

Carer's News



Winter Newsletter 2011

No. 68

www.derbyshirecarers.co.uk



A lovely photograph of Carers and DCA staff with the Mayor and Mayoress of Chesterfield, Peter and Jean Barr, in the reception of the Chesterfield Carers Center.

Mayor visits Chesterfield Carers Centre

Local Carers were surprised to see a 'Man in Chains' when they attended one of the regular coffee mornings held at the Centre on West Bars.

The Mayor and Mayoress of Chesterfield dropped in to chat with Carers and were soon bombarded with questions about the dignitaries roles and activities in the town.

Extremely friendly and outgoing, the couple were soon swapping their experiences and anecdotes with the inquisitive Carers.

Inset: The Mayor displays the superb Chain of Office whilst explaining its long association with the town.



Exciting project for Carers

Carers Voice is a brand new project that will give Carers the opportunity to speak out about the things that affect them and share their experiences.

Carers will also have an input to the discussions of future services and the development of existing ones. They will also have the chance to ask questions that will be put to the network group.

Carers Support Services in Derbyshire are really eager to hear from Carers who use their services and would like to know directly how they can improve these services and what Carers living in Derbyshire really need.

In January 2012 we will start holding area meetings where Carers can get together and discuss issues that will be on the agenda at the next Carers Network Meeting.

We may also have questions from other organisations that are planning Carers' services. These meetings will continue every other month and every quarter a representative from each group will attend the Carers Network Meeting to feedback information from the Carers Voice meetings.

Becoming a Carers Voice member will be exciting and rewarding. Members will be representing Carers from their area and will be making a real difference to the lives of Carers in Derbyshire.

By becoming a member Carers will be agreeing to come along to the meetings in their area and to follow the Associations Policies and Procedures including the Confidentiality Policy. Details of these will be covered at the Induction Meeting in January.

Together Carers will be really influential in supporting and developing Carers Services in Derbyshire.

If you are a Carer and would like more information on becoming a Carers Voice member please call Helen Weston on 01629 812132 or email helen.weston@derbyshirecarers.co.uk

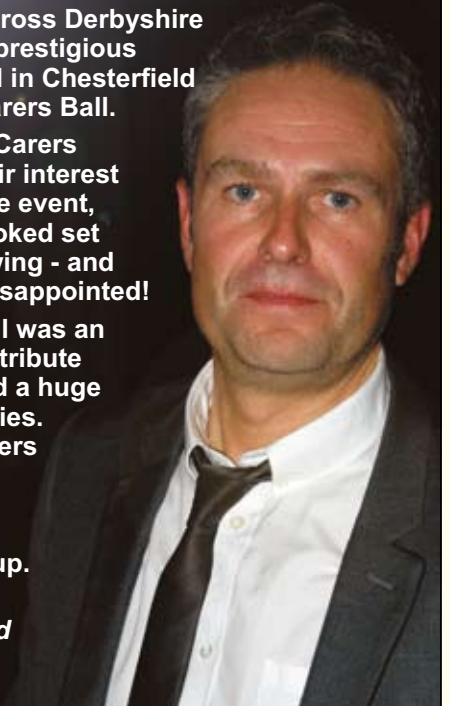
CARERS BALL 2011

Carers from across Derbyshire flocked to the prestigious Winding Wheel in Chesterfield for the 2011 Carers Ball.

With over 180 Carers registering their interest in attending the event, the evening looked set to go with a swing - and they weren't disappointed!

Topping the bill was an Michael Buble tribute act who proved a huge hit with the ladies. Stunning dancers and a superb soul band completed the evenings line-up.

See page 6 for the photo's and further details!





Derbyshire Carers Association

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Emergency Planning Services (Derby City only)
01773 743355

Learning Disabilities Network Co-ordinator (M) 0790 328 2604

Carers Centres: Chesterfield
69 West Bars
S40 1BA
Open 10am - 3pm,
Monday to Friday
Tel: 01246 222373

Derby City
17 Babington Lane
DE1 1TA
Open 9am - 3pm,
Monday to Friday
Tel: 01332 200002

An eventful and busy year!

