

DERBYSHIRE CARERS DIRECTORY



“SUPPORTING YOU AS A CARER”

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Foreword for Carers Directory

Welcome to the first edition of the Derbyshire Carers Directory. We hope you find the information useful and enjoy reading about the exciting opportunities that are available for carers across Derbyshire. Information is divided by area and is a mix of general information about organisations to help you and local support groups.

This Directory has been produced by Derbyshire Carers Association in partnership with Derbyshire County Council. It is very much a first version and we are keen to receive feedback. Please do contact Derbyshire Carers Association on 01773 743355 or e-mail nicolap@derbyshirecarers.co.uk with any comments amendments or additions. The Directory will be updated on a regular basis, so your comments are valuable to us in order to make this directory as useful to you as possible.

This directory is also available on the Derbyshire Carers Association website www.derbyshirecarers.co.uk and the Derbyshire County Council website www.derbyshire.gov.uk

Claire Raw, Project Manager, Carers/Commissioning, Derbyshire County Council.

Helen Robinson, Chief Executive, Derbyshire Carers Association.



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We, as carers, are pleased to support the introduction of the Carers Directory and hope that all carers will benefit from the information provided.



Sheila Harris – Carer, Amber Valley



Adrian Hill – Carer, Erewash

Groups/organisations can be accessed outside the area to which the carer lives if this is more convenient.

Community – Amber Valley

Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Age UK Derby & Derbyshire	29A Market Place, Heanor, Derbyshire, DE75 7EG	Open 9am to 5pm. Please ring for details.	Age UK offer a range of services to help older people get more out of life. We offer Information, Advice, Advocacy Services, Benefits help, Befriending services, Falls Prevention service and our day care service offers meals, social activities and friendship.	Tel 01773 768240 email info@ageconcernderbyshire.org.uk website www.ageconcernderbyshire.org.uk

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Amber Valley CVS	Market Place, Ripley, Derbyshire, DE5 3BT	Opening Hours are; Mon,Tues,Thurs, Fri 9.00am to 4.30pm – Wed 10.00am to 4.30pm	Amber Valley CVS has information about local luncheon and social clubs which are open to all and may be suitable and interesting for both carer and the cared for.	Please contact Amber Valley CVS administration team for details of those closest to your address Tel 01773 512076 email admin@avcvs.org
Alzheimers Cafes - Ripley Dementia Cafe	Field Terrace Community Room, Off Slack Lane, Opposite the Co-op, Ripley, DE5 3HL	For specific times and dates please call 01246 223366	Information, friendship, support and a chance to meet with others in similar situations.	For more information please call 01246 223366
Barnardos Family Support Service - Derbyshire	De Bradelei Mill House, 1 st Floor Office Suite, Chapel Street, Belper, DE56 1AR	Open 9am to 5pm. Please ring for details.	Arrange and facilitates family group meetings for families with a range of difficulties to enable the whole family to find a solution. Open to all family members as well as friends. Referral is through school, Social Care, health or from families and young people themselves.	Tel 01773 825923/46 Fax 01773 825317 email: family.support@barnardos.org.uk website: www.barnardos.org.uk

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Belper Self Help Group – Depression and Anxiety	The Cottage Project, 16 Chapel Street, Belper, Derbyshire, DE56 1AR (Opposite the bus station)	1 st and 3 rd Thursday of every month 7pm – 9pm	Provides mutual support encouragement and reassurance in an informal and friendly setting. Family, friends, parents and carers welcome.	Tel 01773 822353/824548 Mobile 07967929078/079 67928731 email frances_jackson@btinternet.com
Carers Sitting Service - Alfreton	189 Birkinstyle Lane, Stonebroom, Alfreton, Derbyshire, DE55 6LD	Open 9am to 5pm. Please ring for details.	The Carers Sitting Service provides short spells of respite for carers in their own home. Volunteers work in the communities of Bolsover District and Clay Cross.	For more information Tel 01773 873581 e-mail b_smithson@btconnect.com
Community Mental Health Team – Carers Support	CMHT, 2 nd Floor, North Mill, Bridgefoot, Belper, Derbyshire, DE56 1YD	Open 9am to 5pm. Please ring for details.	Offers carer support for carers of people with mental health issues.	Tel 01773 82604
Community Transport Services – Amber Valley	Contactable by telephone for information and bookings	Open 9am to 5pm. Please ring for details.	We provide a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	Ring for more information and details on charges/costs Tel 01773 746652

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Derbyshire Autism Services Group (DASG)	28d High Street, Ripley, Derbyshire, DE5 3HH	Open 9am to 5pm. Please ring for details.	A parent led, parent run voluntary group. Includes befriending schemes, family support, parent and local groups, short breaks and respite, social groups and social skills. Open group who meet monthly, anyone involved with caring for people with autism (or autistic spectrum disorders including aspergers) are welcome to attend.	Tel 01773 741221 Fax 01773 741220 email dasg@autismsupport.co.uk website www.autismsupport.co.uk
Derbyshire Carers Association - Ripley	Field Terrace Community Rooms, Field Terrace, Off Slack Lane, Ripley, DE5 3HL	1 st Tuesday of each month 10.30am-12pm	Carers groups.	Louise Green – 01773 749 087
Derbyshire Carers Association – Belper Carers Support Group	Manor Farm, Newbreck Road, Belper, Derbyshire, DE56 1NR	2 nd Wednesday of each month 10.30am-12.00pm	Carers groups.	Louise Green – 01773 749 087
Derbyshire Carers Association - Amber Valley 'Drop In' for Mental Health Carers	The Croft, Slack Lane, Ripley, Derbyshire, DE5 3HF	1 st Tuesday of each month 2.00pm-4.00pm	Carers groups.	The Croft - 01773 826 040
Derbyshire Carers Association - Heanor Carers Group	The Park Court Community Centre, Next to Fire Station (under archway of sheltered housing), Heanor, Derbyshire, DE75 7DS	1 st Monday of each month 10.30am-1.00pm	Carers groups.	Louise Green – 01773 749087

