



# UNIVERSAL SERVICES

for Carers in Derby

Our service aims to empower **unpaid carers** who are caring for someone who lives in **Derby City**. An unpaid carer is anyone who is looking after a family member, friend, or neighbour who, due to disability, physical or mental health condition, illness, or addiction, cannot cope without support.

We offer practical support, information and signposting to enable carers to lead healthy and fulfilled lives. **To access our support the carer must be over 18 years old.**

## What we offer:

**Helpline and email**- available Monday to Friday, 9 -5. Identifying carers needs and challenges and supporting them to make options and choices to meet those needs. Listening and understanding and offering information and signposting.

**'Just In Case' Planning.**

**Well-being activities and events** - to assist with carer health and wellbeing.

**Awareness raising and personal development**- including First Aid.

**Community Engagement**- including regular social media updates, drop ins and peer support groups.



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



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Derby and Derbyshire  
Integrated Care Board



Mid Mercia



Derby City Council