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Our Service

Universal Services for Carers is the statutory service commissioned by Derby City Council and Derby & Derbyshire Integrated Care Board looking after unpaid Carers caring for someone in Derby City



01332 228777



carers@citizensadvicemidmercia.org.uk



carers-events@citizensadvicemidmercia.org.uk

www.derbycarers.co.uk



[.@Carers_Derby](https://www.instagram.com/Carers_Derby)



[.@Carersinderby](https://www.facebook.com/Carersinderby)



Derby and Derbyshire
Integrated Care Board



Mid Mercia



Derby City Council

What We Do

Helpline:

Our helpline is able to offer support to unpaid carers looking after someone who lives in Derby City and who is over 18. All calls are responded to by one of our experienced advisers. They will explain what we do, provide information and signpost you to other organisations and register your interest for our events.

Being part of Citizens Advice Mid Mercia, they can refer you to other parts of the organisation to assist with benefits, debt, housing and more specialised services if relevant.

Helpline advisers will identify your needs and challenges, and help to support with choices and options that may be available to you. This will be by providing information, support and additional signposting.

The helpline is also able to capture evidence about a carer's needs in a manner that may be communicated to others.

Wellbeing:

We have a variety of indoor, outdoor and virtual workshops and events that support you to find some respite, help to reduce stress, anxiety and support you to lessen the impact of your caring role. We also have a wide variety of resources that can be shared with you.

Please see the relevant section of the newsletter.

Awareness and Training:

We also offer informative awareness and training sessions with additional resources available to support in your caring role.

Please see the relevant section of the newsletter.

Peer Support:

If you are interested in peer support groups, we may be able to signpost you a group local to you. We also work with other organisations and connect with community groups, social prescribers, GPs etc to help people access support more easily.

The service also run our own Peer Support Groups.

Please see the relevant section of the newsletter.

To get in touch:

telephone: 01332 228777

email: carers@citizensadvicemidmercia.org.uk/

carers-events@citizensadvicemidmercia.org.uk

or visit our website www.derbycarers.org.uk

Service Reminder

How the team allocate places for our events:

On registering to our Service, we send out a copy of the Carers Events Terms & Conditions. If you'd like another copy, please email carers-events@citizensadvicemidmercia.org.uk

These outline that you are entitled to **one** wellbeing event per year subject to availability. Though we welcome multiple bookings, we reserve the right to add you to a waiting list and register interest for events that are popular and oversubscribed. We still may do a publicity exercise to promote the event to remind our clients of what is available to them.

We take this opportunity to remind you that events are not allocated on a first come first served basis as we try to distribute places on events evenly to ensure everyone can attend at least one event per year of their choice.

Thank you for your understanding with this.



9th-15th June 2025

‘Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.’ www.carersweek.org

Carers Craft Cafe Art Display
in the foyer at The Council House
from Monday 9th June for 4 weeks

Postponed from last year due to the closure of Deda, we are delighted to share this display of work from the talented crafters & artists amongst you.

The theme is ‘How creativity supports me in my caring role.’

See page 9 for the rest of our events running during Carers Week

Peer Support & Engagement

Caring for someone in a residential or nursing home?

For those caring for someone residing in a Care Home or similar.
Meet other Carers and find out more about how we can still support you.

Thursday 8th May 2025, 2.30pm-3.30pm
@ Dobbies (Findern Garden Centre) Hot Drink Included



Join the Carers Network of UHDB, as we host a free event to connect and celebrate carers across the Midlands at the Hilton Hotel at St George's Park, on Friday 2 May from 9.30am until 3.30pm.

This is an exciting opportunity for caregivers and the person(s) they care for to come together, access support, and make meaningful connections within our communities.

This event is free to attend, and open to all. There is free parking, and St George's Park is an accessible venue.



Join us for:

- Free tea and coffee
- Information stands for local and national organisations and charities
- Networking with other carers
- A raffle to raise money for future Carers Network events
- A chance to explore the nature trail while immersing yourself in the stunning surroundings at the heart of the National Forest

Friday 2 May 2025, 9.30am until 3.30pm
Hilton Hotel at St George's Park, DE139PD



For further information please email:
rachel.kirby9@nhs.net



The Brunswick Bunch

Members of our Men's Peer Support group have organised a fringe event

6-8pm on the last Tuesday of the month
The Brunswick Inn,
DE1 2RU

Email: carers-events@citizensadvice-midmercia.org.uk

6-8pm - May 27th & June 24th 2025.

