

# Who cares

Quarterly newsletter for carers

Issue 44 - October 2018

## Help for Carers Advice Lines and Online Forums

Sometimes we all need a bit of help, advice or someone to talk to. There are many online discussion forums and social media groups for carers as well as local and national advice lines.

### Advice lines

- Carers UK Advice Line, Tel: 0808 808 7777, Monday to Friday, 10am to 4pm. Carers UK also provide a listening service on Mondays and Tuesdays from 9am to 7pm using the same phone number.
- NHS Carers Direct, Tel: 0300 123 1053, Monday to Friday, 9am-8pm and weekends from 11am-4pm. Offers support if you need help with your caring role and want to talk to someone about what options are available to you.
- Citizens Advice service have an advice line that is available from 9am to 4pm, Monday to Friday on
  - Tel: 0300 456 8390 High Peak, Amber Valley, Derbyshire Dales, Erewash
  - Tel: 01283 210109 South Derbyshire
  - Tel: 0300 456 8437 Chesterfield, North East Derbyshire and Bolsover.
- Relate Derby and Southern Derbyshire offer a telephone counselling service for carers of people with mental health issues, autism and asperger's. The helpline is open Tuesday, 10.30am to 4.30pm and Thursday, 1.30pm to 4.30pm. Tel: 0808 178 9363
- Samaritans offer a helpline that is available round the clock, 24 hours a day, 365 days a year. The helpline number is free and you can talk to the Samaritans any time you like, in your own way and off the record. Tel: 116 123
- Mind have both an information helpline and a legal helpline to give advice on mental health issues. The information line is open Monday to Friday, 9am to 6pm. Tel: 0300 123 3393. The legal line is open Monday to Friday from 11am to 2pm, Tel: 0300 466 6463.

### Web chat

- NHS Carers Direct offer a webchat service where you can talk to a Carers Direct adviser live online. The webchat service is available Monday to Friday, 9am and 8pm and weekends, 11am to 4pm.
- Relate Derby and Southern Derbyshire Counselling Service provides an online chat and counselling service for carers and families of people with autism. The service is available every Wednesday from 2pm to 5pm.
- FRANK offer friendly, confidential advice on drug related issues by live chat. The service is available 2pm to 6pm.

### National online groups and forums

- Carers UK Forum - you can join in with the conversation and get advice from other carers.
- Mental Health Carer Forum - friendly space for discussion, help and support with issues surrounding mental health.
- Mencap Family Hub - online community for parents and carers of people with learning disabilities.
- Talking Point - Alzheimer's Society's online community for people with dementia and their carers.

Remember to stay safe online and never give any personal details that could identify you, visit the Get Safe Online website for some top tips before you start.

## 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:

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**

[www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com](http://www.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com)

### North Derbyshire Forum for Mental Health Carers

#### When and where:

Last Wed 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](http://www.northderbyshirementalhealthcarers.wordpress.com)

### Learning Disability Carers Community in Derbyshire

[www.ldcarerscommunity.org.uk](http://www.ldcarerscommunity.org.uk)

Please contact the CPA and Core Care Standards Service on **01246 515974** 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.

## Healthwatch Derbyshire AGM – A focus on older people’s mental health

Healthwatch Derbyshire will be holding their Annual General Meeting on the 18th October at St Thomas Centre, Chatsworth Road, Chesterfield, S40 3AW between 12.30pm and 4pm.

The focus this year will be on older people’s mental health and the event will include an information stall market place and a traditional afternoon tea.

Book a place by calling 01773 880786 or visiting their website

[www.healthwatchderbyshire.co.uk](http://www.healthwatchderbyshire.co.uk)



## Changes to Dementia Support Services in Derbyshire

The Alzheimer’s Society has been successful in winning the new contract to deliver the Derbyshire Dementia Support Service.

This means that from 1st December 2018 Alzheimer’s Society will take over responsibility for delivering this service from Making Space. There will be a transition period until 1st December 2018, when new referrals to the Derbyshire Dementia Support service will be directed to the new provider. You can still access support and groups in the same way you do now and referrals for the service should continue to be made to Making Space.

