



Carers in Derbyshire



Carers News - Derbyshire

Edition 1 - May 2019

Welcome to our first newsletter for unpaid / family carers looking after someone living in Derbyshire

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

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

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Commissioning update - carers services

What is commissioning?

Commissioning is all about making the best use of available resources to produce the best outcomes for local people. You can find out more about how Derbyshire County Council Adult Care commissions services on our [website](#).

The role of the Adult Care carer commissioner includes understanding the needs of local carers, planning services, buying services and monitoring the quality of the services which support carers.

The carer commissioner is also responsible for putting together the [Carers strategy 2016-2019](#) which sets out the ways in which carers in Derbyshire will be supported and how the health and wellbeing of carers can be protected alongside the needs of the people they care for.

What commissioning activity is happening during 2019?

During 2019, we are really keen to talk to anyone who is in a caring role to hear about what is important to carers and how carers want services to support them. If you're an unpaid/family carer providing any amount of support and are interested in being part of this discussion, please contact the carer commissioner by email on ac-commissioning@derbyshire.gov.uk

Derbyshire Carers - training and events

Derbyshire Carers Association have lots of events and training sessions coming up over the next few months.



Events include:

- First Aid Training
- Manual Handling Training
- Pamper Days

You can find dates and venues on the [Derbyshire Carers website](#).

They are also having a [Body Shop party](#) on 7 May.

Blog - Walking for Health - get active and enjoy accessible walks with the person you care for



With the weather getting better we decided to find out more about Walking for Health group walks in Derbyshire.

We wanted to see how the walks can help support the health and wellbeing of both carers and the person they care for.

Organised group walks are available for all different abilities, including wheelchair accessible, dementia friendly and walks for those returning from injury or illness.

We joined a dementia friendly walk in Whitworth Park, Darley Dale to see what it was like and how it benefited those who'd joined the group.

Find out how we got on and what carers had to say by reading the [blog on our website](#). We've also listed how you can find what walks are available in your area.

Waiting Well - new leaflet for those waiting to access mental health services



Derbyshire Healthcare NHS Foundation Trust have published a new information leaflet aimed at those who are waiting to access mental health support services.

The leaflet gives tips and advice on things you and the person you support can do to stay as well as possible while waiting to access services. It also lists useful contact numbers including who to contact in an emergency.

You can view a copy of the leaflet on our [website](#).

Where to go for information, advice and support



Do you know where to go for information and advice about carer support services?

The [Carers in Derbyshire website](#) was created by a partnership of unpaid carers, Derbyshire County Council, health services, Derbyshire Carers Association and other voluntary sector organisations. You'll find loads of information, advice and details of carer support groups.

You can also follow us on [Facebook](#) and [Twitter](#).

On a daily basis the website and social media accounts are managed by staff from Derbyshire County Council, but all partners contribute by sending information, updates, news and details of events to be included.

Derbyshire Carers Association are the lead provider of carer support services in Derbyshire.

Derbyshire Carers carry out [Carer Assessments](#) and award [Carer Personal Budgets](#) (to those who meet eligibility criteria) on behalf of Derbyshire County Council. They can also give information and advice over the phone and run support groups and events around the county.

Contact Derbyshire Carers on tel: 01773 833833 or visit their [website](#).

Carers Week 2019



Join us for Carers Week 2019



Monday 10 - Sunday 16 June

This year Carers Week runs from 10 to 16 June.

There will be a variety of events happening in Derbyshire throughout the week - details of which will be released soon.

Keep an eye on the [news and events](#) section of our website for details.

Other upcoming awareness events

There are a few awareness weeks coming up that may be of interest to carers.

Deaf Awareness Week

Deaf Awareness Week runs from 6 to 12 May. There will be [events at venues around the county](#) where you can get information and advice about support for people who are Deaf or hearing impaired. This includes an event on 7 May at Chesterfield library where you can enjoy BSL signed poetry and other activities.

The Derbyshire Deaf Team are now on [Facebook](#) so give them a follow to keep up with news and information.

Mental Health Awareness Week

Mental Health Awareness Week runs from 13 to 19 May. This year the topic is body image. You can find out more on the [Mental Health Foundation website](#). On 14 May there will be a Health and Wellbeing Day at Alfreton Leisure Centre from 10am until 2pm.

Dementia Action Week

Dementia Action Week runs from 20 to 26 May. There are lots of events and activities happening around the county, including the Memory Marketplace event in Chesterfield and various Dementia Friends information sessions. You can find details of all the [events on our website](#).

Get a Carers Emergency Card



Have you got a Carers Emergency Card?

If you care for someone it's important to think about what you'd like to happen if you were unexpectedly unable to provide your usual level of care.

The Carers Emergency Card scheme allows to make a plan and designate emergency contacts. These are saved on the Adult Care database and can be accessed by emergency services or support agencies if needed.

You can [apply for a card online here](#).

You may also be interested in our [emergency planning blog](#) as it gives tips on how to make an emergency plan and what to consider.

Have your say

Your feedback is important to us.

If you'd like to let us know about your experiences of being a carer or accessing services please email adultcare.info@derbyshire.gov.uk

We'd also like to know what you'd like to see in this newsletter and what you want to know more about.

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