

Who cares

Newsletter for Carers

Issue 50 - January 2023

Welcome to our 50th edition of the Carers Newsletter

Welcome to the January edition of the newsletter and we are delighted to reach our 50th edition. The newsletter is intended to provide useful information to Carers, friends, family, and parents of people who may be using our services.



During 2023 we will continue to support and value Carers of people in our services, and we have a programme of work in place to support this. If you have any questions or concerns or want to know more about support for Carers, please speak with the key worker or care coordinator of the person you care for. You can find more information on our website www.derbyshirehealthcareft.nhs.uk

It is also a good opportunity to remind you about the Derbyshire Mental Health Helpline and Support Service. The Support Service is a freephone service available to everyone living in Derbyshire - both young people and adults. It is open 24 hours a day, seven days a week and free to call. If you or your loved one are experiencing distress or anxiety, or feeling that you cannot cope, you can call **0800 028 0077** for support over the phone. You can get support for yourself and talk through issues that may be causing concern.

Let's keep in touch...



We value the support and care given by Carers and families and we want to make sure we can stay in touch with you. With your permission,

we will record your details on our information systems so we know how best to communicate with you. This may be done by letter, phone, text, or email. If your details have changed, or if you would like to change the way we contact you, then please let the team and care coordinator of the person you care for know.

Appointment options at Derbyshire Healthcare

We would like to involve you and the person you care for in deciding on the most appropriate type of appointments. We now offer a mix of different types of appointments, as we want to provide choices, wherever possible, about how appointments take place. This maybe face to face, by telephone, or online, as a virtual appointment. Health staff will be able to discuss with you or the person you care for about how best to carry out appointments and what everyone would be most comfortable with. All services offer some level of choice, so please speak to the care team to decide what would work best for the person you care for and you.

Mental Health Peer Support Forum for Carers

Derbyshire has Mental Health Carer Peer Support Groups in the North and South of Derbyshire, please see the details below. Both these groups are run by Mental Health Carers who offer a welcoming safe space for Carers to come together, offer mutual support, and enjoy a cuppa and a chat.

Derby City and South Derbyshire Mental Health Carers Forum

Tel: Sandra: **07779 107087**

When & Where:

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

www.derbycityandsouthderbyshire-mentalhealthcarersforum.wordpress.com

Mental Health Carers Community: Chesterfield & North Derbyshire

Contact the forum on:

Tel: **07730 526219**

Email: jose.rodgers@nhs.net

When & Where:

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

Please contact the Core Care Standards Service on 07824596690 or email dhcft.corecarestandards@nhs.net if you would like to contribute or if you have any comments about this newsletter

Making Room for Dignity in Derbyshire

In 2020 the Government pledged more than £400 million to eradicate dormitory accommodation from mental health facilities across the country to improve safety, privacy and dignity of patients experiencing mental illness. Significant national and local investment of more than £100m has been allocated for the development of new facilities across Derbyshire which we have invested in new hospitals.

We are delighted to let you know these new building projects are underway in Chesterfield and Derby and it will offer big improvements for the people of Derbyshire needing inpatient mental health care. If you want to know more about these new facilities and plans please visit our website www.derbyshirehealthcareft.nhs.uk/services/service-developments/making-room-for-dignity

Warm Spaces in Derbyshire and Derby City

The cost-of-living crisis is already affecting millions across the country, with many reporting they will be unable to switch the heating on. Derbyshire is working to provide warm and welcoming spaces for people to visit over the coldest months. Warm spaces come in all different shapes and sizes, they might be churches, clubs, leisure centres or libraries, but the aim is to provide them in all communities. Many warm spaces also offer hot drinks and advice about managing financially during the cost-of-living crisis. To find out about Warm Spaces near you please visit the websites below and type in 'Warm Spaces'.

To find out about Warm Spaces in Derbyshire please visit www.derbyshire.gov.uk

To find out about Warm Spaces in Derby City please visit www.communityactionderby.org.uk

Debt and Money Advice Derbyshire and Derby City



In Derbyshire the Welfare Rights Service offers free welfare benefits checks to ensure you are receiving all the benefits you are entitled to. They can also offer support with appeals against claim decisions and help you get in touch with debt and financial advice. You can contact the helpline by calling **01629 531535** Mon, Tues, Thur, Fri between 11am and 4.30pm. Or you can email: welfarebenefits@derbyshire.gov.uk

Derby City Council also offer welfare advice and support, if you need support with any aspect of claiming benefits or are unsure about what you may be entitled to, there are several ways they can help. You can telephone **01332 643394** or email derby.advice@derbyhomes.org. You can make an appointment to visit the Council or if this is difficult, they can visit you at home.

Carers Groups and Clinics at Derbyshire Healthcare

We have two Carer Groups available for Carers, families and friends of people who are patients on mental health wards or receiving help from a Crisis Team in Derbyshire. The groups provide an opportunity to come together, listen and receive support. Healthcare professionals attend the groups and can answer any questions you may have, and guest speakers frequently attend to give more information about medication, diagnoses, conditions, and types of help available. Both groups have free refreshments available. If you are interested in joining, please speak to a member of staff from the ward for more information.

- **Chesterfield** – the Carers Group is held every Thursday at the Hartington Unit between 7-8pm
- **Derby** – the Carers Group is held on the third Tuesday of every month at the Radbourne Unit 6-8pm

Carers Clinics

We also have Carer Clinics running in two Derbyshire districts for people who care for a family member, friend or neighbour, who has a long-term illness, mental health illness, addiction and/or disability. The clinics are supported by Derbyshire Carers Association and new Carers are welcome.

- **Amber Valley Carer Clinic** - Ripley Town Hall, Ripley Market Place, Ripley. Tel: **0300 123 2673 (option 2)** for more information
- **Derbyshire Dales Carer Clinic** - Endcliffe Mount, Deepdale Business Park, Ashford Road, Bakewell. Tel: **0300 123 2115** for more information

Grab a Cab Scheme for people living in Derbyshire

The Grab a Cab project is running until 31st March 2023. The offer is open to all ages and is not means tested so you do not need to be receiving benefits to be eligible. The support will cover a pre-paid taxi journey to and from your vaccination or screening appointment, but you will need to arrange your vaccination or screening appointment yourself.

The free transport offer will cover the following prearranged health appointments:

- the following vaccination appointments - COVID-19, flu, shingles, PPV (Pneumococcal) and other NHS provided vaccinations
- abdominal aortic aneurysm (AAA) screening
- cervical cancer screening
- bowel cancer screening
- diabetic eye screening



If you would like to arrange free transport to a pre-arranged health appointment that falls into one of the categories, then please call **01629 536173**. The phone line is open Monday to Friday between 9am and 5pm

Images courtesy of www.vecteezy.com

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 Snug, Ashbourne Centre, Kingsway Hospital, Kingsway, Derby DE22 3LZ