

# Who cares

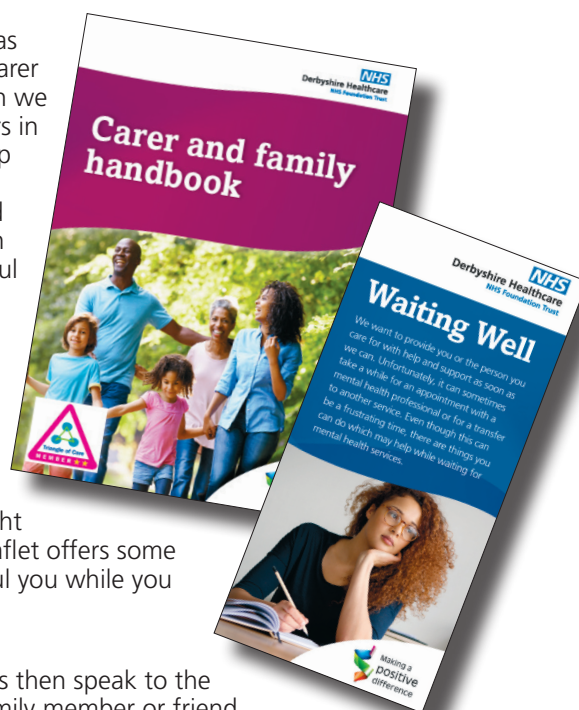
Quarterly newsletter for carers

Issue 45 - May 2019

## Look out for our new information booklets

### New Carers and Families Handbook

Derbyshire Healthcare Foundation Trust has been busy updating and publishing the Carer and Family Handbook. As an organisation we value the role that families play as partners in care. This booklet has been written to help you support your relative or friend as we recognise that it is probably your help and support that keeps them well and living in the community. The booklet is full of useful information about services for carers and what support is available in your area.



### New Waiting Well Leaflet

The Trust has also published a new leaflet called Waiting Well. Sometimes services aren't available as quickly as we would like and this means people might have to wait for an appointment. This leaflet offers some suggestions for what else might be helpful you while you are waiting to see someone.

If you haven't seen these new publications then speak to the person who co-ordinates care for your family member or friend or contact the CPA Service on [dhcft.corecarestandards@nhs.net](mailto:dhcft.corecarestandards@nhs.net)

### Derbyshire Healthcare NHS Foundation Trust have a new website

Over the last year the Communications Team have been working hard to develop a new website. We want to make it easy for you to access the information you want when you need it. You can visit the website on [www.derbyshirehealthcareft.nhs.uk](http://www.derbyshirehealthcareft.nhs.uk) and please let us know what you think by giving us feedback on [www.derbyshirehealthcareft.nhs.uk/contact-us/feedback](http://www.derbyshirehealthcareft.nhs.uk/contact-us/feedback)

## Celebrate Carers Week 2019 (10th -16th June)



The theme this year for Carers Week is 'Getting Carers Connected'. There will be lots of events taking place in Derby City and Derbyshire during Carers Week. Derbyshire Carers Association will be hosting a week of activities and these include canal boat rides, coffee mornings and advice days. It can be a good opportunity to meet other carers and get information and support. Look out for posters advertising events for carers in the services you visit. A full schedule of events can be found on [www.carersinderbyshire.org.uk/carers-week-10-to-16-june-2019](http://www.carersinderbyshire.org.uk/carers-week-10-to-16-june-2019) or contact Derbyshire Carers Association on 01773 833833.

### Forums for mental health carers

There are two forums for carers of people with mental health problems offering help, support and information. New members welcome.

#### Derby City and South Derbyshire Mental Health Carers Forum

Sandra: **07779 107087**

Rob: **07932 685022**

Dave: **07941 237092**

#### When & Where:

Third Friday of each month  
11.30am – 2pm, The Oddfellows Hall, 32 Charnwood Street, Derby, DE1 2GU

[www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com](http://www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com)

#### Mental Health Carers Community: Chesterfield & North Derbyshire

Contact one of the members on:  
**07494 943084, 07730 526219, 07730 526221, 07730 526220**

#### When & Where:

Last Wed every month. 10am-1pm, St Thomas Centre (behind St Thomas Church) Chatsworth Road, Brampton, Chesterfield S40 3AW

