

Carers News

You Care, We Care

Over 30 years supporting Carers

February 2022

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YOUNG CARERS ACTION DAY

This year, Young Carers Action Day (YCAD) is on Wednesday 16th March and the theme is **taking action on isolation**.

Please check our Facebook, Twitter and website for updates over the coming weeks. In the meantime, you can find more information about YCAD by visiting the [Carers Trust website](#).

Meet DCA's new Chief Executive, Rebecca Cooper

Firstly, I must say a huge thank you. It's wonderful to have received such a warm welcome since I joined DCA in August. It's certainly been a memorable few months – both hectic and enjoyable at the same time.

I have spent over 16 years in the voluntary sector, joining DCA from National Charity, WAY Widowed and Young as Chief Executive, and previously having worked for North Staffs Carers Association as Deputy Chief Officer for seven years. I am delighted to be back working with Carers and I am deeply passionate about tackling the barriers in accessing high-quality Carer-support.

As I write this, it is almost two years since the UK went into the first lockdown and we have recently had new restrictions announced following the Covid Omicron variant. I am acutely aware of the impact that this has had on everyone, especially Carers and the disproportionate impact of pandemic-related disruptions to care.

There has never been a greater need for our services and we will continue to do all we can to ensure that Carer's needs are met, heard, understood and respected. This will be reflected within our long-term strategy which is in its initial development stages. I am very much looking forward to the easing of restrictions, which will allow further engagement to shape our long-term plans.

Finally, I look forward to the coming months and having the opportunity to continue meeting with Carers, staff, volunteers, peers and partners, along with system leaders across the health and social care sector.

Best wishes,

Rebecca Cooper
Chief Executive



New Trustee, Don Powell

We are delighted to welcome our new trustee, Don Powell, who joined DCA as our treasurer in December.

Having qualified as a Chartered Accountant in 1982, I spent a varied career in Finance and Commerce, working within organisations ranging from large multi-national household brands to smaller family run businesses.

Now retired, I am pleased to have been appointed as a Trustee at DCA and look forward to being able to help support all our staff as they continue to maintain the excellent level of service provided to Carers on a daily basis.



Don Powell
Treasurer

Trustees Required

We are looking for skilled and enthusiastic volunteers to join our Board as Trustees.

We particularly need Trustees with a financial, fund raising or a legal background but our overwhelming need is for new Trustees with a keen interest in helping us to meet the diverse needs of Carers.

To receive an application pack, email: nicola.parsons@derbyshirecarers.co.uk

What's on

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
7th Feb	Gardening Group 11am	Falls Awareness Training 2pm		Creative Writing 1pm - 2pm	Exercise Class 1.30pm - 2.15pm
14th Feb	Inspirative Arts 2pm - 3.30pm	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm		Preventing Pressure Sore Training 2pm - 3pm
21st Feb	Self Management for Arthritis 3pm	Great Care Starts with You 7pm - 8.30pm		Caring for the Carer 2pm Creative Writing 1pm - 2pm	Exercise Class 1.30pm - 2.15pm
28th Feb	Art Class 10am - 12pm	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm	Book Club 1pm - 2pm	
7th March	Gardening Group 11am		Cooking Course 4.30pm - 6.30pm	Creative Writing 1pm - 2pm	Exercise Class 1.30pm - 2.15pm
14th March	Inspirative Arts 2pm - 3.30pm	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm Cooking Course 4.30pm - 6.30pm		
21st March			Cooking Course 4.30pm - 6.30pm	Creative Writing 1pm - 2pm	Exercise Class 1.30pm - 2.15pm
28th March	Art Class 10am - 12pm	Chair Based Yoga 1.30pm - 2.15pm	Shared Reading 1pm - 2pm		

Preventing Pressure Sore Training

NEW

If you are caring for a loved one who is less mobile, has continence issues, struggles with nutrition and hydration, or needs advice on specialist pressure relieving equipment - then this session is for you!

Great Care Starts with You

NEW

During this interactive workshop we will look at what your current time challenges are, what your time zappers are, and we'll explore what's really holding you back from making time for yourself.

Cooking Course

You will learn new skills and we will send recipes ahead of the course sessions so you can shop for your ingredients and participate in the activity.

Please note all activities are currently online via Zoom due to Covid-19 restrictions.

For more information, please contact Katie:

Call **07773 173 416**

Email katie.matkin@derbyshirecarers.co.uk



Money Heroes

Derbyshire Young Carers, supported by our work with Children in Need, are now part of a new project, Money Heroes.

Supported by HSBC UK, the Money Heroes project is a series of workshops and a heap of useful resources that we will use with our Young Carers to help develop their knowledge and skills.

We will work with Money Heroes to tailor their resources to meet the needs of our Young Carers, and our staff will receive training and guidance on delivering the workshop sessions and making full use of the resources. Young Carers registered with us will be invited to the workshops by their support worker.

We're really excited to be part of the project. To find out more please visit:
moneyheroes.org.uk/about



Online Support for Unpaid Carers in Derbyshire

Derbyshire County Council is piloting a new service to reach out online to Carers in the area. The pilot project with **Mobilise**, which started in January, will use social media and digital marketing to help find and identify 'unpaid Carers', connecting them immediately with others in a similar position, and providing relevant, timely support.

Carers can take advantage of the services on offer by signing up to a free, five-part email course or by joining the Mobilise community on Facebook.



For more information visit:
mobiliseonline.co.uk/derbyshire



Our Services

DCA offers information, advice and guidance on a range of Carer issues, including practical and emotional support.

To find out more about our range of services, visit our website:
derbyshirecarers.co.uk/our-support-services

Get in touch

Contact us by email

info@derbyshirecarers.co.uk

or call **01773 833833**

Keep up to date:



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