Hello Everyone,
2011 has been a momentous year for Derbyshire Carers Association - with the opening of the new Carers Centres in Chesterfield and Derby - and becoming a Network Member of the Princess Royal Trust for Carers.

I'd like to thank all our staff who have worked so hard this year to make it all happen.

I must also thank our volunteers who make such a difference to what we are able to offer with limited resources.

On page two one of our Derby volunteers explains about volunteering for the charity and if volunteering is something you'd like more information about, please get in touch with us.

This newsletter also features our Treasurer Paul Loble, we are very grateful to Paul for sharing his financial expertise with the charity.

We are in need of more Trustees, so if you feel that you could help contribute to the management of our charity, we'd love to hear from you.

The Autumn has been a very busy time. We have established a new base in South Derbyshire, as Lisa Barker has moved into the CVS offices in Swadlincote. This move makes her more accessible for Carers, as previously our South Derbyshire worker was based in the Derby City office.

In Glossop, Lynda Hammond is now working in the new Primary Care Centre on George Street on Tuesdays, again the aim is to be more visible to Carers.

In September we held our Annual General Meeting in Matlock and in October the Network of Carer Organisations organised the Carers Ball in Chesterfield, which was a very enjoyable evening as you can see from the photographs on page six.

This December we are looking forward to the service at Tideswell Church which marks Carers Rights Day.

This year the theme of Carers Rights Day is 'Money Matters.' Research shows that very often Carers don't receive the monies that they are rightly entitled to.

Finally... I look forward to seeing many of you at Tideswell but to those I don't manage to meet...

Merry Christmas!



Helen Robinson
Chief Executive Officer

Volunteer in the spotlight



My name is Megan Singleton, I have graduated in psychology and volunteer with Derbyshire Carers Association.

I wanted to volunteer with DCA as it gives lots of opportunities to develop skills while working with inspirational people along the way. What humbles me is how hard Carers work to support others, they deserve more recognition than they get.

Working in the City with the Emergency Planning Team means I have the privilege to talk to a great deal of remarkable people while putting plans in place to support them.

For one day a week I have an amazing time working at the Bakewell office, helping co-ordinate Carers Breaks. At the moment I am working in a team to plan Christmas at Chatsworth. I can't wait to see everything come together on the day and look forward to meeting some of you there.

You may have seen me helping out at the pamper days over the county in the last two months. If you haven't been to one yet, I can strongly recommend them. It is a phenomenal opportunity to treat yourself and have a chat with other Carers.

I feel privileged to be part of such an incredible team and organisation and I'm constantly overwhelmed by the variety of support the Association offers. I know the experiences I have with Derbyshire Carers will alter my perceptions and will be life changing for me.

Could Carer's Credit help you?

If you are caring for someone for 20 hours or more a week, but don't get Carer's Allowance or Income Support as a Carer, you could qualify for National Insurance Credits to protect your State Pension.

What is Carer's Credit?

People who look after family and friends may be missing out on National Insurance contributions towards their State Pension through giving up work or working less as a result of caring.

Carer's Credit is designed to help if you would have difficulty in building a state pension. This might be because:

- You're looking after someone who refuses to claim disability benefits or who finds it extremely difficult because of their condition.
- More than one person is looking after the person who is severely disabled and you're not the one claiming Carer's Allowance.

To claim Carer's Credit, you must care for 20 hours or more a week for someone who gets any rate of Attendance Allowance or Constant Attendance Allowance or the middle or highest Disability Living Allowance care component.

If the person you care for doesn't get one of these benefits, you'll qualify if you care for 20 or more hours a week for someone who has a signed certificate from a health or social care professional to confirm that the level of care being provided is appropriate.

To apply for Carer's Credit, call 0845 608 4321 or write to Carer's Credit, Palatine House, Lancaster Road, Preston, PR1 1HB.