#### Learning Disability Carers Community in Derbyshire

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

Please contact the CPA and Core Care Standards Service on **01246 515974** or email [dhcft.corecarestandards@nhs.net](mailto:dhcft.corecarestandards@nhs.net) if you would like to contribute or if you have any comments about this newsletter

## New Online Newsletter for Carers in Derbyshire

Derbyshire County Council have issued a new online newsletter for carers. The first edition includes information about events, information days and walking for health. If you want to start receiving the newsletter straight to your inbox then visit [www.carersinderbyshire.org.uk/carers-newsletter-may-2019](http://www.carersinderbyshire.org.uk/carers-newsletter-may-2019) The newsletter will be published when required but there will be at least four editions per year.

## Carers Artwork Donated to the Trust

The Carers Art Group has donated paintings to brighten up Bayheath House in Chesterfield. The art group meets every Friday from 10.30am–12.30pm at Chesterfield Labour Club, Saltergate, Chesterfield. If you are interested in joining the group, just turn up, you don't have to book. Everyone is encouraged to enjoy themselves and you can bring a friend if you prefer. There is no need to bring any equipment, just enthusiasm for art. For more information contact Malcolm on [malcolmgrieve41@gmail.com](mailto:malcolmgrieve41@gmail.com)

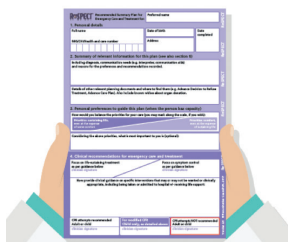


## Introducing the New ReSPECT Form (Recommended Summary Plan for Emergency Care and Treatment)

In a crisis, health professionals may have to make rapid decisions about treatment, and people sometimes may not be well enough to participate in making choices. Here in Derbyshire we are supporting service users to be involved in completing the ReSPECT documentation via discussions with GP practices. This process will empower people to guide the health professionals on what treatments they would or would not want to be considered for. It can also record the things that are most important and what should be prioritised, as well as treatments that might not work. If people choose to fill in a ReSPECT form it can be used to record preferences and recommendations for emergency situations, whatever stage of life they are at. If you want to know more about the ReSPECT process and form then speak to your GP or the Care Co-ordinator.



What should happen to you in an emergency?



## Derbyshire Dementia Support Service

In December 2018 dementia support services moved across to the Alzheimers Society. They offer a range of support to anyone affected by dementia. The Alzheimers Society offer Carers Groups, Memory Café's and Singing for the Brain and you don't need an official diagnosis or to be a certain age to get advice and support. You can contact them on 01332 208845 or email [derbyshire@alzheimers.org.uk](mailto:derbyshire@alzheimers.org.uk) for more information.

## Staying Safe

Staying Safe is a new website which can help people who may be having suicidal thoughts. The site can help people develop safety plans, work out who to contact if they need support and practical ways to feel safer. It also provides advice and help for people who are supporting someone with thoughts of harm. Visit [www.stayingsafe.net](http://www.stayingsafe.net) for more information.

## Learning Disability News

- Amber Valley Learning Disability Carers Coffee Morning now take place at Field Terrace in Ripley on the last Wednesday of the month. Contact [peter.dawson@derbyshirecarers.co.uk](mailto:peter.dawson@derbyshirecarers.co.uk) to find out more
- Look out for Learning Disability Pride Week in June, people with learning disabilities will be showing their talents and achievements
- If you have concerns or repair requests for wheelchairs this service is now provided by AJM healthcare and any queries need to be directed to them on 0808 169 8747.



## Find out more about medication

Do you sometimes want to know more about a condition or a certain type of medication, including side effects and benefits. Derbyshire Healthcare has a great website called Choice and Medication [www.choiceandmedication.org/derbyshcft](http://www.choiceandmedication.org/derbyshcft). The website provides people with information about medicines used in the mental health setting and it can help people make informed decisions. You can use the site on your own or together with your family or someone you care for. You can also print out leaflets about medicines and common mental health conditions.

Please send/do not send me a copy of the *Who Cares* newsletter:

(Name) ..... (Address).....

Please tick one:  I am currently a carer  I am not a carer at the moment

Return this slip to: CPA and CCS Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield, S40 3HW