

Universal Services for Carers in Derby

Being a carer can be hard work – physically, mentally & emotionally. It is therefore important that carers look after their own well-being.

One way you can do this is by accessing our ***FREE*** skills and training opportunities that can help you learn more about your caring role and gain the skills necessary to deliver safe and effective care.

Digital Awareness – feel more confident online!

Whether you are a complete novice or want extra tips on accessing digital technology, you may benefit from our 1-to-1 digital awareness support. We can help you with matters such as setting up email accounts, using social media, booking online appointments, online shopping and banking, internet safety and much more.

Taking Responsibility for Your Own Care – learn more about YOU!

Personal development and reflecting on your experiences as a carer is essential to evolving as a carer and learning how to take time for YOU. 'What About Me?' is a free training opportunity available through the Open University that can help you in identifying and reflecting on your experiences, interests, and skills as a carer, as well as your future aspirations. We can support you on your training journey by helping you access the course and setting up a log-in, supporting you throughout the course over the telephone and talking with you about your experiences and how you can put the course's self-care tools into practice and printing the course materials for you.

If you are aged 18+ and care for someone living in Derby City and want to find out more about our FREE training opportunities, contact us on:

01332 228777 



www.citizensadvicemidmercia.org.uk/carers



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