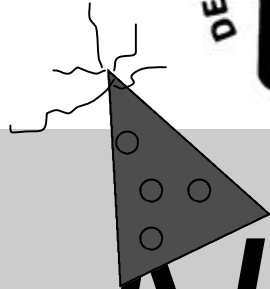




DERBYSHIRE
carers
ASSOCIATION



Newsletter

LETS PARTY!!!

As Derbyshire Carers Association
prepares to celebrate it's 20th
Birthday,
watch out for your invitation!!

For Carers Day this year we will be
having a party theme with entertainment,
music and cake!

Contents

Page

- 2. New website for Dementia & Learning Disabilities.
- 3. Events throughout the County.
- 4/5. Support for Derbyshire Carers in planning for emergencies. Meet our new Derby Respite Co-ordinator, Silvia Carrillo.
- 6. Health Information. Meet Joanne Goodison, new Head Office Manager. Goodbye to Jenny Brooke.
- 7. Summer recipe.
- 8. What's happening in your area.

Introducing a new innovative website founded by one of the UK's leading specialists in Dementia and Learning Disabilities ..

www.dementiadoctor.co.uk

Dr Daniel Nightingale, Consultant in dementia and psychotherapy. PCSC;RNMH; Ld (doc); PhD: CHP (NC); ADHP (NC); MNRHP; UKCP (H); Director of Medical and Nursing Healthcare and Clinical Hypno-Psychotherapy

Supporting people living with dementia, their relatives, carers and professionals.

Up to date information and immediate support and solutions for –

- People living with the experience of dementia, their family and direct carers
- Front line staff supporting those living with the experience of dementia in a care setting
- Professionals whose role is to support people and services Commissioners

The website is going to prove a valuable tool for everyone touched by and involved with dementia.

- On line and telephone access to Dr Nightingale who will be able to answer your concerns and questions as well as offer advice and information.
- Download training and workshop guidelines
- Training analysis and delivery of Alzheimer's Society approved dementia training and facilitation of workshops
- Hypnotherapy, psychotherapy and therapy
- Dementia specific assessment and development of appropriate care & treatment therapy plans
- Monthly E Zine with up to date information and advice on the best practices in dementia care

On line access to papers and articles written by Dr Nightingale

All enquiries are welcomed at; Tel: 01933 650875 Mobile: 07920 462541 Email: dementiadoctor@yahoo.co.uk



TRAMPOLINING SESSIONS at Ripley for young people with additional needs

Qualified & experienced coaches.

General supervision to be provided by parent/carer.

Ripley Leisure Centre, Derby Road, Ripley
Saturday At 11.15am, only £4.00 per session.

For an application form please contact

Tracy Goodrum on 01773 514727 and leave a message for her to call you.



Hints on pronunciation

I take it you already know

Of tough and bough and cough and dough

Others may stumble, but not you,

On hiccough, thorough, laugh and through.

Well done! And now you wish perhaps,

To learn of less familiar traps.

Beware of heard, a dreadful word

That looks like beard and sounds like bird.

And dead - it's said like bed not bead.

For goodness sake, don't call it deed!

Watch out for meat and great and threat.

They rhyme with suite and straight and debt.

A moth is not a moth in mother,

Nor both in bother, broth and brother,

And here is not a match for there,

Nor dear and fear for pear and bear.

And then there's dose and rose and lose

Just look them up – and goose and choose.

And cork and work and card and ward.

And font and front and word and sword.

And do and go, then thwart and cart.

Come, come I've hardly made a start.

A dreadful language? Man alive,

I'd mastered it when I was five!!

Apology....

On the front of the last newsletter, we omitted to acknowledge the group of volunteers who worked tirelessly alongside Gerry Fryer to create and develop Derbyshire Carers Association. All of their contributions were very valuable and without them DCA would not be what it is today.

We apologise for the omission.

| JUNE | JULY | AUGUST |
|--|--|--|
| <p>6th MATLOCK – Imperial Rooms</p> <p>George Alagiah, the TV Reporter talks about his autobiography Home from Home: My Journey from immigrant boy to English Man. Part of the County Councils Derbyshire Literature Festival £7/£5 concs 08456 058058</p> | <p>20th ASHBOURNE – Recreation Ground – Highland Gathering</p> <p>Ashbourne plays host to one of the largest highland gatherings outside of Scotland with Pipe band competitions and Highland sports – Adults £5, under 14's free www.ashbournegathering.com</p> | <p>6th -7th BAKEWELL – Bakewell Show</p> <p>Bakewell Show is a celebration of rural life, from the best of British livestock to the latest farming technology. Horse of the Year Show qualifier competitions and a premier dog show 01629 812736.</p> |
| <p>7th – 8th HEANOR – Shipley Country Park – Wondrous Tales from Around the World</p> <p>Family storytelling festival with children's activities, creative play for all the family and storytelling from East and West. 01773 719961</p> | <p>29th CHESTERFIELD – Medieval Market</p> <p>Chesterfield goes back to the middle ages with stalls, games, a funfair, a medieval encampment and knights and ladies. Market Open 10am until 4pm 01246 345777/8</p> | <p>16th – 17th CHESTERFIELD – Linacre Woodland Festival</p> <p>Enjoy beautiful woodland alive with crafts, demonstrations and activities for everyone. Organised by Derbyshire County Council with Severn Trent Water - £2 Car Parking, most activities free 01246 551035</p> |



WHAT DCA HAS MEANT TO ME OVER THE LAST 20 YEARS...



