

Who cares

Quarterly newsletter for carers

Issue 46 - November 2019

Carers Rights Day: Helping you find your way

It is Carers Rights Day on the **21st November 2019**. Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it. When you're caring, getting the right information at the right time can make all the difference. You can ask a member of staff to provide you with a Carers and Family handbook or you can contact the organisations below for help and advice.



Derbyshire Carers Association 01773 833833

Citizens Advice Bureau 03444 111 444

Patient Experience Team (complaints and PALS) on 01332 623751 or 0800 027 2128

Derbyshire Law Centre 01246 550674

Derby Law Centre 01332 287850

Advocacy Support Derby City 01332 228748

Advocacy Support Derbyshire 01332 623732

The Carers UK Helpline Mondays and Tuesdays between 10am and 4pm 0808 808 7777

Carers Celebrations at the Crooked Spire and Derby Cathedral

Derbyshire Carers Association have arranged festive celebrations for carers, the people they care for and associated professionals. Tea, coffee and mince pies will be available following the service.

8th December, Derby Cathedral, Derby, DE1 3GP, 11.30am – 1pm

12th December, Crooked Spire, Chesterfield, S40 1XJ 12noon – 1.30pm

To book a place ring Derbyshire Carers Association on 01773 833833



Chesterfield Mental Health Carers Support Group

After a short break the Chesterfield Mental Health Carers Support Group is back up and running. Carers are welcome to come along to The Saints Parish Centre Cafe in Chesterfield on the **3rd Wednesday of the month**.

The group meets between 11 am - 1pm and a buffet lunch is provided. The group enjoys various stressbusting activities including Indian head massage, reflexology, manicures and facials.

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

Mental Health Carers Community: Chesterfield & North Derbyshire

Contact the forum on: **07730 526219**

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

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

New Carers Mutual Support Group at the Radbourne Unit, Derby

A new carers group is now running in The Hub at the Radbourne Unit in Derby. The group offers an opportunity for carers to come together to listen and support one another. Speakers will also be coming along to answer questions and provide information.

The group meets on the first Tuesday of every month 4pm – 6pm and new carers are welcome to come along to find out more.

Survey for Carers in Derbyshire

Derbyshire County Council is carrying out a self-assessment exercise to help them better understand how unpaid family carers are supported in Derbyshire. This exercise will help reflect on what is going well and where things could be done differently.

Derbyshire City Council will be working together with carers and professionals in Derbyshire who support carers by hosting an online survey. To take part visit the carers in Derbyshire website www.carersinderbyshire.org.uk

New funding awarded for community 'job coaches'

People who are being supported by the Trust's community mental health services will soon be able to draw on the advice and expertise of five employment specialists to help them find work and stay in work, following new funding from NHS England. The employment specialists will offer coaching and advice to individuals in the five areas of the county where unemployment rates are highest amongst people recovering from a severe mental illness. The employment specialists will search for jobs consistent with a person's preferences and engage with employers directly to identify suitable paid work – acting as a crucial link between the individual, their employer and their medical team. Look out for more information in future issues.

Understanding your medication

Do you have questions about medication? Would you like to find out more about a medication that the person you care for is taking? Derbyshire Healthcare has produced a useful guide which includes information about; choosing a medicine, how medicines work, side effects, medicines in pregnancy, who can prescribe medicines, who you can talk to, medicines for children and ways to remember to take medicine. It also gives information about medicines that might be in short supply please visit

www.derbyshirehealthcareft.nhs.uk/getting-help/understanding-your-medication



Flu jabs for Carers

Unpaid carers can get a free NHS flu jab. In order to be eligible you'll need to receive Carer's Allowance or be the main carer of an older or disabled person whose welfare would be at risk if you became ill. Once you've been vaccinated against the flu, you're less likely to pass the virus onto the person you care for. Tell your GP practice you are a carer and ask about getting the flu jab.



Derby and Derbyshire new QWELL service

Derbyshire Mental Health Forum have launched a new service, QWELL a digital counselling support service that is available to parents and carers of young



people across Derby and Derbyshire. The service provides a safe, confidential way for parents and carers of young people under the age of 18 to access emotional wellbeing and early intervention support that looks to cover a range of mental health issues. The service is free and requires no referral, users just have to set up an account on the website. The team are available from 12 noon to 10pm Monday to Friday and 6pm to 10pm at weekends. If you would like more information then please email derbyshireqwell@xenzone.com

Learning Disabilities News

- People with learning disabilities and their carer's are entitled to a free flu jab. If the person you care for is scared of the needle then ask your GP Practice about the nasal spray. They can use this instead, as a 'reasonable adjustment'.
- Don't forget to book anyone aged over 14 with a learning disability a free health check (like an MOT) at their GP Practice. All Derbyshire practices give these.
- Carers of people with a learning disability may be interested in coming along to the Learning Disability Service Strategy Event on the 9th January at the Riverside Centre, Pride Park. Please contact y.stevens@nhs.net to book your place and for further details.

Date for your diary...

Derby City and South Derbyshire Mental Health Carers Forum will be having an open event at St Peters Church in Derby City Centre on the 23rd of March 10-2pm. New carers are welcome and refreshments and stalls will be available. For more information call 07779 107087



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