had a particularly difficult episode where mum's safety was threatened unfortunately dad was sectioned and we were not able to visit him for some time. We struggled financially at this time which had an impact on all of us.

Several weeks later with little warning dad was released home under medication which helped with his mood swings. Things settled down for while till he decided to stop taking the medication which put our lives back into turmoil again.

We managed to muddle through but the stigma continues. Mental health affects the whole of our family in many ways and we have had to adapt to be able deal with it.

The more we are able to talk about our feelings the more it helps on both a practical and emotional level.

'DCA - Mental Health Carer Support Groups' project is in the customer vote for a Bags of Help grant from Tesco. It's a scheme which gives community projects like us grants of up to 4,000 – all raised from the sale of carrier bags in Tesco stores. The public will now vote in store (Alfreton) from Saturday 1st September to Wednesday 31st October 2018 on who should receive the awards. Please support us in the Alfreton store!

# NEWS & EVENTS

## ACORNS AND OAKS

Some months ago I met with Jayne Whitton and Stephanie Wiltshire from No Limits (DCC). This team has a unique brief in Derbyshire, providing community-based day activities for people with profound learning disabilities who also have multiple physical and sensory impairments. The people who No Limits serve are supported to experience a range of activities and opportunities during a week; shopping, swimming, going to the park, eating-out at a pub or restaurant et cetera. No Limits is not day-centre based and is a one-to-one provision with community integration very much at its heart. Recent feedback given to Derbyshire Carers Association as part of an engagement exercise with DCC, confirmed that it is a service which is highly valued by participants and carers.

At our meeting we decided that here was a great opportunity for DCA and No Limits to work together in order to support existing carers connected to No Limits, and to encourage other carers of people with learning disability to know about the service and to take it up if appropriate.

The best way to do this, we thought, was to offer a series of informal "Pop-Up" events. Carers, especially of people with very high support needs, can often feel socially isolated and alone – caught up in a lifetime of care and commitment to their loved ones. So we planned a series of drop-in pop-up coffee mornings where people could come together, bring their loved-ones if they needed to, meet us and each other, gain information, have a drink, a chat and a biscuit and just "be" with people who

understand their situation, without pressure or any formal agenda whatsoever.

Two "Pop-ups" are now already under our belt. Two more to come at the time of writing this. First one was in Hasland Village Hall, a great venue where we had a worthwhile and enjoyable

morning even though it was a small turn-out on that occasion. The second was at Shirebrook while the remaining two will be at Bolsover (28th August) and Staveley (9th October). Yes, all in the North East of the County but if there is demand who knows where else we could go! If our conversation nearly a year ago can be said to have produced ideas that are "acorns," however small they may be, they could well grow into great oaks!

**Peter Dawson –**  
Learning Disability Engagement Worker



## CARERS IN EMPLOYMENT

The launch of our Carers in Employment initiative in July was a roaring success with over 74 employers signing up to help support Carers who work for them, more on this initiative in the next newsletter.





# NEWS & EVENTS

## MENTAL HEALTH SPOTLIGHT

### SOCIAL CARE ENABLEMENT SUPPORT

#### What is the Enablement Service?

The Enablement Service is a new service offered by Derbyshire County Council's Mental Health Direct Care Team. It aims to assist people with mental ill health to develop the skills they need in order to improve the quality of their lives.

People receiving the service are supported by an enablement worker, who will help them to develop confidence in daily living tasks, such as shopping, travelling, cooking, cleaning and managing their finances.

People may also be supported to join education or training classes, to find suitable paid or voluntary employment or to join community social groups. The Enablement Service is not a registered service and therefore does not provide personal care or medicine administration.

The service is person-centred and varies according to the needs of the people referred to it. The Enablement Service is free of charge to those making use of it.

#### Who can receive support from the Enablement Service?

- People with mental ill health who are experiencing difficulties in managing their day to day lives
- People already using specialist mental health services who may benefit from a period of enablement
- People who are willing and able to engage in an intensive, short term intervention and are also:
  - a resident of Derbyshire (excluding Derby City)
  - of working age.

Call Derbyshire is the first point of contact for most enquiries. Tel: 01629 533190 email: [contact CENTRE@derbyshire.gov.uk](mailto:contact CENTRE@derbyshire.gov.uk)

### FUNDRAISING

Our Fundraising Team have been out and about in the community distributing collection tins in June we spent a day in Ripley town centre and made some lovely new friends and gained some very kind support from local businesses.