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Home Start (Amber Valley)	Off Coast Hill, Crich, Matlock, Derbyshire, DE4 5EU	Open 9am to 5pm. Please ring for details.	We are a voluntary home visiting scheme, which is part of the national organisation offering support and encouragement to families with children under five who are experiencing difficulties. Home start schemes work towards the increased confidence and independence of the family.	Tel: 01773 857033 Fax 01773 857033 email homestartav@btconnect.com website www.home-start.org.uk
Making Space Carer Support Co-ordinator – Amber Valley	Recovery Team, 2 nd Floor, North Mill, Bridgefoot, Belper, Derbyshire, DE56 1YD	Open 9am to 5pm. Please ring for details.	If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local making space carer support co-ordinator.	Tel 01773 826040 E-mail Claire.ewart@making-space.co.uk Website www.makingspace.co.uk Family Support Co-ordinator 01629 55592
Parkinsons UK – Amber Valley Support Group	Ripley Leisure Centre Derby Road, Ripley, DE5 3HR	2 nd Saturday of each month 2.30pm-5.30pm	Information, friendship and support for local people with Parkinson's, their families and carers.	Mick Mills 01773 512 949 123michael@talktalk.net

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SPODA – Belper Support Group	The Belper Cottage Project, 16 Chapel Street, Belper, Derbyshire, DE56 1AR.	Once a month Tuesday evening 6.00pm-7.30pm please check website for specific dates.	Support for families and carers of substance users.	For more information please call 0800 068 5718 http://www.spoda.org.uk/News-and-Events.aspx
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Community – Bolsover & Chesterfield East

Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Alzheimers Cafes – Bolsover Lunch Club	Bolsover Castle Café, Castle Street, Bolsover, S44 6PR	For specific times, dates and venues please call 01246 223366	Information, friendship and support and a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers - `Walking for the Brain` Group	Bolsover Area	For specific times, dates and venues please call 01246 223366	This is a walking group. You will need to be able to walk alone or with a companion for a minimum of a mile. The walk usually lasts for an hour or so and is followed by a visit to a café/pub for a drink and a chat.	For more details or to book a place please call Steve on 07875941505

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Community Mental Health Team Carers Support	CMHT, Killamarsh Clini, Parkside Shopping Centre, Killamarsh, Sheffield, S21 1FY	Open 9am to 5pm. Please ring for details.	Offers carer support for carers of people with mental health issues.	Tel 0114 247 4886
Community Transport services Bolsover & District	Contactable by telephone for information and bookings	Open 9am to 5pm. Please ring for details.	We provide a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	Ring for more information and charges/costs Tel 01246 573040
Derbyshire Carers Association Staveley	The Staveley Centre, Middlecroft, Chesterfield, S43 3NQ	2 nd Friday of each month 1.00pm-3.00pm	Carers groups.	Cindy Clayton on 01246 827 822 or Janis Handley on 01246 222373
Derbyshire Carers Association Tibshelf	Tibshelf Surgery, Waverley Street, TibsheDerbyshire, DE55 5PS	1 st Monday of each month 1.00pm-2.30pm	Carers groups.	Janis Handley 01246 222373

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Home Start (Bolsover District and Clay Corss Area)	Assembly Hall, Hilltop, Bolsover, Chesterfield, Derbyshire, S44 6NG	Open 9am to 5pm. Please ring for details.	We are a voluntary home visiting scheme, which is part of the national organisation offering support and encouragement to families with children under five who are experiencing difficulties. Home start schemes work towards the increased confidence and independence of the family.	Tel 01246 827214 Fax 01246 241600 email home.start@onetel.com website www.home-start.org.uk
Making Space Family Support Co-ordinator North East Derbyshire	Recovery Team, Killamarsh Clinic, Parkside Shopping Centre, Killamarsh, Sheffield, S21 1FY	Open 9am to 5pm. Please ring for details.	If you are a relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.	Tel 0114 2474886 email Heather.sewell@making-space.co.uk website www.makingspace.co.uk The family support co-ordinator is on 01629 55592
Mental Health Carers Group	Bainbride Hall, Carr Vale, Bolsover, Chesterfield, Derbyshire, S44 6JS.	3 rd Friday of each month 10.00am to 12.30pm	Offers support, free relaxation and a chance to meet other mental health carers.	Tel Sophia 01246 222524 or 07597408051
North Derbyshire Forum for Mental Health Carers Bolsover	Bainbridge Hall, Carr Vale, Bolsover, Derbyshire, S44 6JS.	3 rd Friday every Month 10.00am to 12.30pm	Offers stress relief sessions and a self help group.	Tel 01246 222524

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Community – Chesterfield & North East Derbyshire

Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Alzheimers Cafes Chesterfield Dementia Cafe	The Saints Parish Centre, St Marys Gate, Chesterfield, S41 7TJ.	For specific times and dates please call 01246 223366	Information, friendship and support and a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes Dronfield Dementia Cafe	Civic Hall, Civic Centre, Dronfield, S18 1PD	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes Clay Cross Dementia Cafe	St Barnabas Community Centre, Pilsley Road, Danesmoor, S45 9BU	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes Killamarsh Dementia Cafe	Parish Suite, Killamarsh Sports Centre, Stanley Street, Killamarsh, S21 1EL	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes Staveley Dementia Cafe	The Staveley Centre, Calver Crescent, Middlecroft, Staveley, S43 3NQ	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366

