

# Who cares

Quarterly newsletter for carers

Issue 42 - February 2018

## Triangle of Care – Second Gold Star awarded

We are pleased to announce that Derbyshire Healthcare Foundation Trust has been awarded its Triangle of Care second gold star by the Carers Trust for its work to offer better support to Carers and Families. This means that we have been given recognition for the work we have already done and it also means we will be continuing to make improvements in the future. Contact Wendy Slater on [wendy.slater@derbyhscft.nhs.uk](mailto:wendy.slater@derbyhscft.nhs.uk) for more information about the award.

We understand that looking after someone who is unwell, or has problems, can have an impact on the lives of families, friends and carers, and we want to help identify any needs you have, and to support your wellbeing wherever we can. Our Core Care Standards set out how we will work with families, friends and carers to support them and the person they care for.



### This will include:

- Identifying **key people who provide support** to the person you care for in areas such as day to day living, medication, parenting, or emotional support.
- Making sure that you have the **right information**, including key people to contact and what to do if you need urgent help
- Thinking about **information sharing**, and working out with the person what information should and should not be shared, and what has to be kept confidential.
- **Identifying children and young people** who act as young carers for adults, and need support.
- Signposting carers to services that can provide them with **their own assessment and support plan**.
- Taking into account the **role of family, friends and carers** in planning the care and services needed.
- **Involving carers/family members** in treatment where this is appropriate and has been consented to, and identifying whether the individual has the capacity to agree to this.

See our website [www.corecarestandards.co.uk](http://www.corecarestandards.co.uk) or ask a member of staff for more information.

## Mental Health Together: Engaging Derby and Derbyshire

Mental Health Together is a new engagement service and its purpose is to involve mental health service receivers and carers across Derby and Derbyshire in how health and social care services are run, and help with decisions about how services are changed. They are encouraging people to share their experiences in order to make sure that services are coordinated, efficient and of high quality. There are lots of different opportunities for people to get involved and you can visit their new website [www.mentalhealthtogether.org.uk](http://www.mentalhealthtogether.org.uk) to find out more or call them on **01773 880786**.

## Forum for mental health carers

There are two forums for carers of people with mental health problems offering help, support and information. New members welcome.

### Derby City and South Derbyshire Mental Health Carers Forum

#### When and where:

Meetings Third Friday of each month  
11.30am – 2pm, The Oddfellows Hall,  
32 Charnwood Street, Derby, DE1 2GU

Tel: Vivien: **07921 162 740**  
Joyce: **07931 722 977**  
Pam: **07891 450 119**

### North Derbyshire Forum for Mental Health Carers

#### When and where:

Last Wed of every month. 10am-1pm,  
St Thomas Centre (behind St Thomas  
Church) Chatsworth Road Brampton  
Chesterfield S40 3AW

Contact one of the members on:

**07494 943084 07730 526219**  
**07730 526221 07730 526220**

Please contact the CPA and Core Care Standards Service on **01246 515974** or email [corecarestandards@derbyhscft.nhs.uk](mailto:corecarestandards@derbyhscft.nhs.uk) if you would like to contribute or if you have any comments about this newsletter.

## Come along and get involved!

Our new Involvement Group is now meeting monthly around Derbyshire. We are inviting you to join with us to look at issues affecting service users and carers in the Trust and to help look at the way we develop our services to ensure patients are at the centre of care. Contact Maureen Brailsford on 01246 293293 if you would like to attend the group or email

[Maureen.brailsford@derbyshcft.nhs.uk](mailto:Maureen.brailsford@derbyshcft.nhs.uk)

If you can't make the meeting then please share your thoughts with us by emailing [haveyoursay@derbyshcft.nhs.uk](mailto:haveyoursay@derbyshcft.nhs.uk)

See our website [www.corecarestandards.co.uk](http://www.corecarestandards.co.uk) or ask a member of staff for more information.

### Meeting dates for 2018

Killamarsh & North Chesterfield, Tue 13th Feb, 1.30-3.30pm, Staveley Centre, Calver Cres, Middlecroft, Staveley

Bolsover & Clay Cross, Wed 14th Mar, 1.30-3.30pm, St Barnabus Centre, Danesmoor

Chesterfield Central, Tue 10th Apr, 1.30-3.30pm, Group Rm, Bayheath House, Rose Hill, Chesterfield

Campus and Community, Tue 15th May, 1.30-3.30pm, Seminar Rm, Hartington Unit, Calow, Chesterfield

## Are you a member of the Trust?

If not, why not join and help us to improve the local NHS services we provide across Derbyshire. Simply sign up today at

[www.dhcft.co.uk/membership/](http://www.dhcft.co.uk/membership/) or contact the membership team on 01332 623723 or email [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk).

