



Newsletter



Breaking news during Carers' Week - £255 million boost for Carers

On the 10 June 2008 the government launched a new multi-million pound cross-cutting strategy to improve the lives of Britain's army of Carers.

£150 million extra investment to expand short breaks for Carers over 2 years.

The Carers Strategy is supported by £255 million new investment to implement some immediate steps.

What this announcement means:

- ◆ £150 million extra investment to expand short breaks for Carers over two years.
- ◆ £38 million towards supporting Carers to enter or re-enter the job market with more guidance for employers, and more flexible and accessible skills training for Carers.
- ◆ Piloting annual health checks for Carers to help them stay mentally and physically well.
- ◆ Training for GPs to recognise the role that Carers play and pressures on the Carers' own health.
- ◆ £6 million towards improving the support for young Carers and more protection from inappropriate caring for young people.
- ◆ Giving Carers greater choice and control over their lives by encouraging increased use of direct payments - often Carers' lives will be improved if services to the person for whom they care are better tailored to their needs.

Health minister, Ivan Lewis said: "In a society where an increasing number of us are caring for ageing parents or sick and disabled relatives, it is right that we recognise Carers are at the heart of 21st century families and communities. "In the next decade elder care will be the new childcare and it is essential our policies properly meet the scale of the challenge.

There are currently about 5.2 million Carers in England and Wales, and nearly half of them provide more than 20 hours care a week, and over a million provide more than 50 hours care per week. The demand for care is expected to rise in the future, with the number of people over 85, those most in need of care, rising by over 50% in the next ten years.

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	Amber Valley	Bolover and Chesterfield East	Chesterfield and NE Derbyshire	Derbyshire Dales	Erewash	Glossop	High Peak Central	High Peak South & Dales	Southern Derbyshire
S e p t e m b e r	Sun 7 th September Party in the Park Alfreton Park Tel: 01773 521096	All weekends throughout September Ice Age Tour at Creswell Craggs Tel: 01909 720378	Sun 21 st September Chrysanthemum and Dahlia Show [2pm to 6pm] Hasland Village Hall Tel: 01246 233945	Fri 5 th - Sun 21 st September Wirksworth Festival Tel: 01629 824003	Sat 20 th September Harvest Moon Godfrey Drive, Kirk Hallam Tel: 0115 9072316	Fri 5 th to Sun 7 th September Glossop Victorian Weekend Tel: 07931 524592	Sat 13 th September Edale Beer Barrel Race From Snake Inn to Naggs Head Tel: 07813 822189	Sun 7 th September Band in the Park Pavillion Gardens Buxton Tel: 01298 23114	Sat 6 th September Guitar Greats! Talon - Best of the Eagles + Colvin Quarmby Conkers Tel: 01283 216633
O c t o b e r	Weds 8 th October Belper Town Wind Band The Whitmoor Centre, John O'Gaunts Way, Belper Tel: 01623 472644	Thurs 30 th October Costume Day Hardwick Hall Tel: 01246 858400	Thurs 30 th October - Sun 2 nd November Chesterfield Market Festival Tel: 01246 345777	30 th August - 25 th October [Sats and Suns] Matlock Bath Illuminations and Venetian Nights Tel: 01629 761390	Weds 15 th - Sat 18 th October Ilkeston Charter Fair Ilkeston Town Centre Tel: 0115 9072316	Thurs 23 rd October Glossop Folk Train with Music and stop off at Glossop Labour Club Tel 0161 244 1889	Sat 1 st October Farmers Market Uniting Church, Buxton Road, Whaley Bridge Tel: 0845 1297777	Sat 18 th and Sun 19 th October Great Peak District Fair Pavillion Gardens Buxton Tel: 01298 25106	Thurs 23 rd October Bat Walk Rolleston Forestry Centre Tel: 01283 535039
N o v e m b e r	Sat 22 nd , Sun 23 rd , Sat 29 th and Sun 30 th November Santa Specials Midland Railway Butterley. Tel: 01773 570140	Sat 29 th and Sun 30 th November Christmas Shopping Weekend Bolsover Castle Tel: 01246 822844	Sun 23 rd November Christmas Lights Switch On Chesterfield Market place Tel: 01246 345777	Sat 1 st November The First Noel Preparing for Christmas, Course and Workshop Chatsworth House Tel: 01246 565300	Thurs 20 th to Sat 22 nd November Chestnut Fair , Waverley Street, Long Eaton Tel: 0115 9072316	Mon 24 th to Sat 29 th November Strangers on the Train Thriller at Partington Theatre, Glossop Tel: 01457 852066	Sat 15 th November Christmas Lights Switch On Castleton. Tel: 01433 623291	Sat 15 th November Buxton Fine Food Fair Pavillion Gardens Buxton Tel: 01298 23114	Two days per week throughout November [dates tbc] Calke Abbey Lecture Lunches on various subjects Tel: 01332 863822