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Alzheimers - `Singing for the Brain` Walton Group	St Johns Hall, Back Lane, Walton, Chesterfield, S42 7LT	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet and have a sing song with others in similar situations.	For more information please call 01246 223366
Chesterfield Carers Centre `Drop In`	69 West Bars Chesterfield Derbyshire, S40 1BA	Open 9am to 5pm. Please ring for details.	A `Drop In` Carers Centre, there if you need support, information sign posting. Specific organised events take place.	Tel 01246 222373 email chesterfield@derbyshirecarers.co.uk
Community Mental Health Team – Carers Support	CMHT, Brimington Clinic, Church Street, Brimington, Chesterfield, S43 1JG	Open 9am to 5pm. Please ring for details.	Offers carer support for carers of people with mental health issues.	Tel 01246 555360
Community Transport Services – Chesterfield & District	Contactable by Telephone for Information and Bookings	Open 9am to 5pm. Please ring for details.	We provide a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	Ring for more information and charges/costs Tel 01773 746652

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Crossroads (Derbyshire North East)	Chester Street, Ashgate, Chesterfield S40 1DL	Flexible working hours 24/7 – Office open 9am to 2pm	Registered charity providing a trained care worker who visits private homes in the local community to provide relief, support and respite to carers, enabling them to maintain a family member or friend, with a physical/mental health problem at home. Also provide intensive short-term care including night duties to the terminally ill.	For more information Tel 01246 557541 fax 01246 559883 e-mail crossroads_caring@aol.com website www.crossroads.org.uk/106
Derbyshire and Derby City Young Carers Service	32a Newbold Road, Chesterfield, S41 7PH	Open 9am to 5pm. Please ring for details.	Works holistically with young people under 18 years of age who have significant and regular caring responsibilities for another person.	Tel 01246 207752 website: www.actionforchildren.org.uk
Derby and Derbyshire Parent & Partnership Service	Community Centre, Schoolboard Lane, Brampton, Chesterfield, S40 1DD	Monday – Friday 9am – 5pm	Free confidential impartial help, advice and support for parents and carers of vulnerable children and young people.	Tel 01246 273154 Fax 01246 273155 email parent-partnership@derbyshire.gov.uk website www.derbyshireparentpartnership.co.uk

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Derby City and South Derbyshire Mental Health Carers Forum	Chesterfield PCT Offices, Nightingale Close, Newbold Road, Chesterfield, S41 7PF.	3 rd Friday of the Month 11.30am – 2.00pm at St Peters House, Ground Floor, Gower Street, Derby, DE1 1SB	This is a Voluntary self help group, all members are carers. Offers advice or can signpost to someone who can help. Also helps you to become involved in the treatment of the person you care for.	Tel Pam 0115 9169474 website www.dcsdmentalthhealthcarers.org
Derbyshire Carers Association - Ashbrook & Ringwood (ABC Group)	The Peter Webster Centre, Whittington Moor, Chesterfield, S41 8LQ.	2 nd Tuesday of each month at 10.30am	Carers groups.	Chesterfield Office 01246 222373
Derbyshire Carers Association - Chesterfield	Hartington Wing, Royal Hospital, Calow, Chesterfield, S44 5BL.	Last Monday of each month 7.00pm-9.00pm	For carers of people with Mental Health Problems.	Community Mental Health Team 01246 220 016
Derbyshire Carers Association Dronfield Support Group	The Peel Centre, High Street, Dronfield, S18 1PY.	2 nd Tuesday of each month at 1.00pm to 3.00pm	Carers groups.	Chesterfield Office 01246 222373
Fairplay Coffee Morning	Fairplay Centre, Alexandra Road West, Chesterfield, S40 1NP	Every 3 rd Wednesday from 10.00am -12.00pm	Coffee morning with tea and cake. Coffee mornings open to everyone. Parents and carers of children with disabilities use this time to chat and support one another.	Charlotte Shore Co-ordinator – Team Leader 01246 203963

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Fairplay Centre Support Group	Fairplay Centre, Alexandra Road West, Chesterfield, S40 1NP	Every Friday (during term time) 12.45pm – 2.45pm	For parents/carers with a child under 5 with a disability or who have a child under 5 with a school age child with a disability. The cost of this session is £1.50 (Nov `11).	Charlotte Shore Co-ordinator – Team Leader 01246 203963
Fairplay Parent Carers Support Group	Dronfield Childrens Centre, Oakhill Road, Dronfield, Chesterfield, S18 2EJ	Once a month on a Wednesday 4.30-6.00pm (Phone to check which Wednesday)	Groups open to parents and carers who have children with a disability (creche facility is available).	Charlotte Shore Co-ordinator – Team Leader 01246 203963
Making Space	Suite 5, Ashover Business Centre, Matlock Road, Kelstedge, Chesterfield, S45 ODX.	Open 9am to 5pm. Please ring for details.	If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.	Tel 01246 592010 Mobile 07894594271 email dawn.longdon-whiting@makingspace.co.uk website www.makingspace.co.uk
Making Space Family Support Co-ordinator Chesterfield	Recovery Team, Chesterfield Community Care, Tontine Road, Chesterfield, S40 1QU	Open 9am to 5pm. Please ring for details.	If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.	Tel 01246 340300 email Diane.bellamy@makingspace.co.uk website www.makingspace.co.uk

