

To contact us or to book onto an event:

01332 228777



carers@citizensadvicemidmercia.org.uk

Twitter: @Carers_Derby

Facebook: Universal Services for Carers in Derby City



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**Have Your Voice Heard!
Head to Page 3, and find
out how you can
complete our wellbeing
activities survey!**

**No access to the
internet? No problem.**



What we do

Helpline: Our helpline is able to offer support in a variety of ways. Any calls will be dealt with by one of our advisors. They will be able to signpost you to other organisations, explain what we do and book you onto events. Being part of Citizens Advice Mid Mercia, we are able to refer you to various other parts of our organisation to assist with benefits, debt, housing and more.

Carers Conversations: A Carers Conversation is designed to offer carers a more person-centred approach to support. Our advisors will have 'conversations' with you to best understand what is happening in your caring role and how it is impacting on your health and well-being. The Carers Conversation is designed to understand what really matters to you and to connect you to the resources and support that can help you continue with your caring role independently. This service is for anyone over 18, who cares for someone over 18 and would like a Carers Assessment. Please call or email us to book an appointment.

Well-Being: We have a variety of zoom classes, indoor and outdoor workshops and events that are supporting carers to take some respite, helping to reduce stress, anxiety and promoting better sleep. *(Please see our schedule of all the events we have planned this month on **page 11.**)*

Training Opportunities: There are great sessions and handout sheets available to you. Book an Emergency Plan appointment and make provisions for the future. If you were ever absent from the caring role what would happen to the person you are caring for, who would support them? We will help you to get your own personalised plan set up.

Peer Support: We are looking for new peer support groups to launch, so if you have any ideas, give us a call and let us know! If you are interested in any existing peer support groups, we are able to advise you about any groups that are running through our helpline or via email.

Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Your voice matters



This months topic: Wellbeing activities Have your say!



Did you know that we base ALL of our wellbeing activities, workshops and events on the feedback that you give us? You asked for FREE cinema screenings for carers - you got it! You asked for FREE workshops to help with sleep and relaxation - you got it! You asked for FREE monthly wellbeing walks - you got it! You asked for FREE Spa treatments - check out page 6!



At Universal Services For Carers, we really do listen and we want to know more of what YOU want when it comes to YOUR wellbeing, and this years FREE wellbeing schedule. Have your say below!!

We would really appreciate if you could take a couple of minutes to answer this 6- question survey. Most of these are multiple choice. There are options for this in other languages. If you are able to fill this out online, please follow the link-

<https://forms.office.com/r/uH3pMhLHwr>

If you are not able to fill it this out online, please call our help-line to be sent a survey with a return envelope or alternatively ask for a call-back to go through the Survey. Call 01332 228777.

Wellbeing activities can give you some well needed me time, time to relax, time to try something new, help you meet other carers or perhaps restart that hobby you seem to not have had time for.

Wellbeing activities can give you a well needed energy boost and help you relax and relieve tension. Remember all of our wellbeing activities are FREE for anyone who cares for someone in Derby City!



Self development

Free training opportunities for you.

**FREE
ENGLISH
CLASSES IN
DERBYSHIRE**

zoom
ONLINE LEARNING

LOVE LEARNING



- ✓ Improve your language skills
- ✓ Gain accredited qualifications
- ✓ Get into employment, training and further education
- ✓ New classes starting February 2022



**EVENING AND
WEEKEND CLASSES
AVAILABLE**

Contact Sajda Khan: sajda.khan@pathwaygroup.co.uk
or call 07419 338194/ 07366 457602

REGISTER TODAY

www.pathwaygroup.co.uk

Out and About

CARERS CAFÉ

Universal Services for Carers are working in partnership with *Derby Theatre* and Nicky Bellenger to deliver our next monthly **Dementia Café** at *Derby Theatre*. This group provides a safe space to talk, develop friendships, has offered support and understanding for carers of people living with Dementia. In addition to this, Nicky continues to develop ideas from shared experiences to produce a play about dementia, aimed at educating young people and their families, reducing the fear and stigma often linked with this disease.

Friday 25th March
2pm till 4pm

Join us at **Derby Theatre** for the next relaxed and welcoming session. You can grab a cuppa and share your stories in a safe and compassionate space or just sit and listen to others. This is all **free!**
We look forward to meeting you there.

Here are some comments from carers from previous cafe's

"sometimes I find groups a bit overwhelming and busy but this has been more personal and I have been able to talk openly"

"This has been so nice to meet others in the same situation as me, and find out how they deal with it, I don't feel alone"

"I struggle to talk about my situation with family as they are effected too and I don't want to upset them, but here I can say it as it is and be open, and everyone understands"

"Now my partner is in a nursing home I sometimes feel lonely but coming to these cafes keeps me busy, helps me to socialise and gives me something to look forward to"

To book your place contact the helpline on 01332 228777 or email carers@citizensadvicemidmercia.org.uk



Wellbeing

DIAMOND SPA



Carers Spa Afternoon



20TH MARCH - 12:30 OR 15:30

Back by popular demand - We are offering a FREE afternoon at Diamond Spa in Derby City for our carers. There will be a choice of two mini treatments and a FREE afternoon tea. This will be time just for you, to rewind and relax. Carers only.

