

Who cares

Newsletter for carers

Issue 49 - January 2022

Transforming Community Mental Health Care in Derbyshire

Living Well  LIVING WELL
Derbyshire

Here in Derbyshire we have a programme of work underway over the next three years to transform our community mental health services. This programme is called **Living Well** and its aim is to make sure people get the right support, in the right place, at the right time.

This means we will be developing closer relationships with other services in our communities, including GPs, social care services, as well as people in the voluntary sector and peer supporters. Sometimes people have difficulties moving between services, or getting access to some services, the **Living Well** project will help make sure this doesn't happen. If people need high levels of support this will still be available through our mental health teams and hospital wards but will now be improved by working closely with others who can help. **Living Well** is about bringing services together to help people get well and stay well, and may include support with employment, welfare benefits, physical health issues or taking part in activities or groups.

Patients and carers will be at the heart of developing these new ways of working and will guide us to make the right decisions in each area of Derbyshire. The pilot is already running in the High Peak and has produced positive results. Work is also beginning in Derby City and will be followed by Chesterfield, North Derbyshire and the Derbyshire Dales. If you are interested in being involved, then please email dhcft.corecarestandards@nhs.net

If you want to find out more about **Living Well** you can visit the NHS England website <https://www.england.nhs.uk/mental-health/adults/cmhs/>

The Joined Up Care partnership is also busy finding ways to improve other services, these include; Urgent Care, Autism Support and Crisis Care and Groups for Young People. If you would like to share your views or participate in this work please email: ddccg.cypprogram@nhs.net

Carers in Derbyshire website and Carers Directory

Would you like more information about Carers services and support in Derbyshire? Please visit the Carers in Derbyshire website. You can find information about activities, groups, events and your rights and entitlements as a carer. <https://www.carersinderbyshire.org.uk/>

COVID-19 - IF YOU ARE THINKING ABOUT ATTENDING A MEETING PLEASE CALL IN ADVANCE TO FIND OUT IF THE MEETING IS TAKING PLACE

Derby City and South Derbyshire Mental Health Carers Forum

Tel: Sandra: 07779 107087
Rob: 07932 685022
Dave: 07941 237092

When & Where:

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

www.derbycityandsouthderbyshire-mentalhealthcarersforum.wordpress.com

Mental Health Carers Community: Chesterfield & North Derbyshire

Contact the forum on:
07730 526219

When & Where:

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

Please contact the CPA and Core Care Standards Service on 07824596690 or email dhcft.corecarestandards@nhs.net if you would like to contribute or if you have any comments about this newsletter.

Mental Health Helpline - Help for Patients and Carers

Mental health support is available to Derbyshire residents of all ages through a mental health helpline run by Derbyshire Healthcare NHS Foundation Trust and P3. It is a free phone number and calls from landlines or mobiles should be free. The helpline is open **24 hours a day, seven days a week**.

The mental health helpline provides support to people who are in immediate distress, or help to their families or carers to seek support. During the call you will be supported by an experienced health practitioner who will make every effort to support you over the phone, or signpost you to available services or resources. If you'd like more information you can visit www.derbyshirehealthcareft.nhs.uk

Derbyshire Mental Health Helpline and Support Service: call 0800 028 0077

Debt and Money Advice Derbyshire and Derby City

In **Derbyshire** the Welfare Rights Service offer free welfare benefits check to ensure you are receiving all the benefits you are entitled to. They can also offer support with appeals against claim decisions and help you get in touch with debt and financial advice. You can contact the helpline by calling 01629 531535 Mon, Tues, Thur, Fri between 11am and 4.30pm. Or you can email: welfarebenefits@derbyshire.gov.uk

Derby City Council also offer welfare advice and support, if you need support with any aspect of claiming benefits or are unsure about what you may be entitled to, there are a number of ways they can help. You can telephone 01332 643394 or email derby.advice@derbyhomes.org. You can make an appointment to visit the Council or if this is difficult they can visit you at home.

Carers Art Group in Chesterfield – Get creative in 2022!

The Carers Art Group meets in the Village Hall at Hasland in Chesterfield on Fridays at 2.30pm for two hours of creativity. It may have been some time since you practiced your art skill's but the only entry requirement is enthusiasm. It's therapeutic and stress free and everyone learns from each other. The venue is accessible, light, airy and all the refreshments and equipment are free. The group is supported by Rethink, the Mental Health charity and everyone is welcome. Contact Malcolm on 01246 220686 to find out more.

Free digital online support for all carers

Mobilise is a free, online source of support for carers from across the country, designed to help each other look after loved ones.

Mobilise provide:

- An online support package with key information and practical advice gathered from other carers across the country
- Online video call with a small group of other carers for about 45 mins called 'online cuppas' where you can talk about things that are important to you in your caring role
- Online tools that provide further information for common queries e.g. carers allowance, blue badge eligibility and emergency planning
- A 24/7 website with a web chat support service that responds Mon-Sun between 8am and 10pm, online peer support discussion groups

Go to <https://www.mobiliseonline.co.uk/> or look at their Facebook page <https://www.facebook.com/groups/Mobilisecommunity> for further information.

Are you a Carer? Would you like some help or advice?

Do you look after someone over seventeen who could not manage without your help? If so, **Derbyshire Carers Association** may be able to help. Anyone who provides care on a regular basis has a legal right to a carers assessment, this is an opportunity to discuss what help and support you need to maintain your own health needs and balance caring with other aspects of your life, such as, work and family, you can also get advice and guidance on a range of carer issues, including practical and emotional support. Call 01773 833833 or email info@derbyshirecarers.co.uk you can also visit the website: www.derbyshirecarers.co.uk All services are free and confidential.

Carers living in **Derby City** can contact **Universal Services for Carers**, which is an organisation dedicated to ensuring carers are supported and can access advice and information. They offer carer conversations, support, activities, training and peer support. You can contact their advice line, Mon- Fri, between 9am and 5pm, 01332 228777 or email carers@citizensadvicemidmercia.org.uk

Don't forget about the Warm House Discount Scheme...

You could get £140 off your electricity bill this winter. You may be eligible if you're on a low income or receive Pension Credit. Contact your energy provider and ask about the **Warm Home Discount Scheme**.



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 Snug, Ashbourne Centre, Kingsway Hospital, Kingsway, Derby DE22 3LZ