We also spent a day in Belper and have many more planned across Derbyshire to raise our profile. Our next planned fundraising awareness day is in Matlock and Matlock Bath...

If you would like to help with our fundraising efforts please contact us, we urgently need volunteers to help us.



Pictured is Sharron, one of our Care support Workers who road from Morecombe to Bridlington over 5 days.

**Derbyshire Carers Association**  
**Carers Connect**  
**Amber Valley**

**Drop in and support service for carers in Amber Valley.**  
**Carers assessments also available (pre-booking essential).**

**1st Thursday**  
**every month**  
**1pm—4pm**

**Belper Baptist Church,**  
**Bridge street, Belper, DE561AZ**

For more information please contact DCA on:  
**01773 833 833**

Registered Charity Number: 1062777



# TRAINING & EVENTS

## TRAINING

We are currently revamping our training and breaks service and will have a new package going forward.

Tuesday 11th September

First Aid Training

5pm — 7.30pm. Blythe House Hospice, Eccles Fold, High Peak. SK23 9TJ

## WALKS

A good walk can benefit your mental wellbeing. Being active has a whole range of benefits when it comes to mental wellbeing.

It can improve mood, sleep quality, self-perception and self-esteem, and it can reduce anxiety, stress and fatigue. Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

In older people, staying active can improve cognitive function, memory, attention and processing speed, and reduce the risk of cognitive decline and dementia.

## TUESDAY WEEKLY VERY EASY DEMENTIA FRIENDLY WALKS

Derbyshire Carers, The Peak District National Park, Making Space and Derbyshire Dales Walking for Health are working together to put on regular 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 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.

**Calver (by Church and Bridge Inn) Calver Bridge, Hope Valley, Derbyshire, S32 3XA**

a walk alongside the river\* unsuitable for wheelchairs meet 2.00pm on 4 Sept

**Whitworth Centre car park, Dale Rd N, Darley Dale, Matlock DE4 2EQ**

a walk in Whitworth Park and linked cycle tracks meet 2.00pm on 11 Sept



**Derbyshire Carers Association**  
**One Year Celebration**

**Year One Carers Service and Young Carers Celebration – Discover what we have achieved in the last year and our future services.**

**Refreshments Available** **Art Therapy Sessions**

**Friday 21st September 2018 10.00-1.00**  
**The Post Mill Centre**  
**Market Street, South Normanton**  
**Derbyshire, DE55 2EJ**

**Information Stalls from Partner Organisations** **Relaxation and Therapy Treatments Available**

**To book a place contact DCA on:**  
**01773 833 833**  
Registered Charity Number: 1062777

Logos for Derbyshire Carers Association, Carers UK, Derbyshire County Council, and Carers in Derbyshire are at the bottom.

**Hassop Station, Hassop Station, Hassop, Bakewell, Derbyshire, DE45 1NW**

a short walk along the Monsal Trail meet 2.00pm on 18 Sept

**Whitworth Centre car park, Dale Rd N, Darley Dale, Matlock DE4 2EQ**

a walk in Whitworth Park and linked cycle tracks meet 11.00am on 28 Aug, 25 Sept



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. [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)



# TRAINING & EVENTS



**Derbyshire Carers Association**  
**Carers Ball 2018**

**Friday 5th October 2018**

**Post Mill Centre  
Market Close  
South Normanton  
Alfreton DE55 2EJ  
7pm til 11pm**

**Live Music,  
Dancing,  
Buffet, Raffle.**

**Free to Carers and £5 entry to  
Cared for or anyone else.**

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 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.

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








## TALKING THERAPIES – SPOTLIGHT ON MENTAL HEALTH

A common treatment for mental health issues are talking therapies, which includes counselling and Cognitive Behavioural Therapy (CBT).



### Psychological Therapy Services

There's a choice of five 'talking therapy' providers in Derbyshire (all services are free of charge):

#### Insight Healthcare Tel: 0300 555 5582

area: New Mills, Whaley Bridge, Buxton, Bakewell, Matlock, Heanor, Ilkeston and Derby (for those who work in Nottingham, services are available in Stapleford and Nottingham locations).  
Visit: [www.insighthealthcare.org](http://www.insighthealthcare.org)

#### Talking Mental Health Tel: 0300 123 0542

area: Derbyshire wide - including Derby City  
Visit: [www.derbyshirehealthcare.nhs.uk/services/talkingmentalhealth-derbyshire](http://www.derbyshirehealthcare.nhs.uk/services/talkingmentalhealth-derbyshire)