Breaks Scheme is a big hit!

17th of October saw Carers from the north of the county venturing over to North Anston to visit the Tropical Butterfly House and Wildlife and Falconry Centre - as part of the highly successful Carers Breaks Scheme.

They certainly weren't disappointed as staff from the centre showed off birds of prey, parrots, farm animals, meerkats, lizards, snakes and creepy crawlies from across the globe.

There was even a prairie dog camp and the chance to feed the smelliest resident at the centre - a stunning skunk. Oh, we mustn't forget to mention - the beautiful butterflies!

The family-orientated centre certainly hit the mark when it came to helpful staff and sheer entertainment value.

Here are a few comments from Carers evaluations:

'Have enjoyed the day and meeting new people in a social setting. The choice of venue was splendid, I would like to come again and again, so much to see and do and plenty of places to sit when tired.'

'Very enjoyable, an escape from caring - very much appreciated. Thank you.'

'A most enjoyable day. Relieved the stress.'

'It has been a nice break, a lovely experience as not done this before. Would be a good idea to visit again!'

'Very enjoyable and would like to do something similar in future.'

'Nice to get out a change to routine.'

'Perked me up - a lot! Something to remember and to look forward to again next year perhaps? Certainly worth another visit. A very pleasant experience, thank you!'

'It was more than I expected, it is a fantastic place which I really enjoyed. As my partner is in hospital at the moment and I have been very upset and down, this gave me a lovely day out and some 'Me Time'. Thank you!'



Launched at the end of 2010 in partnership with NHS Derbyshire County, the Derbyshire Carers Breaks Scheme has proved a big hit with Carers all across the County.

The Scheme provides a variety of events to help Carers take a break from their everyday caring responsibilities.

Events are organised offering Carers the opportunity to learn new skills, make new friends and develop and explore different ideas and experiences to contribute to their general health and well-being.

All activities are FREE and are available to Carers who:

- Live in Derbyshire County
- Are registered with a Derbyshire GP surgery as a Carer
- Care for more than 14 hours per week or your caring role has a significant impact on your own health and well-being.

Festive Cookery Workshop

Thursday 8th December, 10.00am-2.00pm. St. Joseph's Community Hall, 94 Butterley Hall, Ripley DE5 3LW

Flower Arranging Workshop

Friday 9th December, 10am-3pm. The Empire Ballroom, King Edward Street, Ashbourne DE6 1BW.

Nottingham Christmas Market

Wednesday 14th December. Wollaton Hall.

Christmas at Haddon Hall

Christmas by Candle Light: 14th and 15th December. Supper 6pm-7.30pm

Christmas Merry Go Round

Show by the 50+ Forum. Thursday 15th December 10.30am-2pm. Gresley Old Hall, (includes snack).

Walks and Guided Walks

Saturday 17th December. Rosliston Forestry Centre, South Derbyshire. Step out on our guided woodland walk, followed by drink and mince pie then visit the Winter Wonderland at the nearby garden centre

Carols by Candlelight

Friday 23 Dec 2011. Conkers Waterside Amphitheatre, Near Swadlincote. Doors open 7pm, performance 7.30pm - 9pm. Everyone will receive a free hot chocolate and a mince pie. *This is an outdoor event, please wrap up warm and bring your blankets!*

Cinderella Christmas Panto Time.

Tuesday 27th December 2011 - Tuesday 3rd January 2012. Conkers, 11.30am daily. Enjoy the magic of Cinderella and at 2.00pm continue the festive spirit and relax with Dickens' fabulous... 'A Christmas Carol.'

The Scheme is now offering free pantomime tickets for theatre's across the county

For further information and eligibility criteria, call our Ripley head office on: 01773 743355, option 3.

■ **Buxton Opera House:**

Snow White and the Seven Dwarfs. 10th December 2011-1st January 2012 (Excluding Christmas Eve)

■ **Derby Assembly Rooms:**

Dick Whittington. 7th December 2011-8th January 2012.

