

# Who cares

Newsletter for carers

Issue 48 - May 2021

## National Carers Week 7th – 14th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access support



The theme for Carers Week this year is **Making Carers Visible and Valued** and celebrations will be taking place in Derbyshire and Derby City. There will be a range of activities and events to participate in. You might want to try chair-based yoga, take part in a carers bake-off or join a sponsored walk. Please visit the Carers in Derbyshire website for more information [www.carersinderbyshire.org.uk/carers-week-2021](http://www.carersinderbyshire.org.uk/carers-week-2021) or visit [www.carersweek.org](http://www.carersweek.org) to find out what is happening across the country.

### Listening to Carers, Families and Parents

At Derbyshire Healthcare Foundation Trust we hold a monthly meeting to learn about what carers think about our services and to tell us if things aren't working well. The pandemic has put extra strain on carers and families, and we continue to work together to find ways to improve how care is delivered and received. We welcome feedback about our services so if you have any concerns please speak to the care team or call the Patient Experience team on **01332 623751** or **0800 027 21 28**.



If you are struggling to cope, remember that we have our 24/7 mental health helpline and support service open to take your calls. Just ring **0800 028 0077**. If you can't remember that number, call 111 and ask to be put through to the helpline. Or do an online search for 'Derbyshire helpline'.

### Making appointments work for everyone

The pandemic has brought many challenges to all of us and we have worked hard to find ways to continue to deliver care and support to patients and their families. Many of you will know that appointments for the person you care for can now be undertaken over the telephone or through a video link. These new ways of working have enabled us to keep everyone as safe as we can. Appointments may continue in this way for a period of time but please talk to the Care Coordinator or the team about what works best and we will do our best to put the right measures in place for the person you care for and you.

### Forums for mental health carers

**COVID-19 AWARE - IF YOU ARE THINKING ABOUT ATTENDING A MEETING PLEASE CALL IN ADVANCE TO FIND OUT IF THE MEETING IS TAKING PLACE**

#### 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

<https://derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com/>

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

Contact the forum on: 07730 526219

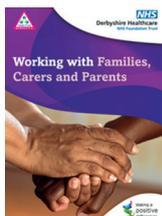
When & Where:

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

Please contact the CPA and Core Care Standards Service on **07824596690** 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

## Sharing information with you

We want to make sure you have the right information you need when the person you care for needs support from our services. We have recently produced a new folder for families, carers and parents. They are available in our teams so when we share information with you, they will provide one. The folders have all the key contact numbers on them, they also display our promise to carers and parents and let you know how to get help if you need it.



## Updates from Carers Services

### Derbyshire Carers Association

Derbyshire Carers Association have been supporting carers throughout the pandemic in a number of ways and have adapted their services to meet the needs of carers. They are currently running online groups for carers, which offer a wide variety of activities. They also provide specialist support groups for those supporting someone with mental health problems and for carers supporting someone with dementia. For more information call **01773 833833** or visit the website [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)



### Universal Services for Carers in Derby City

Universal Services for Carers in Derby City have continued to offer support, activities and group events during the pandemic and their monthly newsletter has remained filled with important information, dates for your diary, local services and useful contacts. Over the summer carers can join consultation workshops being run in conjunction with Healthwatch Derby to speak up about local health and social care services. They are keen to hear about your experiences in hospitals or clinics, at your GP surgery or with social care services. They also want to find out how you have been feeling during the pandemic. Contact them on **01332 228777** or email [carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk)



## Derby & Derbyshire GreenSPring (Green Social Prescribing) Project

The government announced just before Christmas that Derby & Derbyshire was selected as one of seven areas in England chosen to be a Green Social Prescribing 'test and learn' site, securing £500,000 government funding, to connect underserved communities to the natural environment to improve mental health and wellbeing.



'Green' Social Prescribing is the practice of supporting people to engage in nature-based activities. This can include activities such as walking, cycling, community gardening and food-growing projects, as well as practical conservation tasks such as tree planting. If you want to know more

about this exciting project you can contact Richard Murrell at [richard.murrell@nhs.net](mailto:richard.murrell@nhs.net) or find out more on the government website <https://www.gov.uk/government/news/new-sites-to-test-how-connecting-people-with-nature-can-improve-mental-health>

## Don't forget to ask about a carers assessment

If you look after a relative or friend aged over eighteen and don't get paid for it then you are entitled to have an assessment of your needs as a carer. The assessment can be carried out at a mutually convenient place for you and the person undertaking the assessment. The assessment is about your needs as a carer and is all about supporting you. It will help to identify the help and support you need as a carer and the things that could make your caring role easier for you. If you live in Derbyshire contact Derbyshire Carers Association on **01773 833833** or if you live in Derby City contact Universal Services for Carers on **01332 228777**

## Vaccinations for Carers

The COVID-19 vaccination programme is working well throughout Derbyshire. Local authorities have been working with health services to ensure carers who provide care and support can access a vaccination. If you are a carer and haven't yet received your vaccine you can find more information on the Carers in Derbyshire website [www.carersinderbyshire.org.uk/covid19-vaccinations-for-carers](http://www.carersinderbyshire.org.uk/covid19-vaccinations-for-carers) or contact your GP to ensure you are registered as a carer.

## New Autism Passport in Derbyshire

The Derbyshire Autism Spectrum Condition Passport is intended to assist hospital and medical staff to provide people with the best possible healthcare whenever they visit hospital, either as an outpatient or inpatient, or have a medical appointment. Once completed the passport can help people and their carers provide healthcare professionals with the most relevant and useful information they might need to know about when they are assessing and treating you. In addition to being designed to support individuals with healthcare needs, it can also be used for employment or education purposes too. For more information call **01332 228790** or email [autismservice@citizensadvicemidmercia.org.uk](mailto:autismservice@citizensadvicemidmercia.org.uk)



## Introducing Derbyshire Living Well

Healthcare services in Derbyshire are developing 'Living Well', this is a new model of care and a new approach to mental health and making sure people get the support they need. The aim is to help people develop better self-care skills, build resilience and know how to seek out community resources. In Derbyshire, the project is underway in the High Peak and North Dales, and work to extend this model is taking place in Derby City North. In time, it will be expanded across the area. Look out for more information in future editions of this newsletter.

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