



2 What We Do.

**3 Service Reminder/
Out and About.**

4 & 5 Connections.

6 & 7 Schedule.

8 -11 Events.

12 Useful Contacts.

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 Event:

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 Event:

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 Event:

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.



Volunteer with Us



Peer Support Volunteers

Are you able to give up a few hours to offer vital support to other carers and make a real difference in their lives. We are recruiting volunteers to help create a safe space for carers to meet up, talk and swap stories. Get in touch to find out more: carers@citizensadvicemidmercia.org.uk or 01332 228777

Out & About

Out & About with Universal Services for Carers

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

- **2nd July 10:30am-12pm** - Tranquility Cafe at Littleover Baptist Church
- **3rd July 11am-1pm** - Neuro Diversity Social, Community Room, Derbion
- **4th July 10am-4 pm** - Umbrella Summer Fayre, The Annie Hall Memorial Centre
- **10th July 11am-1pm** - Royal Derby Hospital, 5th Floor (outside lifts, near restaurant)
- ***22nd July 1.30pm** - FAB Carers Group, Florence Nightingale Community Hospital
- **23rd July 1:30 - 3pm** - Hardy Group, St Nicholas Church Allestree
- **14th Aug- 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.

Connections

Carers Information Series - Mental Health

In June, we had a Mental Health themed Information Session. We heard about Mental Health and Wellbeing Services working in Derby City.



Supported Self Help,
Community Mental Wellbeing Services
www.derbyshiremind.org.uk/ 01332 623732



Short Term Talking Therapies for anyone with a
Derbyshire/Derby City GP
www.vitahealthgroup.co.uk / 0333 0153 496



Peer Support & Therapy Services
derbycitylifelinks.org.uk / 0800 0322202



Mindfulness Courses, Coffee and Cake, Breathe Move
Laugh Sessions, tailored workshops
www.thehappinesshubderby.co.uk / 07765 330 121

ACTION FOR HAPPINESS

Monthly Calendars and Apps, Online coaching,
talks and online resource library.
www.actionforhappiness.org



In-person Talking Therapy for over 18s
www.disabilitydirect.com / 01332 299 449 (option 3)

Watch all of our past Information Session recordings
on our Website Resource Library along with
Meditation recordings and Mental Health resources.

Connections

Derbyshire Fire and Rescue Service Carers Sticker



As a Carer, considering fire safety for your Cared For may not be a priority. With this in mind, Derbyshire Fire and Rescue Service have developed the new initiative - the Carers Sticker, to ensure consistent fire safety awareness for those who are most vulnerable.

During a Safe & Well visit, the Officer may place a sticker in a prominent location to pass on essential fire safety advice and practical steps to help you, as a Carer, keep your Cared For safe.

For more information or to book a Safe & Well visit, you can contact DF&RS on **01332 777850** or email **southareadmin@derby-fire.gov.uk**.

If you missed the Carers Craft Cafe Art Display in the foyer of the Council House, it will be moved on 3rd July to display units in Riverside Library. Please do pop along to read about our Carers experiences and view their creative talent!



If you'd like to join in with future Craft Cafe's, please get in touch to book your place.

Held every 2nd Thursday of the month at Dubrek Studios,
10.30am-12.30pm.
Open to all Carers.

Schedule

Peer Support Event

Event: Men's Peer Support Group

Time: 2-3pm

Date: Tuesday 8th July

Venue: Derby County Community Trust,
Harrisons Hub. Derby County Football Club

Booking Essential



Wellbeing Event:

Event: Chair Pilates Classes

Time: 2pm-3pm

Date: Thursday 3rd & 17th July

(No classes in August)

Venue: Studio, 2nd Flr, Derby Arena, DE24 8JB.

Carers & Cared For



Wellbeing & Peer Support Event:

Event: Coffee & Catch Up

Time: 2.30pm-3.30pm

Date: Monday 7th July

Venue: Dobbies Garden Centre
(Findern)

Carers & Cared For



Awareness Event:

Event: Carers Card Awareness Session

Time: 1-1.45pm

Date: Wednesday 9th July

Venue: Online via Microsoft Teams

All Welcome



Wellbeing Event:

Event: Craft Café

Time: 10.30am-12.30pm

Date: Thursday 10th July (No August session)

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

Carers Only



Peer Support Event:

Event: Working Carers Breakfast Club

Time: 10am-11am

Date: Saturday 12th July

Venue: Community Room, Ascot Dr Fire St.

Carers Only

Awareness Event:

Event: Carers Information Series
DEMENTIA SPECIAL

Time: 1-1.45pm

Date: Monday 14th July

Venue: Online via Microsoft Teams

All Welcome



Awareness Event:

Event: First Aid

Time: 10am-2pm

Date: Wednesday 16th July

Venue: Streatham Road Community Room.

Carers Only



**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.**

Schedule

Wellbeing Event:

Event: Shared Reading Group

Time: 2-3pm

Date: Tuesday 15th July

(No August session)

Venue: Nottingham Road Fire Station,
Carers & Cared For



Wellbeing & Peer Support Event:

Event: Wellbeing Walk

Time: 2pm-3pm

Date: Monday 21st July **(No walk in August)**

Venue: Markeaton Park.

