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**Carers in  
Derbyshire**



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## Carers News - Derbyshire

### Edition 5 - November 2019

We hope to share news, information and events relevant to unpaid / family carers. Please let us know what you'd like to hear more about in future editions. You can email:

[adultcare.info@derbyshire.gov.uk](mailto:adultcare.info@derbyshire.gov.uk)

Please share this newsletter with any unpaid carers you know who support someone living in Derbyshire.

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### Carers Rights Day

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**Carers Rights Day is an annual awareness day led by Carers UK. It aims to ensure carers are aware of their rights, let carers know where to get help and support and raise awareness of the needs of carers.**

This year Carers Rights Day was on 21 November.

In Derbyshire there were a series of events across the county to help carers find information and support. It's not too late to get involved, if you use Facebook or Twitter search for the hashtags **#AskMelfiCare**, **#CarersRightDay** and **#UnitedForCarers** to see what information and advice organisations in Derbyshire have been posting for Carers Rights Day.

You can find out more about your rights as a carer by reading the [blog we put together for Carers Rights Day](#) last year.

If you need to speak to someone about your rights or legal matters, Derbyshire Carers Association offer free legal advice clinics in partnership with Rothera Sharp solicitors. Find out more on their [website](#).

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## **New carers video – local carers have their say**

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**To mark Carers Rights Day in Derbyshire we released a new video that we produced with local carers. We asked carers to tell us about their experiences of health and social care services and explain what matters most to them.**



You can watch the short but powerful video here:  
[https://youtu.be/8mIXnhyt\\_Ls](https://youtu.be/8mIXnhyt_Ls)

The video will be used as a staff training video by health and social care organisations in Derbyshire, including Derbyshire

County Council, Derbyshire Community Health Services, Derbyshire Healthcare Foundation Trust and more.

If you'd like to find out more about how to have your say about services, please [visit our website](#) or you can [contact us](#).

You can also find out what local [carers have told us](#) about support services by reading the findings of recent surveys and engagement exercises.

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## Sortified Carers Survey – give your feedback

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

We're working together with carers and professionals in Derbyshire who support carers, with help from an organisation called Sortified who are helping all local authorities in the East Midlands by hosting an online survey. If you could take 5 minutes to complete this, it would be greatly appreciated.



You can complete the carers survey here - <https://www.surveymonkey.co.uk/r/BQ7DFF5>

There's also a survey aimed at professionals who support and come across carers as part of their jobs: - <https://www.surveymonkey.co.uk/r/BDBRF3X>

This work is being supported by the Department of Health and Social Care and so every Local Authority across the county will be expected to carry out the same self-assessment. The results will be shared nationally to pinpoint common themes and areas for further work, ensuring everyone is delivering on their duties to carers.

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## Stay warm and well this winter

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**The cold winter weather can cause older and vulnerable people to become ill and in extreme cases cause admission to hospital or worse. It's also important that you do all you can to keep *yourself* healthy and well in winter too.**

Heating your home can be really expensive but there are services available that can offer support.

### **Warmer Derby and Derbyshire**

If you think you'll struggle to stay warm and afford your energy bills this winter you can call Warmer Derby & Derbyshire on [0800 6771332](tel:08006771332).

This free energy helpline offers impartial advice on how to stay warm at home, afford energy bills and be more energy efficient. Householders across the county might be eligible for financial help with a new boiler, money off their energy bills, help with energy bill debt, or a home visit for more advice.

### **Healthy Homes Services**

If you or the person you look after have a health condition or illness that is made worse by the cold and you struggle to afford to heat your home, the Healthy Homes Service may be able to help on tel: [01629 536919](tel:01629536919). If they can't help, they'll try to direct you to someone who can.

### **More information**

You'll also find information and top tips on staying warm and well in winter on our website: <https://www.carersinderbyshire.org.uk/healthy-and-warm-in-winter>

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**Don't forget your flu jab**

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### **Flu is a common illness that is spread by coughs and sneezes.**

For some people, including older and vulnerable people, it can be very serious and can lead to health complications including bronchitis, pneumonia and even death.

If you care for someone who is vulnerable, elderly or disabled, who wouldn't be able to get by without your help, then catching flu can be catastrophic. That's why unpaid carers can get a free NHS flu jab. In order to be eligible you'll need to receive Carers Allowance or be the main carer of an older or disabled person whose welfare would be at risk if you became ill.

Find out how to get your free Flu jab on [our website](#).

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