■ **Pomegranate Theatre, Chesterfield:**

8th-11th Dec, 20th-23rd Dec, 26th-31st Dec 2012 and 1st-3rd January 2012.

We are constantly organising new events all across the County, if you would like to be updated of these, please register your details and we will send the information to you as soon as it becomes available.

Priority will be given to Carers accessing the Breaks Scheme for the first or second time.

Some events have limited places so we politely ask everyone to book a place prior to the event taking place, by calling our Head Office on 01773 743355 ext 222.

Craft Day at Staveley Lincoln Christmas Market Visit Christmas at Chatsworth House

The above three events are all fully booked, but there may be a few people unable to attend, so we have organised a reserve lists. Please phone for details.

Please give us a call to register your interest in any of the following events:

- Match tickets for Chesterfield and Derby County, (fixtures available) plus Ground tours.
- Theatre trip: 'Dream Coats and Petticoats' at Derby, early 2012.
- 'Death on the Nile' - Assembly Rooms, Derby, February 2012.
- Jewellery making.
- Christmas flower arranging.
- Cheese, wine and quiz evening.
- Walking treasure hunt.

Due to overwhelming response, we've organised another visit to Chatsworth House for 22nd December - phone for details!



Christmas Greetings and

Glossop Area Co-ordinator Lynda Hammond is even more accessible to you if you are in Glossop Town Centre on a Tuesday

Lynda is now working from an office in the new Primary Care Centre on George Street most Tuesdays from 9.30am to 4 pm.

You can pre-book an appointment by calling Lynda at the office on 01457 858383 or if you are calling in to the Primary Care Centre on the day please phone 07990 516616 to ensure she is there.

To enable working carers to access the service. We are also considering working a late night once a month and would appreciate your views on this.

The Christmas meal this year is on Thursday 15th December, meeting at 12 Noon.

Please call 01457 858383 for more details.

Lynda would like to use this opportunity to wish you all a

**Happy Christmas
and a prosperous
New Year**

and a big thank you to our volunteers
for all their hard work.

The January support group will be a planning meeting for the year and will be held at Bradbury House on Tuesday 31st January starting at 7.30pm

Season's Greetings from Helen and Rebecca at the Dales office!

What a jam-packed year we've had in this area! Carer's Breaks have been very popular with everyone, especially the Relaxation and Therapy Days and yes, we are hoping to plan more for next year!

The 60's concert during Carer's week was great fun. As always we welcome your feedback for all events that have been held in the Dales, so please keep us informed how our services have an impact on your caring roles.

We are very excited about the launch of Carer's Voice which will give Carers the opportunity to have their say about services and their involvement in a Carer's life.

The Innovation Project has been a marvellous success and we have built up good working relationships with the local hospitals and staff allowing us to access Carers in the early stages of their caring role.

This has highlighted how important it is for Carers to recognise that they are indeed a Carer and also to ask for help when they need it.

Generally when you become a Carer, you don't know what to expect nor what services are available and this project has been a wonderful opportunity to support Carers at the beginning of their caring role, lowering the chances of crisis and reducing stress levels on the Carer and the Cared for.

Our Carers Support Groups are still helping Carers to cope, through talking to others and sharing experiences. New attendees are always welcome, the groups are held once a month in Matlock, Bakewell and Ashbourne. Please give us a ring if you would like more information and come and join us for a coffee and a chat.

A big thank you to all the Carers for making our first full year with Derbyshire Carers Association such an enjoyable one.

It truly is a privilege to support you all.



HIGH PEAK

We held a very "busy" pamper day on Thursday 13th October, at Chapel Methodist Church. All Carers who attended really enjoyed themselves and the lunch was, as always, excellent.

Christmas Lunch. For Chapel and Buxton: Monday 28th November, 1.30-3.30 at Blythe House.

Please contact: Lynne O'Brien, 01663 745500 mobile: 075 3185 6509 for further information.