Of becoming a Trust member Goggleboxe's Sid Siddique said "I feel being a member somehow, even at a small scale, empowers you to make a difference. Certainly, it helps to keep you informed of many things happening with your organisation. I personally, enjoy and benefit from this privilege."



## Council of Governors

The Trust's Council of Governors consists of elected public and staff, governors, and representatives from local partners and councils (known as appointed governors). They meet throughout the year in public and Trust members are welcome to observe.

For more information on all the Trust's governors visit the **Governors section** in the **About Us section** on the Trust's website:

[www.derbyshirehealthcareft.nhs.uk](http://www.derbyshirehealthcareft.nhs.uk)

The next meeting is being held on 21 March from 1.00pm in Rooms A and B, Centre for Research & Development, Kingsway Hospital site, Derby DE22 3LZ

## Caring for Someone with a Drug or Alcohol Addiction - New Support Group

Derbyshire Carers Association are setting up a new support group for carers who care for, or are concerned for, someone with a drug or alcohol addiction. The aim of the group is to provide support in a welcoming and friendly environment. The group will meet on the last Wednesday of each month from 6pm until 8pm at Hope

Springs, Springwell House, Newbold Road, Chesterfield, S41 7PB. There is free car parking and refreshments. For more information please contact Derbyshire Carers on **01773 833833**.

## Read the new Carers Blog

Carers in Derbyshire now have a blog where you can catch up on the latest news and what's happening in Derbyshire. You can sign up to receive the blog posts straight to your email by visiting the **website [www.carersinderbyshire.org.uk/blog](http://www.carersinderbyshire.org.uk/blog)** There are regular blogs and you can make suggestions about the type of issues you'd like to be covered.

## Do you need advice about benefits or money?

The benefit system is complicated and changing all the time. If you are worried about changes to your benefits, appealing benefit decisions, help with housing costs or want to know more about Universal Credit then you can contact advice services for free, confidential and independent advice on any money/debt problems, on budgeting, and on all welfare benefits. They can check you and the person you are caring for are claiming all the benefits you are entitled to and they may also be able to represent you at a tribunal.

If you live in Derbyshire contact the Welfare Rights Team on **01629 531535**, between 11am and 4.30pm, Monday to Friday or email: [welfarebenefits@derbyshire.gov.uk](mailto:welfarebenefits@derbyshire.gov.uk)

If you live in Derby City contact Derby Advice on **01332 643395** or email [derby.advice@derbyhomes.org](mailto:derby.advice@derbyhomes.org)

## Reaching out to Young Carers

Young Carers often struggle to get the right type of help and support they need. Young people who provide care can now access a new service for Young Carers through Derbyshire Carers Association. The aim is to provide a support programme that includes groups, workshops, activities and opportunities to meet other Young Carers. The service can offer:

- someone you can talk to in confidence when you need it
- activities and social groups, support groups - talking to and making friends with other young carers
- help with getting a break from caring
- help with talking to professionals who work with you or your family, including school, health staff and social workers
- information and advice, including how to get help to make things better for you at home
- help with managing school, college, going to uni or getting a job if you want to
- support for your whole family and any brothers and sisters

Contact Derbyshire Carers Association on **01773 833833** to find out more or email [youngcarers@derbyshirecarers.co.uk](mailto:youngcarers@derbyshirecarers.co.uk)

## Carers Art Group settles into new venue

The North Derbyshire Mental Health Carers Forum Art Group is now settled into new accommodation in Chesterfield's Labour Club, 113 Saltergate, Chesterfield S40 1NF. The group meets every Friday morning, from 10.30am to 12.30pm and new members are always welcome. All equipment is provided, needing only enthusiasm to discover untapped skills. Contact **Malcolm** at [malcolmgrieve41@gmail.com](mailto:malcolmgrieve41@gmail.com) or telephone **01246 220686** to find out more.

Please send/do not send me a copy of the *Who Cares* newsletter:

(Name) ..... (Address).....

Please tick one:  I am currently a carer  I am not a carer at the moment

Return this slip to: CPA and CCS Service, The Lodge, Walton Hospital, Whitecotes Lane, Chesterfield, S40 3HW