



MICKLEOVER SURGERY

Carers Wellbeing Guide

INTRODUCTION

Being a carer is one of the most selfless and demanding roles anyone can take on. Whether you are caring for a loved one due to age, illness, disability, or mental health needs, your time, energy and compassion are constantly being poured into someone else. While caring can be rewarding, it can also be physically exhausting, emotionally draining, and at times, isolating.

You are not alone.

This Carers' Wellbeing Pack has been created to support you – the carer. It recognises the challenges you may face and provides practical tools, information and local resources to help ease the load. Within these pages, you'll find guidance on looking after your mental health, accessing respite care, finding financial support, and connecting with services across Derbyshire that are here to help.

No one should have to navigate caring alone. Whether you need a moment to breathe, a break from your caring responsibilities, or someone to talk to – support is available. This pack is a starting point to help you feel seen, supported and cared for, just as you care for others every day.



TABLE OF CONTENTS

- 01 Introduction
- 02 Table of Contents
- 03 How the GP can help
- 03 Connecting You to Support Beyond Healthcare
- 04 A Key Link Between You, Health Services and Social Care
- 05 Wellbeing & Mindfulness
- 06 Breathing Techniques to Calm the Mind
- 07 Hobbies & Meaningful Activities
- 09 Self Care Checklist
- 09 Carers UK
- 10 Young Carers Information
- 11 Financial Support & Benefits
- 12 Respite Care in Derbyshire
- 13 Local Support Available



HOW THE GP CAN HELP

At Mickleover Surgery, we are not just there for the person you care for – we are also there for you. As a carer, your own health and wellbeing matter, and your GP can play an important role in supporting you in your caring role.

GPs and practice teams can help by:

- Adding you to the carers register so you're recognised as a carer
- Offering flexible or priority appointments where possible
- Providing flu vaccinations and health checks for carers
- Referring you to carer support services, social prescribers, or respite options
- Supporting your mental health and wellbeing if you're feeling low, anxious or exhausted

Let your GP know you are a carer - even if it feels like “just what you do.”

Being on the practice carer register ensures you get the right support, advice and signposting early on, before you reach a crisis point.

You spend so much time caring for someone else - don't forget, your health matters too.

Connecting You to Support Beyond Healthcare

A social prescriber is someone based in your GP practice or local community who can help you access non-medical support. This might include carer support groups, mental health services, housing advice, financial help, community activities, or simply someone to talk to who understands your situation.

They take the time to listen, understand what matters to you, and connect you to the right local services to help you feel more supported, empowered, and less isolated.

If you're feeling overwhelmed, stuck, or unsure where to turn - a social prescriber could be your first step to feeling more in control again.

For support from your local social prescriber please contact:

Jane Lindsay, the practice social prescriber on 07950275890 or email janelindsay1@nhs.net



A Key Link Between You, Health Services, and Social Care

If you're supporting someone with complex needs, multiple health conditions, or frequent hospital visits, you may find yourself juggling appointments, services, and support on their behalf. This is where a Care Coordinator can make a real difference.

A Care Coordinator is a member of your GP practice or Primary Care Network (PCN) team who works closely with patients, carers, and professionals to ensure that care is joined-up, person-centred, and as stress-free as possible. They help make sense of the system — and make sure no one falls through the cracks.

How Care Coordinators Support Carers:

- Help you navigate health and care services
- Coordinate between GPs, hospitals, community teams, and adult social care
- Make referrals for equipment, home assessments, respite care, or carer support
- Ensure that care plans reflect the carer's needs too
- Provide a consistent point of contact for ongoing support and updates

Care Coordinators can also help connect you with Adult Social Care teams - especially if the person you care for may need a social care assessment, home adaptations, or support with daily living tasks.

Let one of the team at Mickleover Surgery know if you would like a referral to the Care Coordinator



WELLBEING & MINDFULNESS

Caring for someone else often means putting your own needs second - or even last. Over time, this can take a toll on your emotional wellbeing. You may find yourself feeling overwhelmed, anxious, exhausted, or even isolated. That's why looking after your own mental health is not a luxury - it's a necessity.

Mindfulness is a simple and effective way to manage stress, improve focus, and reconnect with the present moment. You don't need any special equipment or hours of free time. Just a few minutes a day can help you feel calmer and more in control.

This section offers gentle, practical tools to support your wellbeing, starting with something as simple as your breath and starting a new hobby.



BREATHING TECHNIQUES TO CALM THE MIND

Breathing is something we do without thinking - but when done with intention, it can be a powerful tool for reducing stress and anxiety. Try these simple techniques:

1. Box Breathing (also known as 4-4-4-4 breathing)

Ideal for moments of stress or overwhelm.