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Mental Health Carers Group	Friends Meeting House, 27 Ashgate Road, Chesterfield, S40 4AG	3 rd Wednesday of each month 11.0am to 1.00pm	Offers support, free relaxation with a chance to meet other mental health carers.	Tel Sophia on 01246 222524 to 07597408051
Mental Health Carers Group	Social Centre Market Place, Clay Cross, Chesterfield, S45 9JE	1 st Wednesday of every month 10.00am to 1.00pm	Offers support, free relaxation with a chance to meet other mental health carers.	Tel John 01246 269065
Mental Health Carers Group	Shaun Hadley Room, Civic Hall, Civic Centre, Dronfield, Chesterfield, S18 1PD	2 nd Monday of every month 2.00pm to 4.00pm	Offer support, free relaxation with a chance to meet other mental health carers.	Tel Audrey 07876524473
North Derbyshire Forum for Mental Health Carers - Chesterfield	Friends Meeting House, Ashgate Road, Chesterfield, S40 4AG	Last Wednesday of each month 10.00am – 1.00pm 3 rd Wednesday of each Month 11.00am – 1.00pm	Help, support, information for carers of all ages. Meeting once a month. Committee meeting bi-monthly and six support groups monthly with stress relief sessions.	Tel 01629 581251 Tel 01246 222524 website www.derbysmentalhealthcarers.co.uk
North Derbyshire Forum for Mental Health Carers - Dronfield	Civic Hall, Civic Centre, Dronfield, Derbyshire, S18 1PD	2 nd Monday of every month 2.00pm – 4.00pm	Help, support, information for carers of all ages. Meeting once a month. Committee meeting bi-monthly and six support groups monthly with stress relief sessions.	Tel 07876 524473
North Derbyshire Forum for Mental Health Carers – Clay Cross	Clay Cross Social Centre, Chesterfield, Derbyshire, S45 9JE	1st Wednesday of each Month 10.30am – 1.00pm	Drop in centre, no need to make an appointment, including buffet lunch.	Tel 01246 269065
North Derbyshire Womens	West Bank House,	Drop In open Monday to	Provides practical help,	Tel 01246 540464

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Aid	Albion Road, Chesterfield, S40 1LL	Thursday 10.00am till 4.00pm	emotional support, information and safe temporary accommodation to enable women to explore options and make choices for themselves and their families.	
One to One Support Services - Chesterfield	Chesterfield Area	Chesterfield Area – phone for details	One to One is an accredited teaching centre which provides a range of courses both in house and national accredited. These are in the areas of sensory impairment, communication, challenging behaviours and early years management. We provide support services to children and families, adults and older persons. We also specialise in supporting people with additional needs.	Tel 0845 4391182 Fax 01246 271000 email info@onetoonesup portservices.co.uk website <a href="http://www.onetoonesup
portservices.co.uk">www.onetoonesup portservices.co.uk
Parent Partnership - Derbyshire	The Community Centre, School Board Lane, Brampton, Chesterfield, S40 1DD	Open 9am to 5pm. Please ring for details.	Free confidential, impartial help, advice and support for parents and carers of children and	Tel 01246 273154/5 email parent.partnership

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			young people with special educational needs.	@derbyshire.gov.uk website www.derbyshireparentpartnership.co.uk
Parkinson's UK – Chesterfield & District	St Johns Church Centre, Walton Back Lane, Chesterfield, S42 7LT	3 rd Friday of each month 2pm	Information, friendship and support for local people with Parkinson's, their families and carers.	Mike Byron 01246 555 631 mikebyron@sky.com
Parkinson's UK – North Derbyshire Younger Persons' Support Group	Brampton Manor Country Club, Old Road, Brampton, Chesterfield, S40 3QR	3 rd Monday of each month 7.00pm – 9.00pm	Information, friendship and support for younger people with Parkinson's, their families and carers.	Jonathan Hoyle 07889 750 700 jonathan@hoyle.fsnet.co.uk
RAFT – (Relatives and Friends Together)	Bayheath, Rose Hill West, Chesterfield, Derbyshire, S40 1JF	Monday, Wednesday, Friday 9.00am to 4.30pm – Tuesday and Thursday 9.00am to 8.00pm	Provide information, advice and support to relatives and friends of people with alcohol problems. One to one counselling, helpline, group support, training to statutory and voluntary agencies.	Tel 01246 206514/204344 email nderbysalcoholadvice@ukonline.co.uk website www.alcoholadnd.info
Relate – Chesterfield & North Derbyshire	7 Sheffield Road, Chesterfield, S41 7LL	Office opening hours are Monday to Friday 9.00am - 1.00pm, All day Thursday, Monday to Thursday	Relationship counselling for individuals and couples, family counselling, sex therapy,	Tel 01246 231010 Fax 01246 200664 website www.chesterfieldre

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		evenings 6.00pm – 8.00pm Counselling sessions Monday, Tuesday, Wednesday and Thursday evenings and Wednesday and Friday mornings	education and training courses.	late.org.uk email relatechesterfld@btconnect.com Training Tel 01246 555039
SPODA – Chesterfield Support Group	SPODA Office Chesterfield,104 Saltergate, Chesterfield, Derbyshire, S40 1NE	Every other Wednesday 6.30pm-8.00pm please check website for specific dates	Support for families and carers of substance users.	For more information please call 0800 068 5718 http://www.spoda.org.uk/News-and-Events.aspx
SPODA – Grandparents Support Group	SPODA Office Chesterfield 104 Saltergate Chesterfield Derbyshire S40 1NE	Please see website for specific dates http://www.spoda.org.uk/News-and-Events.aspx	Support for grandparents of substance users.	For more information please call 0800 068 5718
Young Carers Support Group – Derbyshire Carers Association	Derbyshire Carers Association, Chesterfield Carers Centre, 69 West Bars, Chesterfield. S40 1BA	Please contact Chesterfield Carers Centre for dates/times	Carers support group aimed at 18-25 year old carers.	Tel 01246 222373

