









# Carers Monthly

- 2 What We Do
- 3 Community
- 4 Information & Awareness
- 5 Wellbeing
- 6 Gallery
- 7 Schedule
- 8 Useful Contacts



-  01332 228777
-  [carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk)
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-  [@Carers\\_Derby](https://twitter.com/Carers_Derby)
-  [@Carers\\_Derby](https://www.instagram.com/Carers_Derby)
-  [@Carersinderby](https://www.facebook.com/Carersinderby)



# What We Do

**Helpline:** Our helpline is able to offer support in a variety of ways. Any calls will be dealt with by one of our advisors. They will be able to signpost you to other organisations, explain what we do and book you onto events. Being part of Citizens Advice Mid Mercia, we are able to refer you to various other parts of our organisation to assist with benefits, debt, housing and more.

**Carers Conversations:** A Carers Conversation is designed to offer carers a more person-centred approach to support. These are used as the first step in getting a Carers Assessment. Our advisors will have 'conversations' with you to best understand what is happening in your caring role and how it is impacting on your health and well-being. The Carers Conversation is designed to understand what really matters to you and to connect you to the resources and support that can help you continue with your caring role independently. (Please note, Carers Conversations are for unpaid carers aged 18+, caring for someone who is aged 18+). Please call or email us to book an appointment.

**Wellbeing:** We have a variety of indoor, outdoor and virtual workshops and events that are supporting carers to take some respite, helping to reduce stress, anxiety and promoting better sleep (*Please see our schedule of the events we have planned this month on **page 7***).

**Information and awareness:** There are great sessions and handout sheets available to you. Book an Emergency Plan appointment and make provisions for the future. If you were ever absent from your caring role what would happen to the person you are caring for, who would support them? We will help you to get your own personalised plan set up.

**Peer Support:** If you are interested in any peer support groups, we are able to advise you about any groups that are running through our helpline or via email. We also work with other organisations and connect with GP surgeries to help people access support easier and help more people find and access our service.



# Community



Derby City Council will be launching a range of warm spaces throughout the city to help its residents beat the chill this winter.

With the cost of living rising, many people may not be able to afford to heat their homes easily this winter.

A number of warm spaces will run every week until the end of February 2023, for residents to access warmth, social interaction and a hot drink (times subject to change):

- **Rosehill Children's Centre** - Wednesday 1pm – 3pm
- **Derwent Children's Centre** - Wednesday 1pm – 3pm
- **Sinfin Children's Centre** - Tuesday 1pm – 3pm
- **Alvaston Library** - Monday 1pm-5pm, Tuesday 9.30 – 5pm, Thursday 9.30am – 7pm, Friday 9.30am – 5pm and Saturday 9.30am – 1pm
- **Mickleover Library** - Monday 1pm – 5pm, Tuesday 10am – 5pm, Thursday 10am– 7pm, Friday 10am– 5pm and Saturday 10am – 1pm
- **Normanton Library** - Monday 9.30am – 5pm. Wednesday 9.30am – 7pm. Thursday 1pm - 5pm, Friday 9.30am – 5pm and Saturday 9.30am – 1pm
- **Riverside Library** - Thursdays during their regular weekly coffee mornings, between 10.30am and 12 noon. Monday – Friday 9am – 5pm and Saturday 9am – 1pm



# Information & Awareness



## First Aid training

Are you first aid trained?  
Would you know what  
to do in an emergency?  
Would you like to gain a new  
skill which could help to save a life?



Join us at 10am-2pm on Wednesday  
11th January 2023 at Holly Court,  
Mickleover for First Aid training.  
This event is for carers only.  
Light refreshments available. Please bring  
your own lunch.

For more information please  
email  
[carers-events@citizensadvice  
midmercia.org.uk](mailto:carers-events@citizensadvice<br/>midmercia.org.uk) or phone  
**01332 228777**

## Dignity Day 2023

In February we will be celebrating Dignity Day.  
Dignity Day is an annual opportunity  
to 'uphold people's rights and to  
provide a truly memorable day for  
people who use care services'.



Join us on Wednesday 1st February 2023  
for an afternoon 'Digni'tea' and other  
activities. More details [coming soon](#).

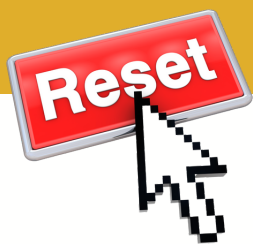


## Emergency Plans

Here at Universal Services for Carers we can help you with creating an emergency plan to prepare for unforeseen events. We will go through questions with you to identify the tasks you are doing for your cared for. You can then establish one or more people whose contact details can be added to the form who could be contacted in an emergency. Unfortunately, we cannot put in place emergency care for the person you care for but this can be a useful way to identify everything that you are doing on a daily basis and to make it as straightforward as possible for someone else to step into your caring role in an emergency.

For more information on emergency planning please phone **01332 228777**  
or email [carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk).

# Wellbeing



## What is Anxiety Reset?

Christmas and New Year can be a stressful time filled with mixed emotions.

### How was yours?

It can be essential to your wellbeing to take a little time for yourself to pause and reset.

Our team was approached by Dani Bello, who is currently working as an Arts Therapist offering us a funded workshop for our Carers. The focus will be on raising the awareness of Anxiety, its impact on us and suggest strategies on how to manage symptoms. Alongside her colleague, who is a registered Hypnotherapist, they will both be creating a session where you can gather, chat and explore the role Anxiety may play in your life. Come join us at the beautiful and calm Breathing Space in the centre of Derby (yes... it is a yoga studio but this isn't yoga!)