Please note this event is not attended by a member of the Carers Team



Peer Support & Engagement

Dementia Carers Café

2-4pm Last Friday of the Month

30th May - Sanctuary Seekers Tea Party

27th June - Open Mic Summer Party

Carers and Cared for (with Carer) welcome
No requirement to book please just come along to
Community Space upstairs at Derby Theatre



Men's Peer Support Group



Wednesday 7th May - 2-3:30pm - White Peak Distillery Tour

Tuesday 3rd June - 4-5:30pm - Derby Uncovered Walking Tour

All welcome. Booking required.



Out & About with Universal Services for Carers

Come and meet the team/find out more about our service

- **2nd May 9:30am - 3:30 pm** - Caring in the Community, details above
- **8th May 10-12am** - Dying Matters week at Treetops Hospice Wellbeing Cafe, Risely
- **14th May 6-8pm** - Online -Dovedale Dementia Q&A
- **15th May 11am-1pm** - Royal Derby Hospital, 5th Floor (outside lifts, near restaurant)
- ***16th May -11:30am-1pm** -Derby City and South Derbyshire Mental Health Carers Forum, Odd Fellows Hall, DE1 2GU
- **19th May 9am-11am**- Royal Derby Hospital, Ground floor main corridor of the hospital with the Dementia Team to mark Dementia Awareness week
- ***23rd May -1:30-3pm** - Derby Dementia Support Service, Spondon Village Hall
- ***3rd June 2-3:30pm** - Derby Parkinson's Support, Broadway Baptist Church
- **10th June 10am-12pm** - DWP, Ground Floor Council house
- **10th June - 2-4pm** - Melodic Moments at Museum of Making
- **12th June - 9:30-11:30am** - Dovedale Dementia Hub, Adult Day Services London Rd

All listings are publicly accessible events except the ones starred* where you may have to book with the group/venue to visit.

Wellbeing

Meet Andrea - Our fabulous Pilates Teacher

A big thank you to Derby Arena for continuing to host our fortnightly classes for us. These sessions are now held in the studio at the Arena.



**The date and day has also changed to:
Thursday's at 2-3pm
(Please see schedule for further details)**



Meet Tom - Co Founder of Stay Well Health Yoga Studio & Acupuncturist.

As part of our Mental Health Awareness Week offering, Stay Well Health have donated Tom's time and expertise for short Individual acupuncture taster sessions.

Friday 16th May - between 1-4pm



'Acupuncture is used to treat a wide variety of conditions such as chronic pain conditions, migraines, sleep disorders, frozen shoulder, tennis elbow, stress & anxiety, digestive health, blood pressure disorders, addiction, grief and more.'

www.staywellhealth.co.uk

May's Wellbeing Walk - Orienteering Session



Come and join Sal from Derwent Valley Orienteers who will guide us round a route at Darley Park. Learn new or brush up on your map reading skills.

Come by yourself or bring your Cared For.

Optional Cuppa afterwards!

Please check with us if there are any mobility issues.

Monday 19th May - 2-3pm @ Darley Park

Information & Awareness

Wills & Lasting Power of Attorney Awareness Event

With Silvertime Legal

Our popular Awareness Event with Silvertime Legal is back for 2025.

Come and join us to understand the importance of creating a Will and Lasting Powers of Attorney as a carer. You will also gain a better understanding of Trusts, Inheritance Tax, Care Fees, and Sideways Disinheritance.



Date: Tuesday 24th June 2025

Time: 10-11.30am

Venue: Microsoft Teams

To register your interest please email carers-events@citizensadvicemidmercia.org.uk or phone 01332 228777 and leave a message.

Safe & Well visits with Derbyshire Fire and Rescue Service

Derbyshire Fire and Rescue Service offer free Safe and Well visits to those who are vulnerable and at greater risk of fires. They will offer fire safety advice within the property, and give recommendations.

They may also fit smoke alarms, provide additional safety equipment, and make referrals to other services if required.