1. Breathe in through your nose for 4 seconds
2. Hold your breath for 4 seconds
3. Breathe out slowly through your mouth for 4 seconds
4. Hold again for 4 seconds
5. Repeat for 4-5 cycles

This technique helps regulate the nervous system and calms the mind.

2. The 7-11 Breath

Great for unwinding before bed or easing anxiety.

1. Inhale gently through your nose for 7 seconds
2. Exhale slowly through your mouth for 11 seconds
3. Repeat for 2-5 minutes

This extended exhale signals your body to relax and let go of tension.

3. 3-Minute Breathing Space

A quick grounding practice for busy carers.

1. Sit comfortably and take note of how you're feeling – no judgment
2. Focus your attention on your breath – the rhythm, depth, and pace
3. If your mind wanders, gently bring it back to your breath

Even just three mindful minutes can give you a pause in the chaos.



HOBBIES AND MEANINGFUL ACTIVITIES

Making Time for You

As a carer, your time is often consumed by the needs of someone else - but carving out even a little time for activities you enjoy can have a huge impact on your wellbeing. Hobbies aren't selfish; they're a vital part of self-care. They can help reduce stress, improve mood, reconnect you with your identity, and create small moments of joy in your day.

You don't need to dedicate hours - even 10–15 minutes doing something you enjoy can boost your mental health.

Benefits of Hobbies for Carers:

- Provides a mental break from caring responsibilities
- Reduces stress and anxiety
- Encourages creativity and self-expression
- Helps combat feelings of isolation
- Supports a sense of identity beyond the caring role

Easy Hobbies to Try at Home:

- Reading or audiobooks – Try BorrowBox through Derbyshire Libraries (free with a library card) www.derbyshire.gov.uk/libraries
- Gardening – Even a few pots on a windowsill can be calming and therapeutic
- Journaling or creative writing – Helps you process thoughts and emotions
- Painting or colouring – Mindful and expressive; adult colouring books are great for stress relief
- Knitting or crochet – Rhythmic and calming, with online groups for connection
- Baking or cooking – Offers a sense of accomplishment and creativity
- Listening to music or podcasts – Uplifting and easy to fit into your day
- Puzzles or crosswords – Great for focus and mental stimulation
- Online courses – Free learning via [Derbyshire Adult Community Education Service \(DACES\)](#).

HOBBIES AND MEANINGFUL ACTIVITIES

Local Groups & Creative Support in Derbyshire:

- Arts Derbyshire – Creative arts projects for wellbeing

www.artsderbyshire.org.uk

- Derbyshire Carers Association Activities

Offers online coffee mornings, craft sessions, and more

01773 833833 | www.derbyshirecarers.co.uk

- Chesterfield or Derby Wellbeing Centres – Drop-in creative sessions, peer groups

- Contact Derbyshire Recovery and Peer Support Service:

www.rethink.org/derbyshire-recovery

A Gentle Reminder:

You deserve time to relax, create, and enjoy life beyond your caring role.

Whether it's five minutes of journaling or a weekly walk, every moment you give to yourself is an act of self-kindness — and you're worth it.

Other useful mindfulness and wellbeing resources:

- Headspace App– Free basic version with guided meditations

www.headspace.com

- NHS Every Mind Matters – Stress & Anxiety Tools

www.nhs.uk/every-mind-matters

- Mind Derbyshire – Offers peer support groups, mindfulness sessions, and counselling. <https://www.derbyshiremind.org.uk/> 01332 623732



SELF-CARE CHECKLIST

- ✓ Schedule regular breaks
- ✓ Reach out to a local carer support worker
- ✓ Keep a wellbeing journal
- ✓ Use breathing and meditation apps
- ✓ Attend local carer peer groups
- ✓ Ask for help – you're not alone

CARERS UK

Carers UK is the leading national charity supporting the rights, wellbeing, and voices of unpaid carers across the UK. Whether you're looking for practical advice, emotional support, or help navigating your rights and entitlements, Carers UK is here to help. Their aim is simple: to ensure that no carer must face their journey without support.

In this section, you'll find links to Carers UK's most useful resources, including guidance on caring responsibilities, financial help, understanding your rights, and connecting with other carers who understand what you're going through.

Because while you're busy caring for someone else, Carers UK is working to care for you.

Useful Resources:

- **"Looking After Someone" Guide** (Annual free guide)
www.carersuk.org/help-and-advice/get-resources/looking-after-someone
- **Carers UK Forum**– Online community for sharing advice
- **Carer's Rights and Support Checker** - www.carersuk.org/help-and-advice/financial-support



YOUNG CARERS INFORMATION

Recognising and Supporting Young People Who Care

A young carer is someone under the age of 18 who helps to care for a family member or friend due to illness, disability, mental health needs, or substance misuse. Some young carers provide emotional support, others help with household tasks, personal care, or looking after siblings. For many, it's just part of daily life - but the responsibility can have a big impact on their own wellbeing, education, and childhood.