Contact Making Space on 01246 592010

or email [derbyshiredementia.service@makingspace.co.uk](mailto:derbyshiredementia.service@makingspace.co.uk)

## Learning Disability Health Action Plan Awareness Course

If you support people with Learning Disabilities you need to know about Health Action Plans—they are now part of the Learning Disability Annual Health Check with GPs. We are offering a free course to help you play your part in improving and maintaining the health of people with learning disabilities. It is suitable for family members, carers, health & social care employees, statutory & voluntary sector employees & transition workers.

Thursday 8th November 1.15pm - 4pm, Room 8, Centre for Research and Development, Kingsway Hospital, Derby, DE22 3LZ.

To book a place please call 01773 882501 or email

[rachel.johnson10@nhs.net](mailto:rachel.johnson10@nhs.net) or [jackie.fleeman@nhs.net](mailto:jackie.fleeman@nhs.net)

## Time Wise Jobs

Time Wise jobs is a website that advertises part time and flexible jobs. Many of the vacancies are part time jobs, or involve working from home, others offer flexi-time, compressed hours, job shares or term time only hours. You’ll also find roles with employers who are genuinely open to flexible working options for full time jobs and get ideas on how to fit work around your caring role. Visit [www.timewisejobs.co.uk/caring](http://www.timewisejobs.co.uk/caring) to find out more.

## Carers Celebration at the Crooked Spire

Derbyshire Carers Association will be holding a celebration event at the Crooked Spire in Chesterfield on 13th December.

The event is for carers, the people they care for, family, friends and associated professionals. There will be carols, poems and live contemporary music as well as mince pies and refreshments.

To book a place contact DCA on 01773 833833.

## Money Sorted in D2N2

Money Sorted in D2N2 helps people with money management and supports them to improve their financial well-being. The scheme enables individuals to take control of their finances, build confidence and skills and tackle barriers and problems to improve financial well-being. The project offers individual support from a personal navigator and is open to anyone experiencing financial difficulties and worries. It is available for people living in Derby, Derbyshire, Nottingham or Nottinghamshire who are unemployed or economically inactive. Telephone 0115 9081534 or email [info@moneysortedind2n2.org](mailto:info@moneysortedind2n2.org) You can also visit the website for more information [www.moneysortedind2n2.org](http://www.moneysortedind2n2.org)

## Information, help and advice for young carers

Most young carers help to look after their mum or dad, brother or sister, but it could be a grandma, grandad, aunt or another family member that needs help and support.

young carers often help with shopping, housework, cooking or personal care such as helping someone get dressed, have a bath or go to the toilet and might also give emotional support too. There is help, support and advice available for young carers, visit the young carers section of the Carers in Derbyshire website [www.carersinderbyshire.org.uk/young-carers](http://www.carersinderbyshire.org.uk/young-carers)

You can find out more about what services are available and watch videos and read stories from other Young Carers.



## Talking Mental Health Derbyshire

Talking therapy is a way to explore your difficulties with a trained professional, sorting through your problems to get some relief from tension, have a safe place to explore how you are feeling or gain a new understanding of your problems and plan what you want to do to overcome them. Talking Mental Health Derbyshire offers a range of therapies for people experiencing common psychological difficulties, such as those feeling anxious, low, or depressed. It is a free and confidential service for young people over 16 and adults, who are registered with a Derbyshire GP. Trained psychological therapists use talking therapies, such as counselling and cognitive behavioural therapy, to help people move towards recovery. You can self-refer by completing a short form. Telephone 0300 123 0542 or email the team on [dhcft.talking@nhs.net](mailto:dhcft.talking@nhs.net)



## Moving on from Caring

This is a new flexible programme that supports carers to learn new skills and gain qualifications and experience. The programme can fit around you and you can learn from home. The programme can last between 3 and 6 months and you may qualify for a bursary to support you with caring responsibilities. For more information telephone 01629 533225 if you live in Derbyshire or 01623 476830 if you live in Nottinghamshire.

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