To book, please call our helpline on 01332 228777 or email carers@citizensadvicemidmercia.org.uk - LIMITED SPACES AVAILABLE



Wellbeing

Nature-based Wellbeing Workshops



Flow Like Water

Even when we carefully make a plan... sometimes things change and obstacles get in the way. We will gently guide you to discuss and learn techniques to help you flow around life's challenges inspired by the movement of water.

Fieldwork has partnered with Universal Services for Carers to deliver this Wellbeing Workshop. Fieldwork aims to improve how people and organisations connect with one another and the natural world. Kate and Pip will be holding a safe, comfortable space for carers to connect and share as much or as little as they like. Each workshop will also include tips and simple techniques.

Thursday 24th March 2022
10am - 12noon - Darley Park

To book your place, please email:
carers@citizensadvicemidmercia.org.uk
or call 01332 228777



Moments of Wellbeing

Take time out for your wellbeing!!

Each month we create a NEW schedule of *FREE* wellbeing events and workshops designed specially for carers based on the feedback you give us. We have a mixture of in person, outdoor and online events, all at various times to accommodate everyone's needs. The groups are small, friendly and welcoming. Limited spaces - Booking essential.

1st March - Carers Crafts at Quad - 12:00 (2 hours) - Each week we create and learn something new - No crafting experience necessary. Carers only.

18th March - Elvaston Castle - 13:00 (2 hours) - Carers Monthly walking group. Each month we visit a new park in Derbyshire. Its a gentle pace. Carer and Cared for are welcome.

15th March - Carers Screening at Quad - 12:00 (2 hours) - Movie Announcement - Cyrano. Carer and cared for welcome.

20th March - Spa afternoon - Diamond Spa. See page 6 for more details . Limited spaces available.

***Special Event* 24th March - Flow like Water** 10:00 (2 hours) at Darley Park -with Pip and Kate from Fieldwork. This is a workshop to help you let go and feel more calm. This is the 3rd in the series of nature based wellbeing workshops that Kate and Pip are offering. Carer and cared for welcome.

***Special Event *24th February to 17th March- 4 week Music Listening Group with Alex Blood** - 15:15 (90 mins). - Derbyshire based Music Therapist and Musician. Held at Inspirative Arts - Charnwood Street. Carers only.

25th March - Relaxation Masterclass with Angela - 19:00 (90 mins) on Zoom. Carers and Cared For welcome.

Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Moments of Wellbeing - Gallery

Take a look at some of what our carers have got up to in the last month at our wellbeing events. If you'd like to come along and join in the fun, take a look at our events schedule on page 11 and call our helpline on 01332 228777 or email carers@citizensadvicemidmercia.org.uk



Carers Feedback:

This was my first session of Carers Create at Quad and I couldn't have received a warmer welcome! This allowed me time to relax and tap into my creative side, a much needed break from my caring responsibilities. The tutor was brilliant and I met some lovely carers and supportive staff. Quad is a great venue and it's so nice to get this type of support. I look forward to the next craft session!

Email: carers@citizensadvicemidmercia.org.uk. Call: 01332 228777.

Carers Create & Groups

Thank you for the great feedback from last months "your voice matters" peer support questionnaire. From the responses it is clear that there is a variety of interests amongst carers and the questionnaire responses showed us that the main interests were Creative, walking and mental health. why not get out and about and try some of the various meet ups offered below at Green thyme community hub, if you need more information give them a call or contact us at carers@citizensadvice.org.uk our helpline on 01332 228777

- Pottery sessions-1st and 2nd Tuesday of the month 10am till 12pm and 12.30 till 2.30pm £5 per session
- Knit and Natter sessions 3rd Tuesday of the month 10am till 12pm Free
- Mixed crafts 4th and 5th (when applicable) and Tuesday of the month 10am till 12pm - Free
- Allotment sessions Every Wednesday 10am onwards-Free
- Live well walking group Every Wednesday- 10am till 11am
- Wellbeing, coffee and cake 10am till 12.30pm free cake with every drink purchased.
- Game sunday Every week 10.30am till 12.30pm- free



Green Thyme community Interest Company
Green Thyme Hub
Normanton Park
Warwick Avenue
Littleover- Derby
email: greenthyme@live.co.uk
Mobile: 07941158133

Last month we looked at walking groups in Derby and taking photos whilst you walk. why not use the photos to inspire a new or old hobby and get writing. you could write a poem or story or just record your memories in a journal. writing is a creative way to improve mental health and just 10 minutes a day can help ease anxiety, calm down your thoughts and emotions and bring peace to your mind.

Here is a short poem about March winds. can you add another verse at the end about March winds or maybe write your own March poem, story or memory.