Being a young carer takes incredible strength, compassion, and maturity - but it shouldn't mean missing out on support, friendship, or opportunities to thrive.

This section is dedicated to young carers: to help them feel seen, supported, and understood. It also provides information for parents, professionals, and schools on how to identify and support young carers effectively.

No young person should feel like they have to manage alone.

Resources available for Young Carers:

- Derbyshire Carers - Young Carers Service Derbyshire (derbyshirecarers.co.uk)
- The Children's Society- Advice and support for young carers | The Children's Society (childrenssociety.org.uk)
- Sense- Support for young carers and siblings - Sense
- The Mix- Support & Information For Carers | Young Carers | The Mix
- Action for Children- Young carers | Action For Children



FINANCIAL SUPPORT & BENEFITS

Helping You Access the Support You're Entitled To

Caring for someone can come with hidden costs — from reducing your working hours to covering travel, household bills, or specialist equipment. Many carers find themselves under financial pressure, often without realising there is help available.

This section outlines the financial support you may be entitled to as an unpaid carer, including benefits, local grants, discounts, and help with daily living costs. It also signposts you to organisations that can assist with benefit checks, applications, and advice tailored to your personal situation. If you're struggling to make ends meet, know that you're not alone — and there is support to ease the financial strain so you can continue caring without sacrificing your own wellbeing.

You may be eligible for:

- **Carer's Allowance**

Apply via [Derbyshire Carers - Young Carers Service Derbyshire](https://www.derbyshirecarers.co.uk)
([derbyshirecarers.co.uk](https://www.derbyshirecarers.co.uk))

- **Council Tax Discounts**

Some carers are exempt or receive reductions – contact your local council or [Derbyshire County Council] [Derbyshire Carers - Young Carers Service Derbyshire](https://www.derbyshirecarers.co.uk) ([derbyshirecarers.co.uk](https://www.derbyshirecarers.co.uk))

- **Carer's Personal Budget**

Apply via a carer's assessment (through Derbyshire County Council)
01629 533190

- **Blue Badge Scheme (for mobility)**

Apply at: <https://www.derbyshire.gov.uk/bluebadge>

- **Derbyshire Discretionary Fund**

One-off emergency financial support:

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/your-wellbeing/derbyshire-discretionary-fund.aspx>



RESPIRE CARE IN DERBYSHIRE

Taking a Break Without the Guilt

Being a carer is a full-time responsibility - often with no clocking out. But everyone needs a break. Respite care offers you the chance to rest, recharge, and take care of your own health, knowing that your loved one is being supported in safe, trusted hands.

Many carers feel guilty about stepping away, but taking time out is not a sign of weakness - it's an act of strength and sustainability. You can only care for others well if you're also caring for yourself.

This section introduces the different types of respite care available, how to arrange it through Derbyshire services, and what support you can access to make taking a break feel possible and manageable.

Because you matter too - and you deserve time to rest.

Types of Respite Care:

- Day centres
- Short stays in care homes
- In-home respite from agency carers

Where to Access:

- **Derbyshire Carers Association (DCA)**

01773 833833

<https://www.derbyshirecarers.co.uk>

Offers respite sitting services, carer support workers, and advice

- **Call Derbyshire (Derbyshire County Council)**

01629 533190

Adult care support page

<https://www.derbyshire.gov.uk/social-health/adult-care/carers/>



LOCAL SUPPORT AVAILABLE

- **Derbyshire Carers Association:** 01773 833833 / www.info@derbyshirecarers.co.uk
- **Universal Services for Carers:** carers@citizensadvicemidmercia.org.uk / 01332 228777
- **Call Derbyshire (Adult Care):** 01629 533190
- **Derbyshire Mind:** 01332 623732
- **Carers UK Helpline:** 0808 808 7777
- **Citizens Advice Derbyshire:** 0808 278 7954
- **Alzheimer's Society Derbyshire:** 01332 208845

Mickleover Carers Group

We know how hard carers work and understand the frustrating, tiring, isolating and sometimes extremely difficult work they do, often with very little reward.

About

Mickleover Carers Group was formed in August 2010 to cater for carers in Mickleover and surrounding areas of Derby. The reason for starting the group was to allow carers to be kept informed of local events affecting carers, and to have easy access to solutions to situations.

Mickleover Carers Group caters for all carers. Should a carer have specific problems, we have facilities where a signposting system may help. We maintain close links with both Derby City Council and many other organisations to keep all our carers aware of local events and opportunities that might assist in helping the carer to fulfil their role.

Where: Mickleover Community Centre, The Parade, Mickleover, DE3 0DA

When: The second Monday of each month

Time: 2.15pm to 4.15pm

Contact us:

Phone: 07598 129422



Mickleover Carers' Group
caring for carers

