

# Caring for Carers and their Families



**Established in 1988, Derbyshire Carers Association support carers who look after a friend or family member who, due to illness, disability, mental health problems or an addiction cannot cope without their help and support.**

We have a wealth of experience and understanding of the demands that a caring role can bring.



**Derbyshire Carers Association**

There are over 120,000 people providing unpaid care for loved ones in Derbyshire – these are ‘hidden Carers’, and the backbone of community care.

Many people who are supporting someone do not associate themselves with the term ‘Carer’ they simply see themselves as relatives or friends. Caring for others can be complex and demanding, physically taxing and mentally draining – Carers often become so focused on the person they care for that they forget to look after themselves. To keep going, it is essential that carers give a thought to their own health and wellbeing and that’s when Derbyshire Carers Association can help. Admitting that you need help is not a sign of weakness or failure.

**Derbyshire Carers Association – working to promote the recognition of caring as a shared responsibility of family, community, business and government.**

## Derbyshire Carers Association



### MAKING THE PLEDGE FOR CARERS

**HEAD OFFICE:** Derbyshire Carers Association,  
Genesis Business Park, 32-46 King St, Alfreton, DE55 7DQ.  
**Tel:** 01773 833833  
**E-Mail:** [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

Registered Charity No: 1062777

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



**Caring for Carers  
Supporting Carers across Derbyshire since 1988.**

Business Reply Plus  
Licence Number  
RTCL-BSEX-ZHCU

Derbyshire Carers Association  
White House  
Slack Lane  
RIPLEY  
DE5 3HF



How you can help

Derbyshire Carers Association is a Registered Charity, which means we rely greatly on donations from the public. All donations to be sent to:  
Derbyshire Carers Association, Genesis Business Park, 32-46 King St, Alferton, DE55 7DQ

TEXT Donations

To make an instant donation just text: DERB25 and the amount (for example: DERB25 £10) to 70070

Thank You

How can Derbyshire Carers Association help you?

Anyone who provides care on a regular basis has a legal right to a carers assessment. This is an opportunity to discuss what help and support you need to maintain your own health needs and balance caring with other aspects of your life, such as, work and family.

Listed below are some of the services we provide :

- 1-1 Support
- Carer assessments
- Dedicated carers drop in centres
- Emergency planning
- Funding opportunities
- Home visits
- Information and advice
- Liaison with health professionals and partner organisations
- Local carer support groups
- Promotions
- Quarterly carers news magazine
- Signposting to health specific organisations
- Telephone support
- Training and events
- Volunteering opportunities
- Respite Opportunities
- Help with Personal Budgets

Derbyshire Carers Association



Please contact your local area office or email us at [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)

Chesterfield Carers Centre

69 West Bars, Chesterfield, Derbyshire S40 1BA  
Tel: 01246 222373  
email: [chesterfield@derbyshirecarers.co.uk](mailto:chesterfield@derbyshirecarers.co.uk)  
Opening hours: 10am – 3pm Monday – Friday

Derby Carers Hub

Tel: 01332 200002  
email: [derby@derbyshirecarers.co.uk](mailto:derby@derbyshirecarers.co.uk)

County Areas

Amber Valley	Tel: 01773 833833
Erewash	Tel: 01773 833833
Glossop	Tel: 01457 858383
High Peak	Tel: 01663 745500
Ripley Head Office	Tel: 01773 833833
High Peak South & Dales	Tel: 01773 833833
South Derbyshire	Tel: 01773 833833

We also offer:

- Specialist training for carers
- Training for Organisations
- Partnership working
- Young carer support services

Joining Derbyshire Carers Association could not be easier, please complete the form below and post to our Head Office using the **FREEPOST** address (if you prefer you can pop the form into an envelope and forward to our Head Office address).

Title/Name .....

Address .....

.....

Postcode .....

Contact Number .....

Email address .....

.....

How did you hear about Derbyshire Carers Association  
(please tick relevant box):

- ☐ GP Surgery / Hospital
- ☐ Online
- ☐ Friend/family member
- ☐ Social Services
- ☐ Other; please specify:

What happens now:

Once your details have been registered you will be contacted by a Carer Support Worker. In the meantime, if you need any assistance please call your local office.