



Helping Carers to be Healthy and Connected across Derby and Derbyshire



**Carers in
Derbyshire**

Do you look after a family member or friend who couldn't manage without your help? This leaflet provides a brief overview of the support on offer across Derby and Derbyshire to help unpaid carers stay healthy and connected.

Staying Healthy

Make sure your GP knows you're a carer. Your doctor and surgery can offer information, advice and services for carers such as free flu jabs and COVID-19 booster..

Visit:

www.carersinderbyshire.org.uk/register-with-your-gp

Use your pharmacy. If you need health advice or help with medication, speak to your community pharmacist. Visit:

www.carersinderbyshire.org.uk/derbyshire-community-pharmacists

Avoiding injuries: Helping people move around can put a strain on your back and joints. Moving and Handling training can help reduce the risk of hurting yourself. If the person you care for lives in **Derbyshire** contact Derbyshire Carers Association on Tel: **01773 833833** or if they live in **Derby city**, contact Universal Services for Carers on **01332 228777**.

Live Life Better Derbyshire can offer support with quitting smoking and losing weight. Visit: www.livelifebetterderbyshire.org.uk or tel: **01629 538200**.

Derbyshire First Contact Signposting Scheme can put you in touch with local services who can support your health and wellbeing. Visit:

www.derbyshire.gov.uk/firstcontact

For more information visit www.carersinderbyshire.org.uk/health-and-wellbeing-services

Carers are more likely to have physical or mental health problems

61% of carers reported having a long term condition, disability or illness, compared to 50% of non-carers

Carers UK- State of Caring Report 2021

Get active

Exercise offers massive health benefits. In Derbyshire there are opportunities to help you get active.

Walking is a great way to get back into exercise if you've not done any for a while or just want to get more active.

Derbyshire Carers Association can offer organised walks and online fitness, such as yoga, for carers to suit any ability. Tel: **01773 833833**

Universal Services for Carers in Derby run a variety of bespoke indoor and outdoor wellbeing activities, either face to face or over the internet.

These activities support carers to take some respite, reduce stress/anxiety and promote general physical and mental wellbeing. This can include yoga, walking, chair exercises and more Tel. **01332 228777**

or email carers@citizensadvicemidmercia.org.uk

Leisure centres

Swimming, going to the gym or taking classes - don't forget to ask if they've got any offers or deals running. If you've got a health condition,

Life Live Better Derbyshire may be able to tell you about suitable classes and sessions in your area. Tel: **01629 538200**.

The Active Derbyshire website has information about exercise and sport opportunities locally. Visit www.activederbyshire.org.uk or www.walkderbyshire.org.uk

The **Accessible Derbyshire** website has details of activities and places to visit that are accessible for those with disabilities. Visit:

www.accessiblederbyshire.org



Emotional and mental wellbeing

Visit www.derbyandderbyshireemotionalhealthandwellbeing.uk

Many things can affect your emotional health and wellbeing, including loneliness, physical illness, money worries, as well as the stress and responsibility of your caring role.

5 ways to wellbeing: Being active, connecting with family and friends, learning new things, giving to others and paying attention to your surroundings. Visit www.derbyshire.gov.uk/wellbeing

Derbyshire Healthcare Foundation Trust's website has lots of helpful information and advice. Visit www.derbyshirehealthcareft.nhs.uk and search for 'carers & families'.

Talking Mental Health Derbyshire offers support for those experiencing common difficulties, such as feeling anxious, worry, depression or panic. Visit <https://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire> or call 0300 123 0542 between 9am and 4.45pm.

If you or your loved one are experiencing distress or feeling that you cannot cope, call 0800 028 0077, a freephone service open 24 hours a day, 7 days a week. For further information go to visit www.derbyshire.gov.uk/mental-health-and-wellbeing and www.derbyshirehealthcareft.nhs.uk/services/helpline-and-support-service

NHS Moodzone offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

Visit www.nhs.uk/moodzone

Staying connected

The practical and emotional demands of caring can cause carers to feel isolated and lonely. Talking to other carers about common problems can help you cope better and many carers meet for support in different locations across Derby and Derbyshire.

To find a group in Derbyshire visit

www.carersinderbyshire.org.uk/carers-directory or call Derbyshire

Carers Association on 01773 833833 www.derbyshirecarers.co.uk

Groups across Derby city are supported by Universal Services for

carers Tel. 01332 228777 or email

carers@citizensadvicemidmercia.org.uk

Mobilise run daily 'cuppas' to allow carers to connect online. Visit www.mobiliseonline.co.uk

Online forums. If you struggle to get out and about, you can always contact other carers online. Some groups are specifically for carers, while other groups focus on the requirements of specific mental and physical health conditions.

Derbyshire Carers Association have a private Facebook group, Carers Connect: www.facebook.com/derbyshirecarers
Find lots more local and national groups at:

www.carersinderbyshire.org.uk/online-carer-communities-and-advice-lines

Volunteering has lots of wellbeing benefits, including meeting new people. Visit www.derbyshire.gov.uk/volunteering

Derbyshire Dementia Support Service offers information and guidance to help people living with dementia and their carers to understand the effects of dementia and/or memory concerns and the approaches in caring for a partner, family member, friend or colleague and can support carers in coping with day to day challenges, accessing other services and planning for the future. There are twice monthly question and answer session for carers which include specially invited guests on a variety of topics.

For more details of Dementia Support in Derbyshire please contact Alzheimer's Society on **01332 208845** or email derbyshire@alzheimers.org.uk or visit www.dementiaderbyshire.org.uk

Carers Assessments

If you look after a relative or friend and don't get paid for it, then you are entitled to have a Carers Assessment which will help to identify the help and support you need to make your caring role easier for you. Contact Derbyshire Carers on tel: **01773 833833**. If the person you care for lives in Derby city, contact Universal Services for Carers in Derby on **01332 228777**.

Carers can often experience loneliness and social isolation which can have a negative impact on their health

81% of carers reported they'd felt lonely or isolated as a result of their caring role

Carers UK - State of Caring Report 2021

Young Carers

If you're under 18 and help to look after someone, you may be able to get support from the Derbyshire Young Carers Support service.

Contact Derbyshire Carers Association or for general information visit:

www.carersinderbyshire.org.uk/young-carers

Support for the person you care for

If you think the person you look after needs support from social care, please contact your local council for advice.

Call Derbyshire 01629 533190 - if you are struggling to cope with your caring role or need social care support, contact Derbyshire County Council for advice. If the person you care for lives in **Derby** city, it is Tel. **01332 640777**.

For further information about support for carers visit

www.carersinderbyshire.org.uk or contact Derbyshire Carers Association.

Help in an emergency

It's a good idea to have an emergency plan in place in case of illness or a crisis situation means you are unable to provide care. Get advice from Derbyshire Carers Association or visit:

www.carersinderbyshire.org.uk/planning-for-an-emergency

NHS 111 if you need medical advice outside GP opening times and/or the issue isn't serious enough to call 999, contact NHS 111.

For more emergency contacts visit:

www.carersinderbyshire.org.uk/are-you-a-carer-in-crisis