Community – Derbyshire

Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/ Facilitator
Age UK Derby and Derbyshire	15 The Morledge, Derby, DE1 2AW	Open 10am to 3pm. Please ring for details.	Age UK offer a range of services to help older people get more out of life .We offer information, advice, advocacy services, benefits help, befriending services, falls prevention service and our day care offers meals, social activities and friendship.	Covering County and City Office Number for Enquires Tel 01332 343232 email derbyadmin@ageukderbyorg.uk website www.ageukderbyandderbyshire.org.uk
Age UK 50+ Centre	Eagle Centre Market Derby, DE1 2AZ.	Open 10am to 3pm. Please ring for details.	Information and advice on things such as benefits, housing options and advocacy specifically for the over 50`s.	Covering County and City Office Number for Enquires Tel 01332 347893
Bereaved Parents	United Reform Church,	Thursdays 10am to 11.30am	A Health visitor led support group for	Covering County Area Office Number for Enquires For more information Tel 01773 827160

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Support Group	Beckettwell Lane, off Victoria Street, Derby, DE1 1JW.		anyone affected by the death of a child whether through miscarriage, neonatal death, sudden infant death or the death of a child or young person. Children are welcome, there is a creche staffed by volunteers.	Fax 01773 827160 e-mail dorothy.jones@kausis.ads124.co.uk Website www.bereavedparentsderby.org
Crossroads (Derby, South Derbyshire & Erewash)	Room 19 Rosehill Business Centre, Normanton Road, Derby, DE23 6RH	Monday to Friday 9.00am to 5.00pm (24 hour answering service)	Registered charity providing a trained care worker who visits private homes in the local community to provide relief, support and repite to carers, enabling them to look after a family member or friend, with a physical/mental health problem at home. Also provide intensive short-term care including night duties to the terminally ill.	For more information Tel 01332 344448 Fax 01332 344462 email crossroads.derby@btconnect.com Website www.crossroads.org.uk
Derby City and South	DACP, 3 rd floor, St Peters	DACP – (Ground Floor) 3rd Friday of	Voluntary self help group where the	Tel Elaine 07504 395777 Tel Pam 07891450119

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Derbyshire Mental Health Carers Forum	House, Gower Street, Derby, DE1 1SB.	each month 11.30am – 2pm	members are all carers. We can offer advice or we can signpost you to someone who can help. Also helps you to become involved in the treatment of the person you care for.	website www.derbysmentalhealthcarers.org.uk
Derbyshire and Derby City Young Carers Service	64/66 Beaufort Street, Derby, DE21 6AY	Open 9am to 5pm. Please ring for details.	Works holistically with young people under 18 years of age who have significant and regular caring responsibilities for another person.	Covering County Area Office Number for Enquires Tel 01332 370430 website: www.actionforchildren.org.uk
First Steps Derbyshire (Eating Disorder Support Group)	126 Osmaston Road, Derby, DE1 2RF	Monday to Friday 10.00am to 9.00pm	Information and support for anyone whose life is affected by any eating difficulty or disorder, including parents and carers.	Covering County Area Office Number for Enquires Tel 01332 367571 Helpline 07725055673 email info@firststepsderby.co.uk website: www.firststepsderby.co.uk
Focusline	By phone only	The help line is open weekdays 5.00pm to 7.00am weekends and bank holidays 24 hours.	Focusline offers confidential support, information and emotional support to any adult who has a mental health problem and their carers throughout the area of Derbyshire.	Covering County Area Office Number for Enquires Tel 0800 0272127 Helpline 0800 0272127 Fax 0115 8447620 email focusline@rethink.org website www.rethink.org
Making Space Family Support	Recovery Team, Bank Gate, 13-	Open 9am to 5pm. Please ring for	If you are a family member, relative,	Tel 01283 219118 email Lincoln.mignott@makingspace.co.uk

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Co-ordinator – Dales South and South Derbyshire	14 Rink Drive, Swadlincote, Derbyshire, DE11 8JL	details.	carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support co-ordinator.	website www.makingspace.co.uk Family Support Workers 01629 55592
NSPCC Parentline Plus	Helpline Only	24 Hours	The helpline is open to anyone who may need support or help in parenting.	Helpline Tel 0808 800 2222
PALS (Patient Advice and	St James House,	Mon-Fri 9.00am to 5.00pm (answer	PALS can advise you on mental health and	Tel 0800 0272128 email PALS@derbysmhservices.nhs.uk

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Liaison Service)	Mansfield Road, Derby, DE1 3AD	phone service at other times)	learning disability services, listen to and support you with any problems you may have. Help you to ask questions about your care. Tell you about help and support groups. PALS officers make regular visits to wards at Phychiatric Unit – Derby Royal Hospital, Hartington Unit Chesterfield Royal Hospital, Older Adult wards at Derbyshire Royal Infirmary and Kingsway Hospital and some Mental Health Trust rehabilitation services.	website www.derbyshirementalhealthservices.nhs.uk
Sight Support Derbyshire	65-69 Nottingham	Open 9am to 5pm. Please ring for	Services for visually impaired people and	Covering County Area Office Number for Enquires Tel 01332 292262

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	Road, Derby, DE1 3QS	details.	their families. Offers advice & information, low vision assessments, home support service, befriending, rehabilitation service, resource & mobile resource centres, sport & leisure activities, a quarterly newsletter, children & young people's services.	Email enquires@sightsupportderbyshire.org.uk
Spoda Swadlincote Support Group	Swadlincote Area	Wednesdays 7.00pm – 8.30pm	Offers support for families and carers of substance users.	For more information please call 0800 068 5718

