

**Do you look after a family member or friend who couldn't manage without your help?**

**This leaflet aims to give a brief overview of the services on offer in Derbyshire to help unpaid carers stay healthy and connected.**

## **Staying Healthy**

**Make sure your GP knows you're a carer.** Your doctor and surgery staff can offer information, advice and services such as free flu jabs.

Visit: [www.carersinderbyshire.org.uk/register-with-your-gp](http://www.carersinderbyshire.org.uk/register-with-your-gp)

**Use your pharmacy:** If you need health advice or help with medication, you can speak to your community pharmacist. No appointment is necessary and you can speak to them in private if you prefer. Visit: [www.carersinderbyshire.org.uk/derbyshire-community-pharmacists](http://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.

- Contact Derbyshire Carers Association on Tel: **01773 833833**
- Or see [www.carersinderbyshire.org.uk/training-for-carers](http://www.carersinderbyshire.org.uk/training-for-carers)

**Live Life Better Derbyshire** can offer support with quitting smoking and losing weight. Visit: [www.livelifebetterderbyshire.org.uk](http://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](http://www.derbyshire.gov.uk/firstcontact)

**Living with a long term condition courses** offer support and advice for both the person living with the condition and their carer. Visit: [www.carersinderbyshire.org.uk/long-term-condition-course](http://www.carersinderbyshire.org.uk/long-term-condition-course)

**Carers are more likely to have physical or mental health problems but often neglect them**  
3 in 5 carers have a long term health condition  
**Carers UK- State of Caring Report 2017**

**For more information visit:** [www.carersinderbyshire.org.uk/health-and-wellbeing-services](http://www.carersinderbyshire.org.uk/health-and-wellbeing-services)

## Get active

Exercise offers massive health benefits. In Derbyshire there are opportunities to help you get active, whatever your level of fitness.

**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. Contact:

- Derbyshire Carers Association can offer organised walks for carers to suit any ability. Tel: **01773 833833**
- Your local district or borough council or leisure centre to find out about local walking for health schemes.

## 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 offer you 2 free sessions a week for 12 weeks at your local leisure centre. Tel: **01629 538200**.

**The Active Derbyshire website** has information about sport and exercise opportunities across Derbyshire. Visit:  
**[www.activederbyshire.org.uk](http://www.activederbyshire.org.uk)**





## Emotional and mental wellbeing

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](http://www.derbyshire.gov.uk/wellbeing)

**Derbyshire HealthCare Foundation Trust's** Core Care Standards website has lots of helpful information and advice.

Visit [www.corecarestandards.co.uk/recovery-centre](http://www.corecarestandards.co.uk/recovery-centre)

**Talking Mental Health Derbyshire** offers a range of therapies for people experiencing common psychological difficulties, such as those feeling anxious, low, or depressed.

Visit: [www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home](http://www.derbyshirehealthcareft.nhs.uk/services/talking-mental-health-derbyshire-home)

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

Visit: [www.nhs.uk/moodzone](http://www.nhs.uk/moodzone)

## Mental Health

Mental health problems include anxiety, worry, depression and panic. Less common mental health problems can affect your perception of reality, including feeling, seeing and hearing things that aren't there. If you feel like this, you should make an appointment to see your GP.

Visit: [www.derbyshire.gov.uk/mentalhealth](http://www.derbyshire.gov.uk/mentalhealth)



## Staying connected

The practical and emotional demands of caring cause many carers to become isolated and lonely. Talking to others about any problems can make you feel better and help you cope.

### Carer support groups

**Derbyshire Carers Association** run carer support groups around the county.

Tel **01773 833833** or visit

**[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)**

There are also many other local groups for carers.

Visit: **[www.carersinderbyshire.org.uk/carers-directory](http://www.carersinderbyshire.org.uk/carers-directory)**

**Time Swap** encourages local communities to help each other by sharing time and talents. You could give your time by knitting, sewing or helping someone write a letter. In return you could get help with shopping, gardening, DIY or someone to sit and talk to the person you look after.

Visit: **[www.carersinderbyshire.org.uk/timeswap-carers-blog](http://www.carersinderbyshire.org.uk/timeswap-carers-blog)**

**Online forums:** If you struggle to get out and about, you could contact other carers using online forums and groups. Some forums are specifically for carers, while others are based around specific conditions.

- Derbyshire Carers Association have a private Facebook group, Carers Connect : **[www.facebook.com/derbyshirecarers](https://www.facebook.com/derbyshirecarers)**
- Find lots more local and national forums and groups at:  
**[www.carersinderbyshire.org.uk/online-carer-communities-and-advice-lines](http://www.carersinderbyshire.org.uk/online-carer-communities-and-advice-lines)**.

**Derbyshire Home library Service** is offered to people who are unable to get to a library either due to a health problem or because of their caring responsibilities. Library staff or volunteers can visit your home and deliver books, audio books or CDs. Tel: **01629 533 444** or email:

**[asklibrary@derbyshire.gov.uk](mailto:asklibrary@derbyshire.gov.uk)**.

**Volunteering** has lots of wellbeing benefits, including meeting new people. Visit: **[www.derbyshire.gov.uk/volunteering](http://www.derbyshire.gov.uk/volunteering)**

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

**Carers who said they felt isolated were almost twice as likely to report worsened mental (77%) and physical health (67%)**

**Carers UK - State of Caring Report 2017**

## 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**.

## 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](http://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.

**For further information about support for carers**, visit:

**[www.carersinderbyshire.org.uk](http://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.carersinderbysire/planning-for-an-emergency](http://www.carersinderbysire/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.

**Call Derbyshire tel: 01629 533190** - If you're 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's tel: **01332 640000**

**For more emergency contacts visit:**

**[www.carersinderbyshire.org.uk/are-you-a-carer-in-crisis](http://www.carersinderbyshire.org.uk/are-you-a-carer-in-crisis)**



A white outline map of Derbyshire is positioned in the upper right quadrant of the page, set against a green background. The map shows the county's borders and internal district divisions.

# Helping Carers to be Healthy and Connected in Derbyshire



**Carers in  
Derbyshire**