

Derby Carers Centre



Carers Groups

Carers Groups in Derby are monthly and we run groups in Chaddesden and at our centre on Babington Lane. We also have a group at our centre specifically for parent carers of children and adults with LD, ADHD and Autism. Please call our centre for more information on **01332 200002**.

Carers as Ambassadors

Carers as Ambassadors are Carers that liaise with other Carers and take a lead in representing them by taking their views and concerns forward at a strategic level to influence decision making to improve Carer and cared for services.

Ambassadors are supported by the co-ordinator and training is provided. Please contact the Derby Centre if you are interested in taking up a role that can be very rewarding.

For further information about our services please call us on:

01332 200002

Derby Carers Centre
17 Babington Lane
Derby DE1 1TA

Email: derby@derbyshirecarers.co.uk

www.derbyshirecarers.co.uk

You can find us on FACEBOOK & TWITTER



Carers Activity Breaks

Carers Breaks are available to any Carer who is over 18 and is registered with a Derby City GP Practice as a Carer. Each break lasts around 3 hours and can be a one-off treat, to learn a new skill or hobby or to complete a short course. Here are some of the breaks on offer:-

Aspire Physio

Learn safe ways to assist the person you care for and how to protect your back.

Artcore

Creative Workshops using visual arts like painting, pottery, mosaic, plaster, wood, block printing and traditional crafts.

QUAD

An opportunity to learn and develop skills in creative digital media, including computer basics, photography, animation etc.

DCA Pamper Days

Carers Pamper Days offer Carers time to relax and enjoy a range of therapies including Reiki, Reflexology, Aromatherapy, Facials, Massage, Make-up, Indian Head Massage etc.

All of the team are holistically qualified Beauty Therapists who have been supporting Carers for over 9 years.

Wellbeing Works

Wellbeing Works support many groups who can offer drama and movement, creative writing, making music, pampering spa treatments, art therapy, theatre visits and faith therapy.

Beckside Farm

Beckside Farm is situated in the Derbyshire countryside close to Ashbourne. They provide activities in horticulture, country crafts and animal care.

caring for carers