Visit their website to find out if you or your cared for are eligible.

<https://www.derbys-fire.gov.uk/safety/at-home/safe-and-well-visits>

You can also visit our website to access the **Fire Safety Awareness** resource from our recent Awareness Event with the team.

<https://www.derbycarers.co.uk/resource-library>

12th - 18th May 2025

Mental Health Awareness Week



Community Passes Available: Calke Abbey on Monday 12th May
Friday 16th & Saturday 17th May at Kedleston Hall

National
Trust

Carers Information Series

Monday 12th May - 1pm online
Jordan Gerring - End of Life Care Facilitator from UHDB

All welcome - please email for link

Motivation & Resilience with Derby City Life Links



Tuesday 13th May - 1.30pm-3pm

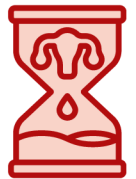
This workshop explores ways to boost your motivation and increase your resilience with various proven methods.

Holly Court Community Room, Mickleover, Derby, DE3 0TA

Bi-monthly - Women's Health Sessions

Insomnia Cafe, Littleover. 5pm-6.30pm. For Carers Only

Wednesday 14th May - Emotional Freedom Technique (Tapping)



Acupuncture Clinic for Carers Only - Friday 16th May
@ Stay Well Health Studio, behind Chellaston Medical Centre.



STAY WELL
HEALTH

Appointments available between 1-4pm

We've also invited Laura from Emerald Holistics to be on site at Stay Well Health to offer her rather special
Reflexology & Reiki tasters too!

Booking Essential - contact us to register your interest for either treatment

Derby City & South Derbyshire Mental Health Carers Forum

See Out and About for Friday 16th May. For more information on the forum email: SANDRA.AUSTIN99@GMAIL.COM



9th - 15th June 2025

National Carers Week

Carers Information Series

Online 1pm Monday 9th June
Mental Health & Wellbeing Special

All Welcome -Email for link



Universal Services for Carers
Out and About

Tuesday 10th June
10am-12pm
joining DWP at the
Council House



Melodic Moments
Sinfonia Viva

Melodic Moments is a regular concert series from Sinfonia Viva, the orchestra of the East Midlands.

An opportunity to enjoy new music and old favourites in a welcoming, informal environment, and take place every two months at Derby's Museum of Making.

**We have tickets available for Carers (taking 1 Cared For)
on Tuesday 10th June @ 2pm**

Post Concert Refreshments are included in the ticket.

We also have extra single tickets available too (as it's Carer Week!)



Dementia Hub
Support and advice services all in one place

Thursday 12th June
Carer themed Dementia Hub with
Drop in 'Chi Kung Taster' at
10 am and 10:30 am
Adult Day Services, London Road
All welcome.
No Booking required



Community Passes Available:

Kedleston Hall - Friday 13th June

Calke Abbey - Saturday 14th June

Schedule

Peer Support Event

Event: Men's Peer Support Group
May: Wed 6th - 2pm White Peak Distillery
June: Tues 3rd - 4pm Derby Uncovered Walking Tour

Booking Essential

Peer Support Event:

Event: Coffee meet for Carers whose Cared For reside in a Care Home
Time: 2.30pm-3.30pm
Date: Thursday 8th May
Venue: Dobbies Garden Centre (Findern)



Wellbeing Event:

Event: Craft Café
Time: 10.30am-12.30pm
Date: Thursday 8th May & 12th June
Venue: Dubrek Studios, Bridge St, DE1 3LB.



Carers Only

Awareness Event:

Event: Carers Information Series
Time: 1-1.45pm
Date: 12th May & 9th June
Venue: Online via Microsoft Teams



All Welcome

Awareness Event:

Event: Motivation & Resilience Session
Time: 1.30-3pm
Date: Tuesday 13th May
Venue: Holly Court, Micklegate, Derby, DE3 0TA
Carers Only



Wellbeing Event:

Event: Calke Abbey Community Pass
Time: Anytime between 9.30am-4pm
Date: Monday 12th May & Saturday 14th June
Venue: National Trust Calke Abbey, Ticknall.