Expert Carers Programme

The Contribution carers make is huge, but it is a role that is often taken on suddenly and without preparation, leaving carers to struggle with the vital responsibilities that they have assumed. In recognition of this, Government is establishing the Expert Carers' Programme.

The programme will provide training to carers, empowering and enabling them. It will inform them of their rights; the services available to them; develop their advocacy skills and their ability to network with other carers to support their needs.

Working with stakeholders Government developed a comprehensive model for the training and its delivery which will be available on a face-to-face and distance learning basis.

In December 2007, DH awarded a contract to a consortium comprising of the Princess Royal Trust for Carers, Carers UK, Crossroads UK, Partners in Policymaking and the Expert Patient Programme, to lead the delivery and on-going development of the ECP. The contract commenced on 1st January 2008.

It is expected that the first face-to-face training for carers will be in place by August 2008, and the distance learning version by December 2008.

The Department of Health is making £4.7 million a year available to fund the Programme.

Government recognizes that some carers feel that the title 'Expert Carers' Programme' fails to recognize the expertise that carers have. In view of this the title will be changed before the first training is in place.



Stuart Calder Business Development Manager.

I joined the Head Office Team in May this year. My role is to support the Board and you, the Carers, by bringing new services and funding to Derbyshire Carers Association.

I first became involved with voluntary and community projects whilst working as a volunteer in South Derbyshire. I have worked for two Regional Authorities within the voluntary and

community sector, creating and developing sustainable voluntary projects, specialising in credit unions. My most recent achievement was to expand Leicester's credit union and enable it to provide its services county wide.

One of my first jobs for DCA has been to implement Giftaid and Payroll giving for companies and organisations across Derbyshire. This will increase the Association's income and gain tax advantages.

I would be particularly interested in hearing from you, the Carers, about any improvements you think we could make to our services or any new services you would like to see.

I would like to take this opportunity to ask anyone who has made a donation in the past six years or knows anyone who has, to contact me so we can make a tax claim on the contribution and bring in further income for DCA.

We will be launching the payroll giving service shortly, to all businesses and organisations across Derbyshire. Details will be provided on our website, so watch this space!

Looking to the future, the Head Office team is already working on our 21st celebrations, hot on the success of our 20th birthday on June 11.

CARERS DAY 2008

Agricultural Centre



When we were thinking about Carers Day earlier in the year we decided, 'Let's have a party, it's our 20th anniversary!'

The invitations were sent out, the planning started and bit by bit it all came together. Of course we asked Gerry Fryer, who was our Chief Executive for many years, as well as other people who were involved in the setting up of the company. Sadly some were unable to attend but we

welcomed Gerry, Sharon and Charlie Roberts and Rob Mumford with whom we all worked with for many years.

This year we had 220 Carers attending, a major planning responsibility! Everyone walked into a room decked with balloons in the purple and cream Derbyshire Carers colours, it looked like we were having a party!

DCA's Chair, Christine Bell, opened the event and was followed by Roland Brown, our current Chief Executive. The day continued with 'A Name that Tune competition' (from the 80's of course!) and Bernie the Magician worked his magic at the tables.

Lunch was a lovely spread of sandwiches, cheese twists etc., which was served at the tables, this was followed by cakes and fresh fruit. During lunch the original members, along with Christine and Roland were invited to cut the cake which was then served to everyone.

The afternoon continued with a Table Quiz (from the 80's) and entertainment from Richard Comfort who sang some great songs and was really good to listen to. Alongside everything else was the bric-a-brac stall and the raffle which made a total of £362.