**The aim is for you to come away from the session feeling more resourced and relaxed. A great way to start of 2023.**

Tuesday 10th January 2023  
2-3.30pm  
@The Breathing Space, Derby  
For Carers Only  
Limited Spaces



## WELLBEING UPDATE

**We both value and need your feedback.**

**Thank you to everyone who tells us about your experience of events we run.**

**From January 2023, we will be emailing you a link to a quick & easy feedback form after each event. THANK YOU for helping us create the service you want.**

**Did you know that 20 minutes of meditation can have the same benefits as 4-5 hours of deep sleep?**

**Come try our new ONLINE MEDITATION & RELAXATION**

sessions every fortnight  
starting 17th January 2023  
1.30pm-2.15pm.

Contact us to reserve your spot.



# Gallery



## Wreathmaking with Down to Earth 28th November



This two hour session was held in the garden behind the Bean Café at Friar Gate Studios. This is where nature based initiative, Down to Earth have their HQ. Free latte's and hot chocolates with mince pies all round to help the creativity flow... Look out for more events with D.T.E. throughout next year - as requested by YOU.

## Front Door Theatre's A Christmas Carol 2022



*"Wow!  
It was  
amazing...  
Thank you."*

A big thank you to the National Trust and all that came along to our Kedleston Hall & Museum Visits. There were chilly days but the café was warm and the decorations were beautiful.

*"A much needed relaxing fun treat at a very difficult time."*

Watch out for more visits there in the 2023 with our Community Pass.

## Kedleston Hall & Museum Visits 9th & 12th December



*"Its great to come away with something you've made, that you've acheived something. I've been wanting to do something like this but just don't have the time or ability at home. "*

We would value your feedback. If there is anything you'd like to see us organising for you, please let us know by emailing:  
[carers-events@citizensadvicemidmercia.org.uk](mailto:carers-events@citizensadvicemidmercia.org.uk)

# Schedule

## Wellbeing Event

**Event:** Plot to Plate Allotment Session

**Time:** 2-3pm

**Date:** Thursday 5th January 2023

**Venue:** Little Chester Allotments,  
Chaddesden  
Carers and Cared for Welcome



## Wellbeing & Awareness Event

**Event:** Anxiety RESET - Information,  
Hypnotherapy & Relaxation

**Time:** 2-3.30pm

**Date:** Tuesday 10th January 2023

**Venue:** Face to Face - The Breathing Space  
Limited Places - Carers Only



## Training Event

**Event:** First Aid Training

**Time:** 10am-2pm

**Date:** Wednesday 11th January 2023

**Venue:** Holly Court, Mickleover

Limited Places - Carers only



## Wellbeing Event

**Event:** Lunchtime Meditation & Relaxation

**Time:** 1.30pm - 2.15pm

**Date:** Tuesday 17th & 31st January 2023

**Venue:** Online - Zoom

Carers and Cared for Welcome



## Peer Support Group

**Event:** BAME Carers group

**Time:** 9.30 - 11.00

**Date:** Wednesday 18th January 2023 -  
3rd Wednesday of the Month

**Venue:** Normanton Library, Almond Street,  
Derby



## Wellbeing Event

**Event:** Wellbeing Walking Group

**Time:** 1-3pm

**Date:** Wednesday 18th January 2023

**Venue:** Darley Park

Carers and Cared for Welcome



## Peer Support Group

**Event:** Carers group

**Time:** 10:30am

**Date:** Thursday 26th January 2023 -  
Last Thursday of the Month

**Venue:** Chaddesden Fire Station  
Community Room



## Peer Support Group

**Event:** Carers Dementia Café

**Time:** 2-4pm

**Date:** Friday 27th January 2023

**Venue:** Derby Theatre

Carers and cared for welcome



**Please call on 01332 228777 or email us at [carers-events@citizensadvicemidmercia.org.uk](mailto:carers-events@citizensadvicemidmercia.org.uk) to REGISTER YOUR INTEREST. We will then contact you to confirm your place in due course. Please note for popular events, we now allocate tickets 2 weeks before event is due to run. This is to ensure everyone has the opportunity to attend an event.**

# Useful Contacts

Derby City Care Line – Social Care out-of-hours support - Phone: 01332 956606  
It operates Monday to Friday 5pm–9am, with a 24-hour service during weekends and bank holidays.

Derby's Community Hub can assist anyone in the community who is vulnerable, self-isolating, or has been shielding. Those who need support can call Derby Direct on 01332 640000

Samaritans- Call 116 123, free helpline, open 24 hrs a day, 365 days a year.

PAPYRUS Hopeline UK – Helpline for people under 35 who have suicidal thoughts and for anybody worried about another young person's mental health. Open 9am- Midnight daily. Tel: 0800 068 4141 Text: 07786 209697 pat@papyrus-uk.org

National Domestic Violence Helpline - 0808 2000 247 (Open 24hrs a day)

NHS 111 online can help you decide if you need medical help and offer advice on how to access help safely. The service is free to access and is available 24hours a day, 7 days a week.

Life-threatening emergencies - call 999 in a medical emergency. Call this number if someone is seriously ill or injured and their life is at risk.

Non-Emergency Police - 101 or non emergency medical help- 111.

Royal Derby Hospital Adult Emergency Department - 01332 783111 -  
Address: Uttoxeter New Road, Derby DE22 3NE

Derby Urgent Care Centre: 01332 224700 - Address: Urgent Care Centre, Entrance C, Osmaston Road, Derby DE1 2GD

Emergency Dental NHS service - 01332 564911

Textline - free support 24/7 for Young people under 25 - Text YM to 85258

Shout - Text mental health service free on all major networks. TEXT- 85258

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 –  
This is a 24/7 service for Derby residents

Treetops Hospice - counselling and emotional support to adults, children & young people who are dealing with a life-limiting illness or bereavement - 0115 949 1264