Carers & Cared For

Wellbeing & Peer Support Event:

Event: Picnic & Outdoor Chi Kung session

Time: Midday-2.30pm

Date: Tuesday 22nd July

Venue: Kedleston Hall

Carers & Cared For



Wellbeing Event:

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

Time: 10.30am - 12.30pm

Date: Every 4th Thursday of the Month
24th July & 28th August

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

Carers Only



Peer Support Group:

Event: Dementia Carers Café

Time: 2pm - 4pm

Date: Friday 25th July & 29th August

Venue: Derby Theatre.

Carers & Cared for (with Carer) Welcome



Wellbeing Event:

Event: Kedleston Hall Community Pass

Time: Anytime between 9.30am-4pm

Date: 11th & 22nd August

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

1 Carer & 1 Guest



Wellbeing Event:

Event: Calke Abbey Community Pass

Time: Anytime between 9.30am-4pm

Date: Every Wednesday in School Holidays
starting 30th July until 3rd September

Venue: National Trust Calke Abbey, Ticknall.

1 Carer & 1 Guest

Wellbeing Event:

Event: Open Air Adventure Cinema
(Various Showings - see page 10)

Time: Evening

Date: Thursday 7th - Sunday 9th August

Venue: National Trust Calke Abbey, Ticknall.

1 Carer & 1 Guest - LIMITED AVAILABILITY

**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.**

Events

FIRST AID TRAINING



Our First Aid Training is returning in July, here's what a carer had to say after they attended.

'The training was absolutely brilliant. Very well taught, and the trainer was really personable and supportive.'

Wednesday 16th July 10am-2pm

@ Streatham Road Community Room, Mackworth.

Please bring a pack lunch/a snack - Carers only.

Carers Cards Awareness Session

There are various Carers Cards available to support you in your caring role that offer exclusive discounts, information, resources and more.



Come and join us for this presentation to learn about Carers Card UK and Blue Sky Social Care Card.

See what they offer and how you can register for one.

Wednesday 9th July 1pm-1.45pm on Microsoft Teams



Carers Information Series

Monday 14th July - 1pm online - **Dementia Special**

Hear from organisations that offer support for those living with or caring for someone with Dementia.



Derbyshire Healthcare
NHS Foundation Trust

**ALZHEIMER'S
RESEARCH UK** FOR A CURE



Derbyshire Community
Health Services
NHS Foundation Trust



NO SESSION IN AUGUST



Monday 8th September - 1pm online - **Employment Special**

All Welcome - please email for link or more information

Events



The Brunswick Bunch

Members of our Men's Peer Support Group continue to meet
6-8pm on the last Tuesday of the month at
The Brunswick Inn, DE1 2RU.

Drop by 6-8pm - July 29th & August 26th 2025.

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

Email: carers-events@citizensadvicemidmercia.org.uk

WORKING CARERS BREAKFAST CLUB

Are you juggling work with your caring responsibilities?

We are hosting this one off event on

SATURDAY 12TH JULY - 10AM-11AM

@ Community Room, Ascot Drive Fire Station.

**Come along and meet members of the Team and other working Carers.
An opportunity for you to tell us what you need from our Service to best
support you.**

Sausage Cob & Hot drinks provided (Vegan/GF options available) PLEASE BOOK.

Did you know July is National *picnic* Month?

**Come along to Kedleston Hall for an optional outside Chi Kung session
with Laurie. A gentle standing (or seated) movement & breath
practice to promote a sense of inner and outer balance!**

Tuesday 22nd July - Midday-2.30pm - Carers & Cared For

**Bring your blanket or chair and a sandwich.
Hot drinks, sweet treats and view provided!**

Events



Tickets available for Carers & 1 Guest
at Calke Abbey - limited availability.
Please register your interest with us.
Open Air performances of:

Thursday

7th August

Sing A Long The Greatest Showman

6pm-9.15pm

Friday

8th August

Bridget Jones - Mad About The Boy

6pm-9.15pm

Saturday

9th August

Queen Outdoor Cinema Spectacular

5.30pm-11pm

Sunday

10th August

Wicked

5.30pm-21.45pm

**CALKE ABBEY COMMUNITY PASSES AVAILABLE
EVERY WEDNESDAY DURING THE SCHOOL HOLIDAYS**

From 30th July until 3rd September.

Please get in touch with us to book your place/s.

Available for Carers to bring one Guest.



**National
Trust**

Events

Dementia Carers Café

2-4pm Last Friday of the Month

25th July - Open Mic Summer Party

29th August - Backstage Tour



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

Please Note Date Change

Tuesday 8th July - 2-3pm - Derby County Community Trust

Please contact to book.

We will take a break in August.

Why not come along to our Adventure Cinema?



**Please book on if you are interested in coming to our
Wellbeing Walks @ Markeaton Park.**

An opportunity to meet other Carers, move a little and get a vitamin D fix!
You are able to bring your Cared For and there are mobility friendly paths.

NEXT DATE: Monday 21st July - 2-3pm



Bi-monthly Garden Centre Cuppa & Catch Up

Open to Carers & Cared For

Free drink of choice - let us know if you want to join us.



Monday 7th July 2.30pm-3.30pm

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 - for non urgent medical advice. The service is free to access and is available 24 hours a day, 7 days a week.

Non-Emergency Police 101 - for non urgent police/ crime advice. The service is free to access and is available 24 hours a day, 7 days a week.

Derby City Council Adult Social Care – 01332 640000. 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