Until the death of my Mother in 1999 I had been caring for my parents for 25 years whilst being in full time employment for 20 years of that period. Initially I supported my Mother, caring for my father who was housebound and then after he died in 1987 caring for her as her health had deteriorated and she became housebound.

In 1994 I was given early retirement and was then her full time carer with all the duties and responsibilities that entails. For the last 5 years of her life she suffered a number of minor strokes which left her with short term memory loss. She was registered disabled, deaf and partially sighted.

I joined the association in 1995 and after 18 months of continuous full time caring, with no breaks, I suffered with insomnia and the debility that it causes. It was then through the DCA ACO I had my first break by arranging for my mother to have emergency temporary respite care.

Through the associations advocacy the expeditious action taken protected my general health. After this episode she had regular respite care about five times per year.

During all the above the value of the local Support Group was very beneficial, the camaraderie, information and advice from people who can empathise with ones circumstances.

By Ray Jones

Support for Derbyshire's Carers in Planning for Emergencies

A team offering emergency respite care has been set up by Derbyshire County Council to help improve support for Carers.

The move is in response to the Department of Health's New Deal for Carers which aims to improve support for Carers through a range of measures.

The emergency respite care scheme is available to carers providing more than 20 hours of support over four or more days a week. In an emergency, care can be provided in someone's home until the situation has stabilised, through a homecare service, sitting service or direct payments.

To make sure the scheme is quickly available to all eligible carers, the county council's adult social services is now developing a form to fill out, lodging their deals together with information on the support they provide and what they would like to happen in an emergency.

The form is being developed in consultation with Derbyshire Carers' Association and other carer groups.

It is hoped the new form will make it easier for carers not known to the county council to access the emergency respite care service if they need it as well as highlighting what support services are available.

Emergency Home-based Respite Care is now available to all eligible carers. It is hoped the form to record emergency details will be available over the summer – more details to follow in the next newsletter.

The county council's adult social services is also developing a leaflet to promote carer services and carer's assessments as well as a carer's emergency card scheme.

For more information people can contact David McGill, the new project officer overseeing the county council's commitment to delivering the New Deal for Carers across the county.

David can be contacted on 01629 531011.



Emergency Planning for Carers in Derby

In October last year the Department of Health launched the New Deal for Carers, which aims to provide emergency cover for unpaid carers who for reasons of an emergency or personal crisis are unable for a short period to continue to provide care.

Derbyshire Carers Association has been commissioned by Derby City Council to organise this service through our Emergency Planning Project Officer who came into post at the beginning of April 2008. Her name is Silvia Carrillo, and her job will be focused at first, on helping Carers set up a Contingency Plan to be used in case of an emergency. This Contingency Plan will have all the information related to the care you provide i.e. tablets to be given, help with mobility, etc.

Silvia's work experience is quite varied, she has worked for the past couple of years with Derby City Council providing support to women suffering domestic violence. She also has previous experience in administration and finances in the voluntary sector and in positions related to Social Care.

Emergency home-based respite care is now available to all Carers, so please take advantage of this and allow Silvia to visit you and help you set up your contingency plan to be used in case of emergency. We never know when something could happen to us, but we want to make sure our cared for are looked after appropriately, when we are not there. This service will provide you with peace of mind.



***For more information please
contact Silvia Carrillo
on 01773 743355
or via email to
silvia@derbyshirecarers.co.uk***



JENNY BROOKE

Sadly Jenny, Area Co-ordinator for High Peak South and North Dales, has decided to leave Derbyshire Carers after five years of working with us. She is to spend more time over the summer with her daughters.

Jenny will be very much missed by all her Carers and Colleagues and we are sure you would want to join with us in wishing her all the best for the future.

Jenny's successor has yet to be appointed and we will let you know who this is in due course.