#### Trent PTS (Psychological Therapies Service)

Tel: 01332 265 659 area: Derby City, Chesterfield and Bolsover, Swadlincote, Ilkeston, Belper, Ripley, Wirksworth, Ashbourne and Alfreton. Visit: [www.trentpts.co.uk](http://www.trentpts.co.uk)

#### Lets Talk-Wellbeing Tel: 0115 956 0888

area: Nottinghamshire/Derbyshire border, Nottingham  
Visit: [www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](http://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing)

#### Turning Point Tel: 0300 1230542

area: Derbyshire/Nottinghamshire  
Visit: <https://talking.turning-point.co.uk/derbyshire>

**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](mailto: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](mailto: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](mailto:derby@derbyshirecarers.co.uk)

#### Fourth Tuesday of every month:

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

## Europe is now covered by the world's strongest data protection rules.

The mutually agreed General Data Protection Regulation (GDPR) came into force on May 25, 2018, and was designed to modernise laws that protect the personal information of individuals.

The GDPR is Europe's new framework for data protection laws – it replaces the previous 1995

data protection directive. Previous UK law was based upon this directive. GDPR legislation is designed to "harmonise" data privacy laws across Europe as well as give greater protection and rights to individuals.

In line with the new laws we have updated our privacy notice which is shown below.



### Privacy Notice

We are committed to safeguarding the privacy of Carers and Service Users and the data we hold.

We will retain your data for as long as is reasonably necessary for the purpose for which you have provided it. If you ask us to remove you from our database we will do so, but we may then be unable to assist you.

Derbyshire Carers Association's purpose for processing your data is the legitimate interest of helping Carers and Service Users.

You have the right to object to data processing where we are relying on a legitimate interest to do so if you think that your rights and interests outweigh ours and you wish us to stop. To do so, you should contact the Data Protection Officer mentioned below.

There may be times when we have to provide some data to our commissioners to meet contractual requirements or conditions attached to grants. If you do not allow us to provide this data we may not be able to provide certain services to you that are funded or partly funded by those commissioners.

Your data is not processed outside of the UK.  
We do not use 'automated decision making'.

#### Your rights

You have the right to information about what personal data we process, how and on what basis as set out in this policy.

You have the right to access your own personal data by way of a subject access request (see above).

You can correct any inaccuracies in your personal data. To do so you should contact the Data Protection Officer mentioned below.

You have the right to request that we erase your personal data where we are not entitled under the law to process it or it is no longer necessary to process it for the purpose for which it was collected. To do so you should contact the Data Protection Officer mentioned below.

If you request that your personal data is corrected or erased or contest the lawfulness of our processing of your personal data, you have the right to apply for its use to be restricted while the application is made. To do so you should contact the Data Protection Officer mentioned below.

You have the right to object if we process your personal data for the purposes of direct marketing.

You have the right to receive a copy of your personal data and to transfer your personal data to another data controller. We will not charge for this and will in most cases aim to do this within one month.

You have the right to be notified of a data security breach concerning your personal data.

You have the right to complain to the Information Commissioner. You can do this by contacting the Information Commissioner's Office directly. Full contact details including a helpline number can be found on the Information Commissioner's Office website ([www.ico.org.uk](http://www.ico.org.uk)). This website has further information on your rights and our obligations.

Our Data Protection Officer is Narinder Sharma CEO of DCA contactable on 01773 833 833.



# 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

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 they 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 Utttoxeter 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

### Ilkeston

Meets fortnightly on Wednesdays 1:00pm – 3:00pm

Ilkeston Community Hospital, Hleanor Road, Ilkeston, Derbyshire DE7 8LN (in The Stanton Room)

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.

### Carers Do Lunch

3rd Tuesday of 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 (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 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

### New Mills

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)  
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

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.

## 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  
Whitworth Park café in Darley Dale  
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 interesting in attending please contact: Brenda Creed on 07762 376401 or Katey Twyford on 01629 733840.

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

(predominantly those with Alzheimers/ Dementia) 3rd Thursday of the month, 2pm 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.

- 11 Sept 2018
- 9 Oct 2018
- 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 Rights Day will be on

**30th November 2018**  
**SAVE THE DATE**

More information in the next newsletter

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

CONTACT US FOR MORE INFORMATION!

Supporting all Carers and their families throughout Derby City and Derbyshire