Community – Erewash



Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/ Facilitator
Age UK Derby & Derbyshire	Parklands Connexion, Leopold Street, Long Eaton, NG10 4QE	Open 10am to 1pm. Monday to Thursday only Please ring for details.	Age UK offers a range of services to help older people get more out of life. We offer information, advice, advocacy services, benefits help, befriending services, Erewash careline, falls prevention service and our day care offers meals, social activities and friendship.	Tel 0115 9465158
Community Mental Health Team – Carers Support	CMHT, Brooklands, Park Avenue, Ilkeston, Derbyshire, DE7 5DH	Open 9am to 5pm. Please ring for details.	Offers carer support for carers of people with Mental Health issues.	Tel 0115 9308696
Community Transport Services – Erewash	Contactable by Telephone for Information and Bookings	Open 9am to 5pm. Please ring for details.	Provides a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	Please ring for further details and information on charges/costs Tel 0115 9309134
Crossroads (Derby, South Derbyshire &	Room 19 Rosehill Business Centre,	Monday to Friday 9.00am to 5.00pm	Registered charity providing a trained	For more information Tel 01332 344448 Fax 01332 344462

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Erewash)	Nrmanton Road, Derby, DE23 6RH	(24 hour answering service)	care worker to go into private homes in the local community to provide relief, support and repite to carers, enabling them to look after a family member or friend, with a physical/mental health problem at home. Also provide intensive short-term care including night duties to the terminally ill.	email crossroads.derby@btconnect.com website www.crossroads.org.uk
Derbyshire Carers Association - Ilkeston	Ilkeston Community Hospital in The Stanton Room, Heanor Road, Ilkeston, Derbyshire, DE7 8LN	Fortnightly on Wednesday 1.00pm- 3.00pm	Carers groups.	Emma Handley 0115 946 8881
Derbyshire Carers Association – Long Eaton	Outlook, 99 Briargate, Long Eaton, NG10 4BQ (in the conservatory)	3 rd Monday of each month 2.00pm-4.00pm (except Bank Holidays)	Carers groups.	Emma Handley 0115 946 8881
Home Start (Erewash)	6 Heanor Road, Ilkeston, Derbyshire,	Open 9am to 5pm. Please ring for details.	A voluntary home visiting scheme, which	Tel 0115 9304640 Fax 0115 9327271

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	DE7 8DX		is part of a national organisation offering support and encouragement to families with children under five who are experiencing difficulties. Home Start schemes work towards the increased confidence and independence of the family.	email homestarterewash@supanet.com website www.home-start.org.uk
Ilkeston (not Derbyshire Carers Association supported)	Welcome Hall, St. Johns Road, Ilkeston, Derbyshire, DE7 5PA.	Every Friday 10.30am-1.30pm	Carers group.	Emma Handley 0115 946 8881
Making Space Family Support Co-ordinator - Erewash	Recovery Team, Brooklands, Park Avenue, Ilkeston, Derbyshire, DE7 5DH	Open 9am to 5pm. Please ring for details.	If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.	Tel 0115 938696 E-mail mary.brown@makingspace.co.uk Website www.makingspace.co.uk Family Support workers co-ordinator 01629 55592
Volunteer Centre – Erewash CVS	Contactable by Telephone for	Open 9am to 5pm. Please ring for details.	We can provide a complimentary door to	Tel 0115 9466740

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	Information and Bookings		door transport service for individuals wishing to get to health related appointments.	
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Community – Glossop

Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Community Transport Services – Glossop	Contactable by telephone for information and bookings	Open 9am to 5pm. Please ring for details.	Provides a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	Please ring for further details and Information on charges/costs Tel 01457 861635
Derbyshire Carers Association - Glossop	Bradbury House, Market Street, Glossop, Derbyshire, SK13 8AR.	Normally on Last Tuesday of the month 7.30pm-9.30pm	Speakers, social events and general chat/support .	Lynda Hammond 01457 858383
Volunteer Centre – Glossop	Contactable by telephone for information and bookings	Open 9am to 5pm. Please ring for details.	Provides a complimentary door to door transport service for individuals wishing to get to health related appointments.	Tel 01457 865722

Community – High Peak Central

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Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Age UK Derby & Derbyshire Befriending Service	Caroline Court Day Centre, Marsh Avenue, Hope, Hope Valley, Derbyshire, S33 6RX	Open 10.00am to 3.00pm Monday to Friday	Provides social support and companionship to older people living in the community who are isolated, vulnerable or lonely. Provides a specialist befriending service to support people in the early stages of dementia.	For more information please call 01433 620263
Alzheimers Cafes – Buxton Dementia Cafe	Old Hall Hotel, The Square, Buxton, SK17 6BD	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes - Buxton Dementia Cafe	Quakers Meeting House, Chapel Row, Bakewell, DE45 1EL	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes – New Mills Dementia Cafe	Volunteer Centre, Union Road, New Mills, SK22 3EL	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Derbyshire Carers Association - Buxton	Methodist Church Hall, Market Place, Chapel	1 st Wednesday of each month 11.00am-12.30pm	Carers groups.	Lynne O'Brien 01663 745 500