Joanne Goodison

joined Derbyshire Carers Association as Head Office Manager based in Ripley at the start of April. Joanne's previous role was within the charitable sector at

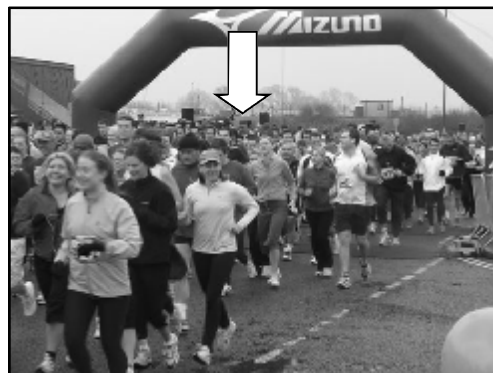
Leonard Cheshire Disability as Contract Support Officer for the Derbyshire County Council Contract. Joanne also brings a wealth of experience from having worked within the Private Sector for many years.

WELL DONE JO!!!!!!

Following many months of hard training, Jo Wild, DCA Area Co-ordinator for Amber Valley, has recently raised much needed funds for charity by taking part in not one but TWO Sponsored Runs.

Jo's first Run was on Saturday 20th April - the Sporting Futures 10K Event, which aims to help offer sporting opportunities to disadvantaged young people living in Derby.

Jo successfully completed the Run in just over one hour. By the time this Newsletter goes to print Jo will also have taken part in the Macmillan Cancer Relief Race for Life at Darley Park on Sunday 11th May, and we are confident she will also successfully complete this Run in record time!!!!



HEALTH information

Impetigo

Impetigo is a skin infection caused by staphylococcal or streptococcal bacteria. These bacteria are very common and live on lots of people's skin or inside the nose without causing any problems. Impetigo develops if the bacteria get inside the skin and multiply.

Primary impetigo is when normally healthy skin is affected. A small scratch can allow bacteria to get into the skin where they multiply.

Secondary impetigo is when the infection gets into skin that is already affected by another condition, such as eczema. Impetigo is much more likely to develop where the skin is already damaged.

Incontinence

Urinary incontinence is passing urine when you don't mean to because of partial or total loss of control of the bladder. It is estimated that 3-6 million people in the UK have some degree of incontinence. Urinary incontinence becomes more common as people get older but it does not only affect older people. It is twice as common in women than men and affects many women who have had children.

When you need to pass urine your bladder tells your brain it is full. Even when the bladder is full, the majority of people can control the need to urinate until they get to a toilet. Then your brain tells your pelvic floor muscles to relax and your sphincter (the opening at the neck of your bladder) to open. Your bladder muscle tightens (contracts) and pushes the urine out.

If you have incontinence, either the muscles or the nerve supply are not working properly to control your bladder. The two main types of urinary incontinence are stress incontinence (where a small amount of urine leaks out during physical activity) and urge incontinence (the bladder empties completely).

Indigestion

Indigestion is when you feel uncomfortable or have pain after eating. The medical name for indigestion is dyspepsia. Indigestion is very common and most people have it from time to time. For some people it's very mild and doesn't happen very often perhaps only after a large meal or particularly rich food. For others, it can be very painful, and sometimes feels as if you are having a heart attack. Indigestion isn't a disease or condition, but a collection of symptoms. The main symptom is pain in the chest, which is often called heartburn. Feeling bloated, uncomfortably full or having a lot of wind (burping) are other symptoms. Indigestion can sometimes be a sign of a condition affecting the digestive system. You should see your GP if you get indigestion a lot, it is particularly painful or you suddenly start getting it after never having it before.

Individual summer puddings with summer berries



Ingredients

1.8kgs/4lbs summer fruits: strawberries, raspberries, blackberries, red & blackcurrants

570ml/1 pint water

285g/10oz caster sugar

20 large slices slightly stale thin white bread, crusts removed

To serve:

Selection of summer fruits (small strawberries, blueberries, raspberries, redcurrant, blackberries)
fresh mint sprigs

Preparation time:
1-2 hours

Cooking time:
½ hour

Method

1. Line 10 timbales with pieces of cling film, or use teacups without cling film.
2. Check over the fruit and remove all stalks and blemishes.
3. Place the water and sugar into a large pan and bring to the boil.
4. Add the firmest, most acidic fruits first leaving the strawberries and raspberries until last. Bring to the boil and simmer gently for 5-10 minutes. The redcurrant and blackcurrants should begin to burst slightly. Taste the fruit and stir in more caster sugar if necessary.
5. Drain the fruit into a large colander and save the juice. Allow the fruit to cool.
6. Save half the juice to dip the bread into. Place the remaining juice back into the pan and reduce until slightly syrupy, set aside for the sauce.
7. When the fruit is cool, begin to assemble the summer puddings.
8. Cut 10 of the slices of bread in half and then each half into 4 triangles.
9. From the other 10 slices, cut 2 discs from each slice of bread, 1 small for the base and one large for the top of the pudding.
10. Dip the bread, a few pieces at a time, into the thinner syrup and line the timbales. Place the small circle on the bottom and the triangles around the sides of the timbale. Fill each timbale with the fruit mix and use the larger circle to top the pudding. Wrap the cling film up and cover the timbale. Place onto a tray and when all the puddings are done put another tray on the top with a weight of some kind to press the puddings.
11. Chill for at least a couple of hours and serve with the reduced sauce and fresh summer berries. Dust the fresh berries with icing sugar.