Thanks also to Brian for his tremendous efforts with the special effects!

As the day drew to a close and people started to leave, they were given a party bag containing lots of goodies again donated by firms. The theme for Carers Week this year was '**Carers can't afford to be ill**', one great way to keep healthy is to keep happy, have some 'time out' and share time with others. We sincerely hope we gave you some happiness on Carers Day, and that you enjoyed your carefree day celebrating with us.

So HAPPY ANNIVERSARY DCA!!!!

Here's to the next 20 years of supporting Carers

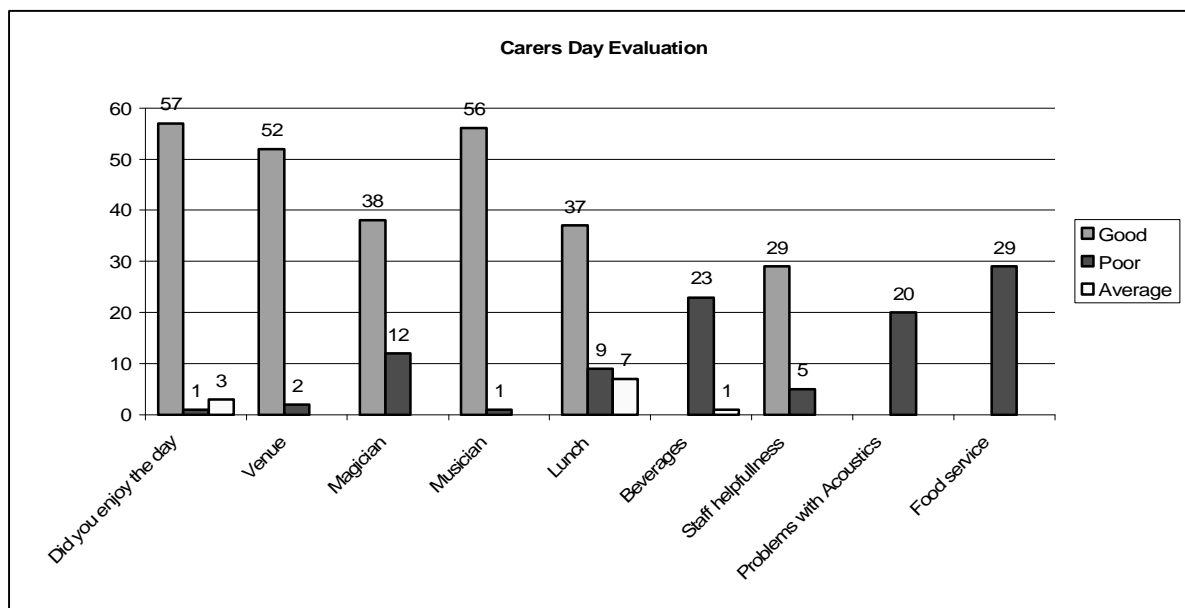


We would like to thank the generous companies across Derbyshire, DCA staff and the Carers who kindly donated prizes:-

Asda - Derby, Bakewell Pudding Parlour - Bakewell, Boots the Chemist - Ripley, Buxton Palace Hotel - Buxton, Crich Tramway Village - Crich, Denby Pottery - Ripley, Derby County Football Club, Derbyshire Constabulary, Federal Mogul Friction Products Limited – Chapel en le Frith, Grouse & Claret - Rowsley, Gullivers Theme Parks – Matlock Bath, Haddon Hall - Bakewell, Marks & Spencer - Chesterfield, Morrison Supermarkets - Swadlincote, Pomegranite Theatre - Chesterfield, Rolls-Royce - Derby, Swizzels Matlow Limited – New Mills, Tesco - Glossop, Wilkinson Stores – Belper.

CARERS DAY EVALUATIONS ANALYSIS

Thank you for all of those who took the time to complete our questionnaire, 62 returned from 200 Carers attending. It's not too late if you would still like to send feedback, then please do so by writing in to Ripley DCA Head Office or via your Area Co-ordinator. No matter how much planning goes into this event some things are out of our control, its good to know that 98% Carers who completed the form enjoyed the day, and we do appreciate 'we can't please all of the people all of the time' although I am sure you will all agree this year was another great success.