1 Carer & 1 Guest

Carers Only Event:

Event: Women's Health Session
Time: 5pm-6.30pm
Date: Wednesday 14th May
Venue: Community Room at the back of Insomnia Café, Littleover, DE23 6FQ.
Carers Only



Wellbeing Event:

Event: Acupuncture & Reflexology Clinic
 Individual 20-30 min sessions
Time: Between 1pm - 4pm
Date: Friday 16th May
Venue: Stay Well Health Yoga Studio, DE73 5BG.
Carers Only - BOOKING ESSENTIAL



Wellbeing & Peer Support Event:

Event: Wellbeing Walk
Time: 2pm-3pm
Date: Monday 19th May & 16th June
Venue: May - Darley Park inc Orienteering
 June - Markeaton Park

Carers & Cared For

Wellbeing Event:

Event: Shared Reading Group
Time: 2-3pm
Date: Tuesday 20th May & 17th June
Venue: Community Room, Nottingham Road Fire Station, DE21 6FP.



Carers & Cared For

Schedule

Wellbeing Event:

Event: Chair Pilates Classes

Time: 2pm-3pm

Date: Thursday 22nd May & 5th June
(No classes on 8th May or 19th June)

Venue: Derby Arena, DE24 8JB.

Carers & Cared For



Wellbeing Event:

Event: Needle & Natter - **Peer Led**

Time: 10.30am - 12.30pm

Date: Every 4th Thursday of the Month
22nd May & 26th June

Venue: Dubrek Studios, Bridge St, DE1 3LB.

Carers Only



Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: 16th/17th May & 13th June

Venue: National Trust Kedleston Hall,
Derby, DE22 5JH.

1 Carer & 1 Guest

Peer Support Group:

Event: Dementia Carers Café

Time: 2pm - 4pm

Date: Friday 30th May & 27th June

Venue: Derby Theatre.

Carers & Cared for (with Carer) Welcome



Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 2.30pm-3.30pm

Date: Monday 2nd June

Venue: Dobbies Garden Centre
(Findern)

Carers & Cared For



Wellbeing Event:

Event: Melodic Moments with Derby Sinfonia

Time: 2-3pm

Date: Tuesday 10th June

Venue: The Italian Mill, Museum of Making,
Derby.

1 Carer & 1 Cared For



Special Event:

Event: Carers Art & Craft Display

Time: 9-5pm

Date: From Monday 9th June onwards

Venue: The Council House - Foyer



Awareness Event:

Event: Wills & Power of Attourney

Time: 10am-11.30am

Date: Tuesday 24th June

Venue: Microsoft Teams



**All of our events need to
be booked in advance
unless otherwise stated.**

**Please call 01332 228777 or email
carers-events@
citizensadvicemidmercia.org.uk
to register interest in all
of our events.**

Useful Contacts

Call 999 if you are at immediate risk of harm, a crime has been committed, you need help or if someone is seriously ill or injured.

NHS 111 - can help you decide if you need medical help and offer advice on how to access help safely. The service is free to access and is available 24 hours a day, 7 days a week.

Non-Emergency Police - 101. The service is free to access and is available 24 hours a day, 7 days a week.

Derby City Council Adult Social Care – 01332 640777. Mon to Fri, 9-5pm.

Derby City Council Adult Social Care - 01332 956606. Out of hours support - Mon to Fri 5pm-9am, with a 24 hour service during weekends and bank holidays.

Royal Derby Hospital Adult Emergency Department - 01332 783111.
Address: Uttoxeter New Road, Derby DE22 3NE. The service is free to access and is available 24 hours a day, 7 days a week.

Derby NHS Walk In Centre - 01332 224700 - Address: Walk In Centre, Entrance C, Osmaston Road, Derby DE1 2GD. 7 days a week, from 8am to 8pm.

Derbyshire Mental Health Helpline and Support Service call - 0800 028 0077 for Derby and Derbyshire residents. The service is free to access and is available 24 hours a day, 7 days a week.

Samaritans- Call 116 123, The service is free to access and is available 24 hours a day, 7 days a week.

National Domestic Violence Helpline - 0808 2000 247.

Treetops Hospice - 0115 949 1264.

General Advice - Citizens Advice Mid Mercia - 0808 278 7972

Money Advice Service - Citizens Advice Mid Mercia - 01332 228745