The Administration Team
at Ripley, Derby and Chesterfield
would like to take this
opportunity of wishing
everyone a very
**Merry Christmas
and a Happy New Year!**

local news

Becky, Janis, Kevin and Linda at the Chesterfield Carers Centre would like to wish everyone a huge...

*Merry Christmas
and a
Happy New Year!*

We'd like to take this opportunity to thank all our Volunteers for their invaluable help and support since the centre opened earlier this year.

The centre - situated at 69 West Bars, Chesterfield, is open 10am to 3pm, Monday to Friday -

all Carers are most welcome!
See page 8 for forthcoming events!

**01246
222373**



Erewash Carers!

Ilkeston Carer Support Group

Meets fortnightly on a Wednesday, 1-3pm
Ilkeston Community Hospital in the Stanton Room

Long Eaton Carer Support Group

Meets 3rd Monday of the month at 2-4pm
Outlook, 99 Briargate, Long Eaton

Carers Coffee Morning

First Tuesday of the month at 10-12 Noon
Long Eaton Health Centre, Midland Street, Long Eaton

Finally, a big THANK YOU to my fab volunteers...
Pat, Margaret and Glenys for all their hard work!

For more information contact
Emma on: 0115 9468881

Merry Christmas!



LD NEWS

New monthly Coffee Mornings

for Carers of people with Learning Disabilities in South Derbyshire

Friendship, sharing and information at
The Newhall Centre, Bretby Room, Meadow Lane,
Newhall, South Derbyshire DE11 0UW
from 10.30 - 12 Noon.

Next meetings are organised for December 8th,
January 19th and February 9th.

The Learning Disability Partnership Board South CARERS CHRISTMAS LUNCH

will be held at 3.30pm, 13th December
at The Welcome Cafe, Market Street, Melbourne.
Cost is £4.50 and includes sherry, turkey lunch or
vegetarian option and Christmas Pudding.

Call Pam to book on 07903 282604 or email
pamela.gill@derbyshirecarers.co.uk

Merry Christmas and a Happy New Year

Pam Gill
Derbyshire Learning Disability
Carer Network Co-ordinator



LD NEWS

Derbyshire Carers Association and

The Whitmore and Phoenix Unit
at John O'Gaunt Way, Belper, are holding

Monthly Information Events for Learning Disability Carers

Each month Pam Gill will give an informative talk
on different themes, including: Changes to funding,
personalisation and community lives, housing,
employment, leisure and relationships,
plus offer one-to-one advice sessions.

They are on Mondays: January 9th, February 13th
March 12th, April 16th - between 1.30 and 3pm.

ALL WELCOME



Pam Gill
Derbyshire Learning Disability
Carer Network Co-ordinator
Mobile: 07903282604

COOKERY WORKSHOP

with the infamous 'Jeff the Chef' and his wonderful
mouth-watering **Christmas Themed Menu**
to be held on Thursday 8th December, 10am-2pm
at St Joseph's Church Hall, Ripley.

Just a few places remaining - contact HO.

I'd like to take this opportunity to wish all Carers
a very Merry Christmas and a happy and
healthy New Year.

Louise Green
Amber Valley Area Co-ordinator

Tel: 01773 749087
Fax: 01773 512288
E-mail: ambervalley@derbyshirecarers.co.uk



Part of the Carers Breaks Scheme



CARERS BALL



A chance to dance...



to meet up...



and sing along!



Super Singers!



Chesterfield
14 October 2011

Dear Derbyshire Carers Association

I am writing to thank DCA and Making Space for a job well done - organising the Carers Ball held at The Winding Wheel, Chesterfield on Friday 15th October.

The Winding Wheel made an ideal venue!

The dancing girls started the evening off by putting on a good show with their flair and enthusiasm, then followed the Michael Buble tribute act, he entertained us with songs old and new.

After making our way through a very tasty buffet, we listened to a group whose rhythmic tunes saw the night out. I didn't win a raffle prize this time alas, but it is all for a good cause.

Keep up your excellent work!

