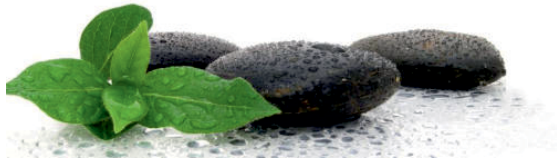


Support Groups

Stress Busters



Stress Buster support groups offer free relaxation sessions held in a friendly relaxed atmosphere. Giving carers an opportunity to unwind and chat over a cuppa.

For more information on Stress Buster groups please visit our website or contact us.



Art Group

Every Friday 10.30 - 12.30
At Derbyshire Carers,
69 West Bars Chesterfield,
S40 1BA

For more information

Contact one of our members

Tel:

07494 943084

07494 947427

07494 947428

07494 947245

Email: info@ndmhcarers.org

Our sister group

South Derby MH Carers

Tel: 07921 162740 07931 722977

For professional advice

Call Derbyshire Tel: 01629 533190

(Out of hours) Tel: 01629 532600

To speak to a duty social worker

NHS 111 Fast easy and free

Police non emergency 101

Thinkcarer

Supporting mental health carers

(for queries in office hours only)

Tel: 01332 380224

Derbyshire Carers Association

Tel: 01246 222373

Head Office 01773 743355



Voluntary peer support for
mental health carers
in North Derbyshire



a listening ear

Are you a mental health carer?

Anyone of any age who provides vital help and support to a person with mental health issues is regarded as a carer.

The fear of stigma can also act as barrier to people seeking support they desperately need.

About Us

A pro active voluntary self-help group, all our members care and help support someone with mental health issues.

Our Groups

We hold a monthly Forum meeting and organise Stress Buster (support groups) at various venues in North Derbyshire.

A voice for mental health carers

(This is our campaigning side) We represent mental health carers at meetings with Derbyshire Healthcare Foundation Trust, Derbyshire County Council and other local organisations, and try to influence strategies that effect mental health.

Forum Venue

The Winding Wheel
(upstairs ballroom)
Holywell Street Chesterfield

Last Wednesday of every month
10.00 am - 1.00 pm

Disabled access is available at the rear of the building



All our meetings are friendly and carers have the opportunity to discuss their concerns openly and informally with professional advisors present.

Visiting guest speakers discuss issues affecting carers and their loved ones offering advice and sign posting to relevant organisations.

After the meeting there is a chance to chat with other carers over a free buffet lunch followed by tea and coffee.

I THINK IT'S STRESS!



Many people are not carers by choice and at times it can be very difficult trying to cope.

Carers can often feel isolated overwhelmed forgotten and confused.

Come along to our groups, contact our members or visit our website for more information.

we offer

advice
support
empathy
understanding
sign posting
a voice



ndmcarers@Ndmcarers

www.ndmhcarers.org