DCA NORTH CARERS OUTING

On the Monday of Carers Week we went to Manor Park for a picnic. We managed to choose a beautiful hot day and several Glossop Carers came along with those they care for and met for a good chat and to enjoy the chance of some good fresh air. We all had a lovely time, and certainly chose the right day. The ice cream was lovely too!! - Lynda Hammond

HEALTH INFORMATION

JET LAG

Jet lag is a common condition that sometimes occurs when you are flying long distances. It occurs because your body finds it difficult to adjust to a new time zone. Jet lag can disturb your sleep pattern, leaving you feeling lethargic and lacking in energy. Jet lag happens when you cross over a number of time zones and disrupt the body's normal 'circadian rhythm', or 'biological clock'.

Your internal body clock controls when you need to sleep and when you are alert. It also affects hunger, digestion, bowel habits, urine production, body temperature and blood pressure. Your biological clock is normally synchronised with your local time so that you feel hungry in the morning and sleepy in the evening.

When you travel across time zones, your body needs time to adjust to a new daily routine. Anyone can get jet lag, regardless of how frequently they travel by plane. People of any age can develop the condition, although it is more common in those who are over 50 years of age, and it is relatively rare in children and babies.

There are a number of steps that you can take to help minimise the effect of jet lag. Some of these steps are outlined below.

Before you travel: Change your sleep routine

Try and change your sleeping routine a few days before you are due to travel. If you are travelling east, try going to bed an hour earlier than your usual time. If you are travelling west, try going to bed an hour later.

Get enough sleep

It is important that you get enough sleep before you are due to travel. Flying when you have not had enough sleep can make jet lag worse.

Keep calm

Airports can sometimes be stressful places. Try and keep as calm and relaxed as possible because being stressed can make jet lag worse.

During the flight: Drink plenty of fluids

Make sure that you drink plenty of fluids during your flight. Ideally, you should also ensure that you are well hydrated before and after your flight.

Avoid alcohol

Avoid drinking alcohol because it can make symptoms of jet lag worse.

Keep active

Make sure that you keep active if you are flying long distances. Walk around the cabin occasionally, and regularly stretch your arms and legs when you are sitting down.

Change your watch

When you board the plane, you may find it helpful to adjust your watch so that it matches the time of your destination. This will help you to adjust more quickly to your new time zone. Get some sleep - if it is night time at your destination while you are on your flight, try and get some sleep. Some people find using ear plugs, or eye masks, helpful. Although jet lag may be problematic for people who have to fly frequently, or who are travelling to an important meeting, or event, it does not cause any serious, or long-term, health problems. Most people find that jet lag symptoms pass within a few days.



Hot-smoked Trout and Asparagus Frittata



Ingredients

125g pack extra fine asparagus/1 Leek
6 eggs
100ml half-fat crème fraîche
1/2 x 15g pack chopped fresh tarragon
2 x 125g packs Hot Smoked Trout Fillets

Ready in 35 minutes
Serves: 4

Method

- ◆ Preheat the oven to 200°C, gas mark 6.
- ◆ Place a leek, trimmed and cut into 8-10cm strips, and a 125g pack extra fine asparagus, trimmed, into a pan with a little boiling water. Cover and cook for 3 minutes or until just tender. Drain and cool in cold running water, then drain again and dry thoroughly.
- ◆ Beat 6 eggs with 100ml half-fat crème fraîche, 1/2 x 15g pack chopped fresh tarragon and seasoning.
- ◆ Spoon the vegetables into a 20cm square tin, greased and lined with baking parchment. Scatter over 2 x 125g packs Hot Smoked Trout Fillets, broken into large flakes, and pour over the egg mixture.
- ◆ Bake for 25 minutes in the preheated oven until just firm. Allow to cool slightly before cutting into wedges. Serve with mixed salad leaves.

Calling Carers in Glossop who are looking after someone with Dementia or Alzheimers.

For a long time now we have talked about the lack of a specific support group in the Glossop area for carers of Alzheimers Disease and Dementia sufferers. Several Carers have approached me to discuss this and I have now set up a meeting for us all to come together and talk about what it is that you would really like. This may be in the form of a monthly drop in, or a structured meeting with invited guests or maybe just an informal get together with or without the person you are caring for.