WHAT'S COMING UP IN YOUR AREA

AMBER VALLEY

- Monday 9th June – Peak Village shopping outlet outing. Car share available, if anyone needs or is able to offer a lift please let Jo know asap. We will meet at 10.30am and have lunch together there, aiming to leave at around 2pm. Please talk to Jo or Don Jarvis if you would like to go.
- Wednesday 11th June – Carers day. A Community Transport bus will pick up Carers from Ripley, Belper and Alfreton. The bus will be picking everyone up at approximately 10am and will leave Bakewell at 2pm, as the bus has to get back to Ripley to do the school runs. Again, please let Jo or Don Jarvis know asap if you would like a seat on the bus.
- Friday 11th – Carers lunch meeting at The Bluebell in Alfreton (next to the Market Place), meeting at 12.30pm. Let us know if you plan to come as we need to book in advance.

Other AV activities coming up include:

- Chesterfield Market, Friday 16th May, meeting at the Tea Shop opposite the Crooked Spire at 10.30am.
- Lichfield – Wed 16th June, there are a few seats left on the CT bus if anyone is interested in going.
- Lavender Coaches outing in July, day trip, destination to be confirmed! See Don Jarvis for more info.

For further information please contact Jo Wild, Area Co-ordinator, on 01773 749087

BOLSOVER AND CHESTERFIELD EAST

DCA Displays will be set up as follows:-

- All week commencing 9th June at Chesterfield Library.
- Monday 9th June at Boots the Chemist, Chesterfield.
- Thursday 12th June at the PCT Headquarters in Scarsdale between 10.00am–12.00 noon.
- Friday 13th June at the new Health Centre in Clowne from 10.00am until 2.00pm

Please feel free to visit any of the above venues to see our Displays. **For further information please contact Linda Porter or Janis Handley, Area Co-ordinators on 01246 222373.**

DALES

• Gernon Manor Carers Group meets on the second Thursday of the month, from 2.00 – 4.00pm. This is a relaxing and enjoyable time when Carers can share their problems, feel safe and are able to talk. We sometimes go into Bakewell for a coffee. Carers can bring their Cared for along too – they are looked after by a Volunteer to give Carers a little space to themselves. We have limited capacity at this Group and it is for Carers in the North and Dales areas, there may be transport available in the North (above Bakewell) area. Give me a call if you are interested in joining us.

Barbara Wright, Area Co-ordinator for the Dales, Telephone: 01629 812132

EREWASH

- On 19th May at the Outlook in Long Eaton Support Group a Chocolate Demonstration will take place between 2.00 and 4.00pm.
- 13th June there is a Lunch meeting arranged at Trent Lock Golf Club at Sawley.

For more information contact Katherine Ramage, Area Co-ordinator, on 0115 946 8881

GLOSSOP

A Picnic in the Park will be taking place again this year at Manor Park on Monday 9th June, 12.30pm – 2.30pm. Please bring your own picnic and don't worry about potential rain, alternative venue arrangements can be made.

For further details contact Lynda Hammond, Senior Area Co-ordinator, on 01457 858363.

HIGH PEAK

• A Carers Forum will take place on Thursday 5th June at Buxton Methodist Hall, where John Jennings, a Service User from Chapel, will give a talk on Individual Budgets. The Forum will start at 10.00am and finish around 12.00 noon.

• All Carers within the High Peak and the Dales, Buxton and Hope Valley area are invited to join us for a Picnic in the Park event at Buxton Gardens on Monday 9th June. We will be meeting up at Buxton Gardens at 12.30 for 1.00pm. Please bring along your own picnic, and don't worry if it rains – there is the Pavilion!!!

For any further information regarding these events please ring Lynne O'Brien, Area Co-ordinator, on 01663 745500.

SOUTH DERBYSHIRE

• On Monday 9th June a Service of Affirmation will take place at Derby Cathedral commencing at 10.30am. Everyone is welcome to join us and for tea and coffee afterwards.

• On Thursday 13th June a Carers Lunch will take place at Sudbury Open Prison starting at 12.00pm.

Contact Deb Gough, Area Co-ordinator on 01332 200002 for more information.

Derbyshire Carers Association, White House, The Willows, Slack Lane, Ripley, Derbyshire DE5 3HF
 Telephone 01773 743355 Fax 01773 512288
 Email derbyshirecarers@btconnect.com
 Web site—www.derbyshirecarers.co.uk