When March winds Blow

*When March winds blow around and around
Leaves and pollen fall to the ground.
When March winds blow what can we do?
Dance in the wind and fly kites too.
When march winds blow where can we go?
Off to the park to watch the flowers grow.
When march winds blow what can we see?
Birds building nests up in the tree.*

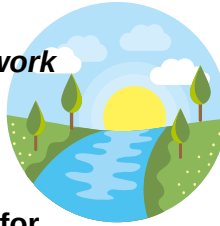
When march winds blow.....

Email your creations to: carers@citizensadvicemidmercia.org.uk.

Schedule

Wellbeing Special Event:

Event: Flow like Water
 Practitioner: *Kate and Pip - Fieldwork*
 Venue: Zoom.
 Date: 24th March.
 Time: 10:00 (2 hours).
 Who can attend: Carer and cared for.
 Please see page 7 more details!



Wellbeing Special Event:

Event: Music Listening Group - 4 weeks
 Practitioner: Alex Blood - Derbyshire Music Therapy
 Venue: Inspirative arts - Charnwood Street
 Date: 24th February - Every Thurs for 4 weeks
 Time: 15:15 (90 mins).
 Who can attend: Carers only



Wellbeing Event:

Event: Carers Movie Screening - Cyrano
 Venue: Quad
 Age Rating - 13+
 Date: 15th March - Every 3rd Tuesday.
 Time: 12:00 (2 hours).
 Who can attend: Carer and cared for.



Wellbeing Event:

Event: Carers Monthly Crafts.
 Venue: Quad.
 Date: 1st March- Every 1st Tuesday.
 Time: 12:00 (2 hours).
 Who can attend: Carers only.
 Limited spaces available.



Wellbeing Event:

Event: Winter Walks
 Practitioner: Jo - Wellbeing Coordinator
 Venue: Elvaston Castle
 Date: 18th March
 Time: 13:00 (2 hours).
 Who can attend: Carers and cared for.



Wellbeing Event:

Event: Spa Afternoon
 Venue: Diamond Spa
 Date: 20th March
 Time: 12:30 and 15:30
 Who can attend: Carer Only.
 Please see page 6 for more details. Limited spaces available.



Peer Support Group

Event: Carers Café
 Venue: Derby Theatre
 Date: Friday 25th March
 Time: 2pm till 4pm
 Who can attend: Carers and cared for.

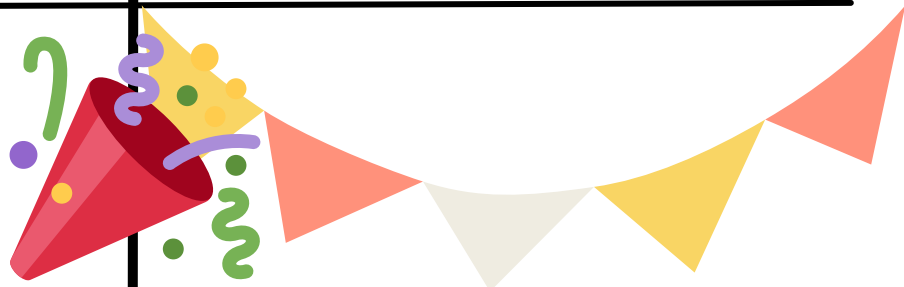


Wellbeing Event:

Event: Relaxation Masterclass
 Practitioner: Angela - Qi Gong with Angela
 Venue: Zoom
 Date: 25th March
 Time: 19:00 (90 mins)
 Who can attend: Carer and cared for welcome

Date for your diary:

Carers Celebration Day
 Date: 11th June
 Venue to be confirmed.
 Carers and Cared for welcome



If you have any special requirements or access needs for any of our events - please let us know upon booking.

To book onto any of our events please call 01332 228777 or email carers@citizensadvicemidmercia.org.uk

Useful Contacts

Derby City Care Line – Social Care out-of-hours support

Phone: 01332 956606

It operates Monday to Friday 5pm–9am, with a 24-hour service during weekends and bank holidays.

Community Support

Derby's Community Hub can assist anyone in the community who is vulnerable, self-isolating, or has been shielding. Those who need support can call Derby Direct on 01332 640000

Derbyshire Mental Health Helpline and Support service

Freephone 0300 790 0596 between the hours of 9am and midnight, seven days a week.

Samaritans ~ Call Free 116 123, Open 24 hrs a day, 365 days a year.

National Domestic Violence Helpline: 0808 2000 247 (Open 24hrs a day)

NHS 111 online can help you decide if you need medical help and offer advice on how to access help safely.

the service is free to access and is available 24hours a day, 7 days a week.

Life-threatening emergencies - call 999 in a medical emergency. This is when someone is seriously ill or

injured and their life is at risk. Non-Emergency Police:101

Royal Derby Hospital Adult Emergency Department: 01332 783111

Address: Uttoxeter New Rd, Derby DE22 3NE

Derby Urgent Care Centre: 01332 224700

Address: Urgent Care Centre, Entrance C, Osmaston Rd, Derby DE1 2GD

Emergency Dental NHS service: 01332 564911

Textline free support 24/7 for Young people under 25- Text YM to 85258

Shout – Text mental health service free on all major networks. TEXT- 85258

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 – a 24/7 service for Derby residents