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	Street, Buxton, Derbyshire, SK17 6HX.			
Derbyshire Carers Association - Chapel-en-le-Frith	Blyth House, Eccles Fold, Chapel en le Frith, Derbyshire, SK23 9TJ.	3 rd Monday of each month 2.00pm-3.30pm	Carers groups.	Lynne O'Brien 01663 745 500
Eccles Fold Resource Centre	Eccles Fold Resource Centre, Manchester Road, High Peak, Chapel en le Frith, SK23 9TJ	Tuesdays 10.00am till 4.30pm	Provides Day Care and support to adult clients with Dementia Alzheimers in order to benefit the client and carer involved.	There is a cost involved, please ring for more information: Tel 01629 531013 Fax 01298308184
Jubilee Day Services	81 Jubilee Street, New Mills, High Peak, SK22 4PA	Facilitates with the Alzheimers Society, Alzheimers cafes on 1 st Friday of the month in New Mills and 1 st Tuesday of the month in Buxton. In the High Peak, the dementia carers support sessions are bi-monthly. Please phone for specific dates and times.	Provides day care and support to older people with dementia/alzheimers and other mental illnesses.	Tel 01629 531238 Fax 01663 508203
Mental Health Carers Group	Methodist Church Hall, Market Place, Chapel Street, Buxton, Derbyshire, SK17 6HX	1 st Wednesday of each month 12.00pm to 2.00pm	Offer support, free relaxation and a chance to meet other mental health carers.	Tel Linda 01298 823980
North Derbyshire Forum for Mental Health Carers -	Methodist Church Hall, Market Place, Chaple	1 st Wednesday every Month 12-2pm	Help, support, information fro carers of all ages.	Tel 01298 23980

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Buxton	Street, Buxton, Derbyshire, SK17 6HX		Meeting once a month. Committee meeting bi-monthly and six support groups monthly with stress relief sessions.	
Parkinson's UK – Buxton Support Group	Buxton Library, Kents Bank Road, Buxton, SK17 9HW	2 nd Wednesday of each month 2.00pm – 4.00pm	Information, friendship and support for local people with Parkinson's, their families and carers.	Vera Chatterton 01663 744 85
The Befriending Service Age UK Derby & Derbyshire	Caroline Court Day Centre Marsh Avenue Hope, Hope Valley, S33 6RX	Open 9am to 5pm. Please ring for details.	Befriending Service for the elderly in the High Peak & Derbyshire Dales areas.	Angela Andrews Penny Butcher Tel: 01433 620263 email befriending@ageukderbyandderbyshire.org.uk
Volunteer Centre – Buxton	Volunteer Centre – Buxton 16 Eagle Parade, Buxton, Derbyshire, SK17 6EQ.	Open 9am to 5pm. Please ring for details.	Provides a complimentary door to door transport service for individuals wishing to get to health related appointments.	Tel 01298 23970
Volunteer Centre – New Mills	Volunteer Centre – New Mills, 33-35 Union Road, New Mills, Derbyshire, SK22 3EL	Open 9am to 5pm. Please ring for details.	Provides complimentary door to door transport service for individuals wishing to get to health related appointments.	Tel 01663 744196

Community – High Peak South & Dales

Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Age UK Derby and Derbyshire – Fit as a Fiddle	Bakewell Day Care Centre, Orme Court, Granby Road, Bakewell, Derbyshire, DE45 1ES	Contact Bakewell Day Centre for days/times	Offers different types of exercise, designed to meet individuals needs to get active in their own way. Also promotes healthy eating programmes.	Tel 01629 813657
Alzheimers Cafes – Darley Dale Dementia Cafe	The Whitworth Centre, Station Road, Darley Dale, DE4 2EQ	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers Cafes – Ashbourne Dementia Cafe	Cornerstone Coffee Shop, Church Street, Ashbourne, DE6 1AE	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Alzheimers - Bakewell Dementia Café	Quakers Meeting House, Chapel Row, Bakewell, DE45 1EL	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01246 223366
Community Transport Service- Ashbourne	Contactable by telephone for	Open 9am to 5pm. Please ring for details.	Provides a variety of accessible, door to door	Please ring for further details and

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	information and bookings		services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	information on charges/costs Tel 01335 300670
Community Transport Services – Bakewell	Contactable by telephone for information and bookings	Open 9am to 5pm. Please ring for details.	Provides a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appt and various other destinations of your choice.	Please ring for further details and information on charges/costs Tel 01629 641920
Crossroads Caring for Carers (Derbyshire Dales)	Newholme Hospital, Baslow Road, Bakewell, Derbyshire, DE45 1AD	Monday – Friday 9.00am – 5.00pm (24 hour answering service)	Registered charity providing a trained care worker to go into private homes in the local community to provide relief, support and repite to carers, enabling them to look after a family member or friend, with a physical/mental health problem at home. Also provide intensive short-term care including night duties to the terminally ill.	Tel 01629 812664 email derbydalesxrds@tiscali.co.uk website www.crossroads.org.uk
Derbyshire Carers Association - Ashbourne	The Henmore Centre, King Edward Street,	1 st Tuesday of each month 2.00pm-3.30pm	Carers groups.	Rebecca Volli 01629 812132