Michael C.
Chesterfield Carer

Brilliant Buffet!



Paul Lobley

Paul is currently Treasurer of DCA and was a Trustee for a year before taking over the role of treasurer.

As a family Carer for 21 years, he spent three years as a Carer representative on the Amber Valley Learning Disability Partnership Board and is now the Independent Chair of the County Learning Disability Partnership Board.

Before becoming involved with the local LD partnership boards, he was a volunteer on the Regional Management Committee of the Leonard Cheshire charity for nine years and was the Chair of its Regional Finance Committee.

His experience with Leonard Cheshire, the largest UK charity for people with a physical disability, has prepared him well for his current role at DCA.

Paul is a qualified public sector accountant with over 40 years experience of working within and with local authorities and health bodies across the Midlands.

He still works part-time auditing local authorities in the county but spends much of his spare time pursuing his charitable roles.

In taking responsibility for the financial wellbeing of DCA he is very keen to ensure that the work of DCA is supported by its finances rather than being driven or restricted by them.

As those of you who heard him present the annual accounts at the AGM this year will have noticed, he is also keen to demystify the accounts and make them relate more closely to DCA activities rather than be a separate issue.

In his spare time Paul is active in his local church community, enjoys spending time with his family, eating and cooking good food.

Carers Rights Day 2011

Friday 2nd
December

Every year Carers UK runs Carers Rights Day, a national awareness campaign to help people caring for ill, frail or disabled friends or family, access all the financial and practical support to which they are entitled.

Shocking new research from Carers UK showed that an estimated £840 million in carers benefits were going unclaimed because carers weren't getting the information they needed.

This year the theme is simple - Money Matters - because caring can mean huge additional costs and bills at the same time as many families are coping with reduced incomes from giving up work, reducing hours or retiring early to care.

This financial support matters in order to buy necessities, but also matters for carers' health, as the stress of struggling to make ends meet, can take a huge toll on carers' well-being.

Community Lives for people with Learning Disabilities in Derbyshire

The Derbyshire County Council 'Community Lives' programme is an exciting development which will give people with learning disabilities more opportunities, choice and control over their lives. It builds on work that has already taken place in Derbyshire around person centred planning, self advocacy and promoting opportunities to work.

The programme was agreed by the council's Cabinet on Tuesday 2 August and will run for three years.

Government policy, as set out in Valuing People Now, and Think Local, Act Personal, means that we will take a fresh look at how our current services are used and extend the range of choice for people.

The delivery of self-directed support has required councils to re-design systems and models of care and support.

At the heart of this change are the principles of personalisation – a personalised, community-based approach for everyone.

We recognise that changes to services need to take account of family carers' needs as well.

We also want to make sure that we use our resources efficiently.

In Phase 1 of the programme we are running a series of workshops based on 'Working together for Change'. These started in August and will continue until November. Working together for Change is a way of taking information from people's person centred plans about what is working and not working for them and what is important to them in the future.

This information is then brought together with people and their families and other stakeholders, to contribute to change at a strategic level.

The workshops give a range of people the opportunity to tell us what's important to them in the future and how care and support could be changed to provide better outcomes for people with learning disabilities.

To date five Working together for Change workshops have been held – in Amber Valley; High Peak, Bolsover/North East Derbyshire, Erewash and South Derbyshire. These have been very successful and we have learned a lot about the aspirations of people with learning disabilities. Each local Learning Disability Partnership Board is hosting a workshop and we are running some additional workshops for young people in transition to adult life and people with complex needs. So far we have had really



good participation from family carers.

The information from the workshops will be used to draw up a draft plan which will set out what Adult Care can offer people or what it can help them to do during the day. The plan will be considered by the council's Cabinet in early 2012.

In Phase 2 of the Programme we will consult on the Plan, with a view to presenting a final version to Cabinet in spring 2012. Subject to agreement the Plan will be implemented in Phase 3 from 2012 onwards.