The meeting will be on Thursday 4th September 2008 in the Conference Room at Bradbury House, Market Street, Glossop, 1.30pm – 3.30pm.

Refreshments will be provided. Please do try to come along, should you need transport to enable you to attend, please contact Lynda Hammond on 07990 516616.

A message from Jenny—High Peak South& Dales

‘I would like to thank all carers for their cards, letters and lovely messages given to me when I left DCA recently. I would also like to wish everyone well for the future.

Thanks again, Jenny.’

WHAT'S COMING UP IN YOUR AREA

DCA's AGM will take place on Thursday 25th September at County Hall, Matlock.

AMBER VALLEY

- ◆ September (end of month, date TBC) – Trip to Burton-on-Trent. Transport will be available at £3.00 per person.
- ◆ October - (date TBC) Trip to Trentham Gardens. Transport will be available at £3.00 per person
- ◆ November - Theatre Trip – details and date TBC.

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

BOLSOVER AND CHESTERFIELD EAST

- ◆ September – Bolsover Group coach trip to York [date TBC]. Cost is £6.00 per person.

For further information please contact Janis Handley, Area Co-ordinator, on 01246 222373

CHESTERFIELD AND NORTH EAST DERBYSHIRE

- ◆ There are no planned trips or events arranged at this stage. However details will be made available to Carers for any events arranged at a later date.

For more information please contact Linda Porter, Area Co-ordinator, on 01246 222373

DALES

- ◆ There are no planned trips or events arranged at this stage. However details will be made available to Carers for any events arranged at a later date.

For further information please contact Barbara Wright, Area Co-ordinator, on 01629 812132.

EREWASH

- ◆ There are no planned trips or events arranged at this stage. However details will be made available to Carers for any events arranged at a later date.

For further information please contact Katherine Ramage, Area Co-ordinator, on 0115 9468881.

GLOSSOP

- ◆ There are no planned trips or events arranged at this stage. However details will be made available to Carers for any events arranged at a later date.

For further information please contact Lynda Hammond, North Area Manager, on 01457 858383.

HIGH PEAK

- ◆ There are no planned trips or events arranged at this stage. However details will be made available reference any events arranged at a later date. Please note that High Peak South and Dales Support Groups will still take place and a new Area Co-ordinator will be appointed in due course.

For further information please contact Lynne O'Brien, Area Co-ordinator, on 01663 745500.

SOUTH DERBYSHIRE

- ◆ There are no planned trips or events arranged at this stage. However details will be made available to Carers for any events arranged at a later date.

For further information please contact Deb Gough, South Area Manager, on 01332 200002.

DERBY CITY

- ◆ On Tuesday 4th November, DCA are hosting a 'Carers Conference' at the Assembly Rooms, Derby.

For further information please contact Lisa Barker or Colleen Francis, Area Co-ordinators or Lisa Hallsworth, Admin/Information Officer on 01332 200002

Local Learning Disability Partnership Boards—Contact List of Elected Carers

CHESTERFIELD:- Gillian Adlington 01246 411755 gillianadlington@talktalk.com; Elaine Tidd - 01246 280853; Sandra Radford 01246 270252

EREWASH:- Angie Beardsmore 0115 8770319 a.beardsmore1@ntlworld.com; Gordon Glover - 0115 9727872; Kay Milton – 0115 9727439; Wendy Prati

N.EAST & BOLSOVER:- Harry Burrows 01246 590828 harry@harry15.orangehome.co.uk; Angela Hawksley 01246 418606; Charlie Roberts - 01246 855790

charles@roberts1431.freeserve.co.uk; Helen Worsley – 01246 416227

S.DERBY'S & S. DALES:- Chris Brookes - 01332 863605

chrisbrookes8@tiscali.co.uk; Widad Colley - 01335 361242;

Mike Foster 01332 519478 findernfoster@talktalk.net;

Derek Wright 01283 760825 - derek.wright1@virgin.net

HIGH PEAK & N. DALES :- Terry Wakelin 01433 621151;

Debbie Race 01298 85460 Debbierace@aol.com;

Katherine Runswick-Cole 01298 813766 karc@waitrose.com;

Joan Chape 01298 79087 jc45@highpeak5.fsbusiness.co.uk

AMBER VALLEY :- Bridget Braden

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