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	Ashbourne, Derbyshire, DE6 1BW			
Derbyshire Carers Association - Gernon Manor Carers Group	Gernon Manor, Dagnell Gardens, Bakewell, Derbyshire, DE45 1EN	Monthly on the 2 nd Thursday 2.00pm-4.00pm	For carer/cared for (attend together) who need a high degree of support. The cared for are looked after by staff whilst the carer has a short time with others in a similar situation.	Rebecca Volli 01629 812132
Derbyshire Carers Association - Golding House/Medway Support for Carers of Learning Disabilities	Golding House, Henry Avenue, Matlock, Derbyshire, DE4 3FL	Meets 4 times a year	Support for Carers of Learning Disabilities.	Please contact Rebecca Volli on 01629 812 132 for date and time of next meeting.
Derbyshire Carers Association - Matlock	The Conference Room, Whitworth Hospital, 330 Bakewell Road, Darley Dale. Derbyshire, DE4 2JD.	2 nd Tuesday of each month 10.30am-12.00pm	Carers groups.	Rebecca Volli 01629 812 132
Making Space Family Support Co-ordinator – High Peak & Dales North	Recovery Team, Wye House, Newholme Hospital, Baslow Road, Bakewell, Derbyshire, DE45 1AD	Open 9am to 5pm. Please ring for details.	If you are a family member, relative, carer or friend who cares for someone with severe mental illness (who is an adult of working age), you may want to talk to your local Making Space Carer Support Co-ordinator.	Tel 01629 761600 email vincent.smile@makingspace.co.uk Website www.makingspace.co.uk Family Support Co-ordinator 01629 55592
Mental Health Carers Group	Ernest Bailey House, New Street, Matlock,	2 nd Tuesday of each month 2.300pm to 4.30pm	Offers support, free relaxation and a chance	Tel Gwen 01629 581251

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	Derbyshire, DE4 3DJ		to meet other mental health carers.	
North Derbyshire Forum for Mental Health Carers - Matlock	Ernest Bailey House, New Street, Matlock, Derbyshire, DE4 3DJ	2 nd Tuesday of every Month 2.30pm to 4.30pm	Offers stress relief sessions and self help groups.	Tel 01629 581251
Parkinson's UK – Bakewell Support Group	Stanton Day Hospital, Newholme Hospital, Baslow Road, Bakewell, DE45 1AD	1 st Friday of each month 3.30pm – 5.30pm	Information, friendship and support for local people with Parkinson's, their families and carers.	Sally Twyford 01629 817 971
Parkinson's UK - Ashbourne & District Support Group	Derbyshire Dales Sheltered Housing Complex, Townhead, Ashbourne, DE6 1ED	3 rd Thursday of each month 2.00pm – 4.00pm	Information, friendship and support for local people with Parkinson's, their families and carers.	Val Robinson 01335 344 830 mvrob@nethermount.freeserve.co.uk
Volunteer Centre – Derbyshire Dales	Derbyshire Dales Volunteer Centre, Ashbourne Business Centre, Dig Street, Ashbourne, Derbyshire, DE6 1GF	Open 9am to 5pm. Please ring for details.	Provides a complimentary door to door transport service for individuals wishing to get to health related appointments.	Tel 01335 344700

Community – South Derbyshire



Group Name	Venue Details	Dates/Times from and to/Frequency	General Information/Group Information	Group Contact/Facilitator
Alzheimers Society – Swadlincote Carers Group	Lincote Resource Centre, Wideshaft, Swadlincote, South Derbyshire, DE11 8LQ	For specific times and dates please call 01246 223366	Information, friendship and support with a chance to meet with others in similar situations.	For more information please call 01332 208845
Community Transport Services – Swadlincote	Contactable by Telephone for Information and Bookings	Open 9am to 5pm. Please ring for details.	Provides a variety of accessible, door to door services for groups and individuals to get to shops, community activities, health appointments and various other destinations of your choice.	Please ring for further details and information on charges/costsTel 01283 550764
Community Mental Health Team – Carers Support	Bank Gate, 13-14 Rink Drive, Swadlincote, Derbyshire, DE11 8JL	Open 9am to 5pm. Please ring for details.	Offers carer support for carers of people with mental health issues.	Tel 01283 219118
Crossroads (Derby, South Derbyshire & Erewash)	Room 19 Rosehill Business Centre,	Monday to Friday 9.00am to 5.00pm	Registered charity providing a trained care	For more information Tel

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	Normanton Road, Derby, DE23 6RH	(24hour answering service)	worker to go into private homes in the local community to provide relief, support and repite to carers, enabling them look after a family member or friend, with a physical/mental health problem at home. Also provide intensive short-term care including night duties to the terminally ill.	01332 344448 Fax 01332 344462 e-mail crossroads.derby@btconnect.com Website www.crossroads.org.uk
SPODA – Swadlincote Support Group	SPODA Office Chesterfield, 104 Saltergate, Chesterfield, Derbyshire, S40 1NE	Once a month on Wednesday evenings 7.00pm-8.30pm please check website for specific dates http://www.spoda.org.uk/News-and-Events.aspx	Support for families and carers of substance users.	For more information please call 0800 068 5718
Volunteer Centre – South Derbyshire CVS	South Derbys CVS, 46- 48 Grove Street, Swadlincote, Derby, DE11 9DD	Open 9am to 5pm. Please ring for details.	Provides a complimentary door to door transport service for individuals wishing to get to health related appointments.	Tel 01283 551766

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GLOSSARY

Accessible- easy to use by everyone – may refer to a building or to written information, for example.

Advocacy-Helping someone to express their views

Autistic Spectrum disorders-Autism is a lifelong neurological condition. It affects communication, social understanding and imagination. It can also affect an individual's sensory experiences. Autism is a spectrum condition, which means that it affects different people in different ways.

Befriending-Formally, being a friend to someone either on a paid basis or as a volunteer.

Drop In- An event which has no fixed time, so people can attend when it is convenient for them



Holistically- Including all aspects of someone's health, including mental and social- not just physical health.

Impartial advice- advice that is not biased or based on one person's views

Rehabilitation- help and support to enable someone to live independently after e.g. an illness or hospital stay.

Respite- A break from e.g. caring responsibilities

Signposting- Giving information to someone or explaining where to find the information

Substance use- taking usually illegal or addictive substances e.g. drugs or alcohol.