Over the next two years Adult Care will work with people with learning disabilities to complete re-assessments as part of the work required to move over to having a personal budget. A 'Community Lives' assessment team is in the process of being set up.

We're keeping people with learning disabilities informed through an Easy Read newsletter which will be produced on a regular basis. The first edition was distributed in September 2011 to everyone attending a day service, including people who purchase their service through a direct payment.

The next edition will be ready before the end of the year.



A warm welcome to new staff member...

Hello, my name is Jess and I'm the new Area Co-ordinator for Derby City.

I've been in position at the Babington Lane Carers Centre for just six weeks so, by way of an introduction, I've been asked to give you an insight into a day-in-the-life of a Derbyshire Carers Area Co-ordinator!

9.00am I arrive at the office and help to rearrange the furniture for the Pamper Day we're hosting at the Babington Lane Centre.

9.15am-9.30am I have a brief meeting with my manager Deb and colleague Colleen.

9.30am Leave for a 9.45am home visit to offer emotional support to a Carer who is finding their caring role overwhelming and stressful and to talk to them about how we might be able to help.

10.45am I arrive back at the office and check my emails and messages and help to oversee the smooth running of Pamper Day including greeting and talking with Carers.

11.30am Catch up on paperwork, make some advocacy phone calls for Carers and make any necessary referrals on to other agencies for specialist support. Make a few support calls to Carers to find out how they're getting on and if they need any support with anything at the moment and arrange home visits where

appropriate for follow-up support.

12.30pm A Carer dropped in to see me at the office to find out a bit more about joining the organisation, what support we offer and what events and activities we have coming up.

1.30pm-4pm Home visit to support a Carer to fill out a Disability Living Allowance application form.

4.15-5pm Finish off the day's paperwork and make any last phone calls before the end of the day.

As I hope you can see, it's a very varied role and a very busy one! The phone can go at any time and the drop-in sessions at Babington Lane run from 9am-3pm every day - often with events running alongside - so you never really know what the day has in store. The enquiries we have vary from straight forward information requests and signposting, to intensive telephone support for Carers. It's challenging, exciting and rewarding work.

I'm lucky enough to be working with a wonderful staff team and I'm very grateful to have received such a warm welcome from staff and Carers. I am really enjoying working with Derbyshire Carers Association and look forward to meeting those of you I haven't yet.

Jess Nunn
Area Co-ordinator

Back page Snips

Thank You

Derbyshire Carers Association would like to thank Mothers Union for their kind donation towards a holiday for a Carer and family. The Mothers Union is a fantastic Charity that seeks to support families worldwide.

We would like to say massive thank you for the work that the Charity does!

BREAKING NEWS!

Chesterfield Carers Centre will be hosting the launch of the brand new

Carers Support Directory on 1st December at 11.30am

We're combining the launch with our usual Thursday Coffee Morning. Carers are most welcome to pop-in to meet DCC members and enjoy a Christmas mince pie with us!



Ambergold Church Service

Sunday 11th December at All Saints Church, Ripley, at 3pm for people with LD's and their friends and family. All disabilities welcome. Tea, coffee, wine and mince pies afterwards!

Louise Green

Amber Valley Area Co-ordinator

Caring...

Caring is a life you eat, sleep and breathe

Full of compromise and duty.

It's what I do for others when I most need it for myself.

Caring is extending love - a field of hurdles with a clear track round the bend.

Caring is looking and actually seeing, stoking a fire and trying not to burn your fingers.

Caring is sharing every part of our lives and delivering the best of ourselves.

Caring is not being Rosie, just daughter or Mum.

Chesterfield Carers Writing Group, August 2011

Text a donation...

DCA is now registered to accept donations from our supporters via text message. All donators need to do is text: DERB25 £10 (or any other amount).

The donator will receive a text message receipt confirming their donation to Derbyshire Carers Association. A chance to Gift Aid the donation is offered.

Tideswell Carol Service



We've organised another Carol Service again this year (weather permitting!), to be held on Friday 2nd December at 11am to 2pm with a free picnic lunch in the church.

