

Who cares

Quarterly newsletter for carers

Issue 43 - May 2018

Carers Week 2018 11th – 17th June Staying Healthy and Connected

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers. Carers week begins on the 11th June and this year's theme is 'Healthy and Connected' with the emphasis on building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.

Here in Derbyshire we have worked with our local partners and a new booklet has been produced by Derbyshire County Council aimed at supporting carers to stay healthy and connected and a copy is enclosed with this edition of the newsletter.

What's on here at Derbyshire Healthcare Foundation Trust

- We will be offering two advice sessions for carers and families at our inpatient services. You can visit us on the 12th June at Radbourne Unit, Derby (4-6pm) or 14th June at the Hartington Unit, Chesterfield (4-6pm). We will be offering advice, information resources and light refreshments.
- Come and join us at the Ashbourne Centre, Kingsway, Derby DE22 3LZ on the 13th June 1.30pm – 3.30pm for a market place event for carers and families. Information and advice will be available from dieticians, psychology services and rehabilitation and there will also be opportunities for carers to network.

What's on around Derby and Derbyshire

There will be more celebrations, activities and events taking place around Derbyshire during Carers Week and you can find out about what else will be happening in your area by visiting www.carersinderbyshire.org.uk/carers-week-2018 Events will include, afternoon teas, canal trips, information and advice sessions and first aid training. Call Derbyshire Carers Association for more information on 01773 833833.

In Derby City Creative Carers are celebrating Carers Week with a Festival of Caring. The festival is on Thursday 14th June at Haven House (31 Charnwood Street, DE1 2GT) and Oddfellows (next door) between 10:30am -2pm. Carers are welcome to drop in at any time. There will be numerous wellbeing and social activities, a carer-themed treasure hunt and refreshments will be available. To find out more about the event visit www.creativecarers.org or telephone 01332 227711.

Living with Autism – new service available in Derbyshire

ASC (Autistic Spectrum Condition) can make life confusing, overwhelming and isolating.

However, things have recently got somewhat better in Derbyshire. Derbyshire County Council has commissioned a new support service entitled 'Living Well With Autism' provided by Relate bringing help and understanding to those affected along with carers and families.

Support is available in the form of a one day education course, coaching and counselling sessions, in addition to phone, webcam, live chat and email. Referral is available to Derbyshire residents aged 18+ with an Autistic Spectrum Condition diagnosis. The services are free to those living in Derbyshire, although there is a charge to Derby City residents.

Services can be accessed at a range of locations throughout the county and further information is available on 01332 301350 or email: info@livingwellwithautism.org.uk Family and friend carers are welcome to accompany their loved ones to these sessions.

Article written by Mental Health Carer Representative



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

When and where:

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

Tel: Vivien: **07921 162 740**
Joyce: **07931 722 977**
Pam: **07891 450 119**

www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com

North Derbyshire Forum for Mental Health Carers

When and where:

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

Contact one of the members on:

07494 943084 07730 526219

07730 526221 07730 526220

www.northderbyshirementalhealthcarers.wordpress.com

Learning Disability Carers Community in Derbyshire

www.ldcarerscommunity.org.uk

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

Safeguarding – who can help?

Safeguarding is important to our Trust and we want to make sure carers and families are supported and safe and know how to tell other people if they are worried about somebody being abused or if they have concerns for themselves. Abuse is a broad term and can take many different forms. Amongst other types it could be physical, sexual, financial or domestic abuse. All forms of abuse are unacceptable and it is important to report all incidents and concerns of suspected abuse.

If you or the person you care for are experiencing or are at risk of abuse you should:

- in an emergency ring the Police – Call **999**
- in a non-emergency ring the Police - Call **101**
- **Derbyshire** - contact Derbyshire County Council on **01629 533190**. If it's out-of-hours and you need to speak to someone urgently call **01629 532600**
- **Derby City** - contact Derby City Council on **01332 642855**. If it's out of hours and you need to speak to someone urgently call **01332 786968**

If you have more general concerns about staying safe you can visit the **Safer Derbyshire** website www.saferderbyshire.gov.uk for advice on scams, fraud, crime or disorder, online safety, or neighbourhood watch schemes.



Carers Directory now available

The Carers in Derbyshire website now has a Carers Directory.

You can use the directory to find out about support services for unpaid carers in Derbyshire. You can search by area or the type of service you want just visit www.carersinderbyshire.org.uk/carersdirectory



Derbyshire Safe Place Scheme

Derbyshire County Council Safe Place scheme gives people somewhere to go if they are out in the community and feel anxious, threatened, lost or unwell. Previously, it was only available to people with a learning disability but now the successful project has been extended to anyone who feels they may need help. People can show their Keep Safe card at locations across Derbyshire which will prompt staff to either find them somewhere safe to wait, use the information on the card to call family, friends or support staff or to call the police or ambulance if it is an emergency.

You can sign up to the scheme by applying for the card which contains vital information like emergency contact details and any personal preferences of the person carrying it. Organisations that sign up to Safe Places agree to display a sticker prominently on their premises, letting people know that they can come in if they need help. You can email: safe.places@derbyshire.gov.uk or telephone 01629 532469 to find out more.



Stopping over medication of people with a learning disability, autism or both (STOMP)

STOMP stands for stopping over medication of people with a learning disability, autism or both with psychotropic medicines. It is a national project and is about helping people to stay well and have a good quality of life.

Here in Derbyshire our Learning Disabilities staff have committed to the campaign and are working with pharmacy and GP colleagues to raise awareness. They have created new nurse led clinics and some short films in conjunction with NHS England. If you have concerns about medication then talk to the nurse or consultant who prescribes it. To find out more about the STOMP films produced here in Derbyshire then contact Jackie Fleeman on Jackie.fleeman@derbyshcft.nhs.uk

Don't forget it is Learning Disability Awareness week 19-25th June. The theme is 'Treat me well,' good care for people with learning disabilities in hospitals. Debbie Edwards is a dedicated Learning Disability Nurse for anyone attending the Royal Derby Hospital and she can be contacted on Debbie.edwards@derbyshcft.nhs.uk or telephone 01332 340131 x88611.

Come along and join our Carers Group in Derby

A Carers Group meets every 3rd Thursday of the month between 4.30pm and 6.30pm at the ECT Dept at Radbourne Unit, Royal Derby Hospital, DE22 3WQ. The group is supported by a Consultant and a Lead Nurse. The group offers support, advice and information and new carers are always welcome. For more information email Hannah Burton on Hannah.Burton@derbyshcft.nhs.uk or telephone the Radbourne Unit on 01332 623700.

Derbyshire Carers Association can offer help, advice, support and an assessment of your needs

Derbyshire Carers Association are the service in Derbyshire dedicated to making sure carers get help and support when they need it. Derbyshire Carers Association employ Carer Support Workers who can offer information, advice and support to carers on a wide range of issues to assist them in their caring role. They can undertake a carers assessment as well as helping with emergency cards, respite care and grants. They will advocate on the behalf of carers via written communication and telephone contact to other agencies. If you would like more information or think you would benefit from a Carers Assessment please contact DCA on 01773 833833 or email info@derbyshirecarers.co.uk or visit their website www.derbyshirecarers.co.uk



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