

who cares?

Quarterly newsletter for carers

Issue 40 - June 2017

Celebrating 40 editions of 'Who Cares?'

The Who Cares newsletter, now into its 40th edition, was established back in 2005 and continues to provide Derbyshire carers with the information they need to know about local support services, events and opportunities as well as keeping you right up-to-date about the latest Derbyshire Healthcare NHS Foundation Trust developments affecting both individuals under the care of the Trust and their carers.

We hope you continue to find the content included helpful and informative and would appreciate any feedback you may have by calling **01246 515974** or emailing corecarestandards@derbyshcft.nhs.uk

Carers Week: building carer friendly communities

Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers. This year's campaign is focusing on building carer friendly communities which support carers to look after their loved ones well while recognising that they are individuals with needs of their own.

There will be events running around Derby and Derbyshire to celebrate Carers Week.

Derbyshire Carers Association

14th June: 11.30am - 2pm – Mecca Bingo Carers Event, Chesterfield

15th June: 1-4pm, Carers Tea Party, Derbyshire Cricket Ground Marquee, Nottingham Road, Derby, free for Carers and £5.00 entrance fee payable on the day for non-Carers (Carers to book at the Derby City Carers Office **01332 200002**). Ticket includes tea and cake and entertainment. (Also on the day information and advice, reiki sessions available, yoga, reflexology sessions and nail treatments).

Call Derbyshire Carers Association to find out more on **01773 833833**. There will also be information stalls at a variety of locations please see www.derbyshirecarers.co.uk for details.



12-18 June 2017

Creative Carers in Derby City

15th June: 10am - 1pm and 16th June: 10am - 12noon – Creative Carers will be holding special sessions during Carers Week, inviting carers and their families to try out 'tasters' of what is available and to pop in for coffee and cake.

Contact Creative Cares on 01332 227711 or visit: www.creative-carers.org

Derbyshire Healthcare and Derbyshire Community Health Services NHS Foundation Trusts

Both NHS trusts will be running information events throughout Derbyshire and Derby during Carers Week to celebrate the occasion. For more information please visit: www.derbyshirehealthcareft.nhs.uk (Derbyshire Healthcare) or www.dchs.nhs.uk (Derbyshire Community Health Services).

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**

www.dcsdmentalhealthcarers.org

North Derbyshire Forum for Mental Health Carers

When and where:

Last Wed of every month. 10am-1pm Venue to be arranged

Contact one of the members on:

07494 943084 **07494 947427**
07494 947428 **07494 947245**

www.ndmhcarers.org

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

NHS trusts explore possible merger

Derbyshire Healthcare NHS Foundation Trust is exploring a merger with Derbyshire Community Health Services NHS Foundation Trust, which runs minor injury units, community hospitals and health centres across the county.

Work is being done to understand the benefits to local people of bringing the two organisations together, in terms of continuity of care and the alignment of physical and mental health needs. Look out for updates in future issues.



New website for Derbyshire carers launched

Carers in Derbyshire has been created by a partnership of unpaid carers and local health, social care and voluntary sector organisations.

Over recent years carers have said that they've found it difficult to know whether information they found online about support for carers in Derbyshire was reliable, relevant and up-to-date. So local carers and a number of interested organisations got together to jointly create a partnership website to act as 'starting point' for carers who are using the internet to find help, advice and support services at any time of the day or night.

You can find out about:

- carers assessments and eligibility
- carers breaks, including carer personal budgets
- a searchable directory of services for carers including support groups, sitting services and social activities
- carers rights
- health and wellbeing advice
- benefits for carers
- support for young and parent carers
- advice on planning for an emergency.

Visit www.carersinderbyshire.org.uk to find out more.

Carers Personal Budgets in Derbyshire

A Carer Personal Budget (formally known as a Carer's Break Award or Grant) is an amount of money arising from a carer assessment, which is to support you in your caring role.

It is not means tested and if you are eligible for this, you have a wide choice about how the money can be spent. There have been changes to the eligibility criteria introduced by the Care Act in Derbyshire and more information about these can be found at: www.carersinderbyshire.org.uk/carers-assessment



To find out if you are eligible for a Carer Personal Budget, please contact Derbyshire Carers Association on **01773 833833** to arrange a carer assessment or re-assessment to consider what your needs are.

Derbyshire Fire and Rescue Service – free safe and well check

Derbyshire Fire and Rescue Service offer free 'safe and well' checks in your home if you are:

- Over 65
- Have a mental or physical disability
- A single parent with children under the age of five

They can give advice on fire safety (including free smoke alarms), health and wellbeing and falls prevention. Call Derby on **01332 291134** or Chesterfield on **01246 223500**.

The Herbert Protocol – Safe and Found

The Herbert Protocol initiative is named after George Herbert, a Second World War veteran of the Normandy landings, who lived with dementia and repeatedly went missing from his care home whilst trying to return home.



The Herbert Protocol is a national scheme being introduced by Derbyshire Constabulary and other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing. Carers, family members and friends or professionals can complete the form in advance.

It is a form which records all vital details, such as medication required, mobile numbers, places previously located, a photograph etc. which will help locate the person if they ever go missing. In the event of your family member or friend going missing, the form can be easily sent or handed to the police to reduce the time taken in gathering this information.

For more information or to download a form, please visit: www.derbyshire.police.uk/Safety-advice/Personal-Safety/The-Herbert-Protocol.aspx or talk to your Care Co-ordinator.

Learning Disabilities Week

The national Learning Disability Week campaign takes place 19-25 June and health promotion and awareness events will be taking place across Derby and Derbyshire to mark the week.

The focus for this year's Learning Disability Week is employment and like many organisations across the UK, Derbyshire Healthcare will be raising awareness of the benefits of employing people with a learning disability to help tackle the appallingly low levels of employment there currently are.

Don't forget you can provide feedback - good or bad - about the service you have received from Derbyshire Healthcare's learning disability teams by visiting the 'YourFeedbackpageat: www.derbyshirehealthcareft.nhs.uk

Who Cares is available in other languages and formats. Please email communications@derbyshcft.nhs.uk

Please send/do not send me a copy of the 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