There will be a Christmas Tree with baubles/messages to place if desired. Same popular format as previous years - choir, readings, poetry and a chance to meet other Carers. Call your local Area Co-ordinator for further information. Transport may be available upon request.

Programme of Events for the Chesterfield Carers Centre

69 West Bars S40 1BA. Tel: 01246 222373



January	Time	Event
Thursday 5th	10am -12 Noon 1pm-3pm	Coffee Morning. Drop in and meet other Carers Knitting Circle. Share knitting ideas with other Carers
Wednesday 11th	4pm-7pm	Evening Surgery. Please book an appointment
Thursday 19th	10am-12 Noon	Coffee Morning. Drop in and meet other Carers
Wednesday 25th	4pm-7pm	Evening Surgery. Please book an appointment
Monday 30th	10am-12 Noon 1pm-3pm	Young Carers Group. Meet Carers from younger age group Carers Group. Regular meeting for Chesterfield Carers
Tuesday 31st	1pm-3pm	Creative Writing Group. Writing group with expert tuition
February	Time	Event
Wednesday 1st	4pm-7pm	Evening Surgery
Thursday 2nd	10am-12 Noon 1pm-3pm	Coffee Morning Knitting Circle
Wednesday 15th	4pm-7pm	Evening Surgery
Thursday 16th	10am-12 Noon	Coffee Morning
Monday 27th	10am-12 Noon 1pm-3pm	Young Carers Group Carers Group
Tuesday 28th	1pm-3pm	Creative Writing Group
Wednesday 29th	4pm-7pm	Evening Surgery
March	Time	Event
Thursday 1st	10am-12 Noon 1pm-3pm	Coffee Morning Knitting Circle
Wednesday 14th	4pm-7pm	Evening Surgery
Thursday 15th	10am-12 Noon	Coffee Morning
Monday 26th	10am-12 Noon 1pm-3pm	Young Carers Group Carers Group
Tuesday 27th	1pm-3pm	Creative Writing Group
Wednesday 28th	4pm-7pm	Evening Surgery
Thursday 29th	10am-12 Noon	Coffee Morning

Proposed events, to be organised from the Chesterfield Centre:

- Visit to the Trafford Centre for a Shopping Day
- Pamper/Therapy Days
- Visit to a Chocolatier
- 10 Pin Bowling
- Financial Advice Day
- Spring Gardening
- Crich Tramway Museum
- Butterley Railway Museum
- Craft Days
- Visit to Mayor's Parlour
- Indoor Short Bowling
- Barrowhill Roundhouse
- CFC Football Club Visit
- Kelham Island Visit

Please register your interest with the Chesterfield office on 01246 222373.

South Derbyshire Diary

Carer Cafe Mornings

Meeting every third Wednesday of the month, 9.30 till 12 Noon.

All Carers are welcome to attend the monthly drop-in meetings, enjoy time with others who care and with invited speakers in the New Year.

18th January 2012

21st March

17th May

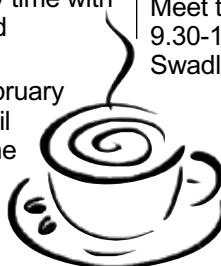
18th July

Tel: (01283) 212194 for further information.

15th February

18th April

20th June



Friday 2nd December 2011

CARERS RIGHTS

Drop-in morning coffee/tea for Carers.

A chance to complete a Carers Emergency Plan, register as a Carer and get information just for Carers.

Meet the ACO for South Derbyshire, 9.30-12 Noon at the CVS Offices in Swadlincote, Derby.

For further information contact:

Lisa Barker

South Derbyshire Area Co-ordinator

46-48 Grove Street, Swadlincote

Derbyshire DE11 9DD

Tel: (01283) 212194

Volunteering opportunities

If you have a few hours to spare and are looking for an outlet to develop your skills, why not be a volunteer?

If you are interested in lending a hand, please contact our head office on 01773 743355 or Becky on 01246 222373