

# Who cares

Newsletter for carers

Issue 47 - November 2020

## Thank you from Derbyshire Healthcare NHS Foundation Trust



Coronavirus (Covid-19) has affected us all but the pandemic has put extra pressure on people caring for loved ones during this difficult time. A lot of healthcare services have changed the way they offer and provide services and this might have been a worrying and stressful time for carers and families. We would like to say thank you and let you know we appreciate all that you have done to help us continue to deliver care and support in our communities. We are committed to keeping everyone safe and we are busy finding ways to adapt our services to ensure we deliver the best care possible. If you have any reflections or feedback you would like to share to help us improve please keep talking and share with our staff and teams. We see your feedback as a gift and we will use it to keep learning and improving.

Carolyn Green  
Executive Director of Nursing and Patient Experience, DHCFT

## Mental Health Support Line - Help for Patients and Carers

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

**Mental Health Support Line Call 0800 028 0077** 

The mental health support line is for Derbyshire people of all ages who are experiencing increased mental health needs during the Coronavirus (COVID-19) pandemic. This includes

- people who are currently supported by Derbyshire Healthcare NHS Foundation Trust with their ongoing mental health needs
- the carers of those currently being supported by Derbyshire Healthcare NHS Foundation Trust
- other Derbyshire residents who are experiencing increased distress or anxiety at this time

The mental health support line will provide support to people who are in immediate distress, or help their families or carers to seek support. During the call you will be supported by an experienced mental 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 our website [www.derbyshirehealthcareft.nhs.uk](http://www.derbyshirehealthcareft.nhs.uk)

## Forums for mental health carers

**COVID-19 AWARE - 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

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.derbycityandsouthderbyshirementalhealthcarersforum.wordpress.com](http://www.derbycityandsouthderbyshirementalhealthcarersforum.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

### Learning Disability Carers Community in Derbyshire

[www.ldcarerscommunity.org.uk](http://www.ldcarerscommunity.org.uk)

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

## Coronavirus (Covid-19) Government advice to those who provide care to friends or family

The government has produced specific advice and information for people who are caring, unpaid, for friends or family during the Coronavirus outbreak. It explains how to protect yourself and the person you care for and what to do if you or the person you care for shows symptoms or if you feel you need help. Visit the Gov.uk website [www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family](http://www.gov.uk/government/publications/coronavirus-covid-19-providing-unpaid-care/guidance-for-those-who-provide-unpaid-care-to-friends-or-family)



Other useful websites:

Information for Carers and Families in Derbyshire  
[www.carersinderbyshire.org.uk/coronavirus-advice-for-carers](http://www.carersinderbyshire.org.uk/coronavirus-advice-for-carers)

Public Information – Coronavirus in Derbyshire  
[www.joindupcarederbyshire.co.uk/public-info-covid-19](http://www.joindupcarederbyshire.co.uk/public-info-covid-19)

Carers UK – if you are worried about Coronavirus  
[www.carersuk.org/help-and-advice/coronavirus-covid-19](http://www.carersuk.org/help-and-advice/coronavirus-covid-19)

Emotional Health and Wellbeing in Derbyshire  
[www.derbyandderbyshireemotionalhealthandwellbeing.uk](http://www.derbyandderbyshireemotionalhealthandwellbeing.uk)

Advice for carers of those with severe mental illness  
[www.rethink.org](http://www.rethink.org)

## Flu jabs for Carers

Unpaid carers can get a free NHS flu jab. In order to be eligible you'll need to receive Carer's Allowance or be the main carer of an older or disabled person whose welfare would be at risk if you became ill. Once you've been vaccinated against the flu, you're less likely to pass the virus onto the person you care for. Tell your GP practice you are a carer and ask about getting the flu jab.



## Carers rights Day, 26th November 2020



The theme for this year's Carers Rights Day is **'Know your Rights'**. Carers need to know their rights whenever they are

in their caring journey: whether that is a workplace, in a healthcare setting, at home or when interacting with professionals. Carers Rights Day is about empowering carers with information and support so they can feel confident when they ask for what they need. There will be online events, information sharing and social media activity to celebrate and recognise carers on this day.

Visit the carers UK website [www.carers.uk.org](http://www.carers.uk.org) to read about your rights as a carer.

## Derby City - Universal Services for Carers



Citizens Advice Mid Mercia is now providing a new service for unpaid Carers in Derby City. They offer an advice line during working hours, wellbeing and support activities, emergency planning, carer conversations, skills and training opportunities as well as peer support groups. The advice line is open between 9 and 5pm, call 01332 228777 or visit the website to find out more [www.citizensadvicemidmercia.org.uk/carers](http://www.citizensadvicemidmercia.org.uk/carers)

## Learning Disability Health Checks

The Learning Disability Carers Community has found that people with learning disabilities, living with their families, are less likely to have their yearly health check with their GP. The health checks are important as they pick up health problems before they become serious, and can help with support from other services. All Derbyshire doctors undertake these checks and it is free, just contact the GP and request one.

People with learning disabilities and their carers are entitled to a free flu jab. If the person you care for is scared of the needle then ask your GP about the nasal spray.

## New Autism Advice and Information Service available in Derbyshire

April 2020 saw the launch of a new Autism and Advice Service for people living in Derbyshire. The service is free for people age over 16 diagnosed with Autism. The service also supports carers, parents and affiliates of people living with Autism as well as professionals seeking to become more Autism aware.



The service offers a telephone helpline which operates 9.30am - 4.30pm, Monday to Friday and new website with downloadable information and guides, a monthly newsletter, training and awareness raising and well as an opportunity to be part of the Autism Alliance, which is a meeting between professionals and people with lived experience. Contact the service on 013332 228 790 or visit the website [www.autisminformationservice.org.uk](http://www.autisminformationservice.org.uk)

## Don't forget about the Warm Homes Discount Scheme...



You could get £140 off your electricity bill for winter 2020. 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 Lodge, Walton Hospital, Whitecotes Lane, Chesterfield, S40 3HW