



AUTUMN 2018

EngAGE



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Service**

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Well-being Days

Our new well-being days can help you deal with concerns that arise as a result of your condition and aim to enhance your capacity to care for yourself.

Hospice at Home

Our team of qualified nurses and health care assistants offer one-to-one nursing care and emotional support, day or night, to patients in their own homes



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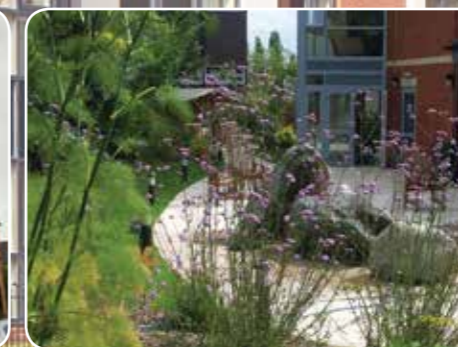
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ON THE COVER



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Lance Print Ltd
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Lanceprint

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From the Editor...

Welcome to the Autumn 2018 edition of the EngAGE magazine produced by Age UK Derby and Derbyshire.



After a very long hot summer, the coming changes of Autumn will be welcome for many.

In this edition, we could not miss the fact that it is 100 years since the end of the First World War as well the Centenary for the Royal Air Force. There is something about the Royal British Legion in time for Remembrance Day. You can also read about a local man who recently was awarded the highest French medal for bravery in the Second World War.

Our befriending service has recently been re-awarded their quality mark and their achievement is noted. There is also information about a recent falls event and activities that have been ongoing in Horsley Woodhouse. Conversations about death continue to be brought to our attention so that people are not afraid to talk about dying.

We have information about the Red Bag scheme which improves the patient journey from a care home to hospital and there is lots of information about all the additional but often unknown services offered by Derbyshire libraries.

Finally if you are planning a special celebration or event, read about our vintage crockery hire service, to give your event an extra special touch.

We hope that you do enjoy reading this Autumn edition and as always, please do get in touch if you have an comments.

Phil

Front cover image by Shutterstock user: Phil Brown Editor

Website Safety



Some website addresses start with http:// and others https:// but what is the difference?

The main difference between http:// and https:// is it's all about keeping you secure. HTTP stands for Hyper Text Transfer Protocol. The S (big surprise) stands for "Secure." If you visit a website or web page, and look at the address in the web browser, it will likely begin with the following: http://.

This means that the website is talking to your browser using the regular "unsecured" language. In other words, it is possible for someone to "eavesdrop" on your computer's conversation with the

website. If you fill out a form on the website, someone might see the information you send to that site.

This is why you never ever enter your credit card number in an http website! But if the web address begins with https://, that basically means your computer is talking to the website in a secure code that no one can eavesdrop on. If a website ever asks you to enter your credit card information, you should automatically look to see if the web address begins with https://. If it doesn't, you should NEVER enter sensitive information.....such as a credit card number or personal information.

Support for "Ringing Change" project



County Councillor, Jason Atkin, was delighted to present a cheque for £500 from his DCC Community Leaders Fund to First Taste to help with the £5,000 costs for the coming academic year's work of First Taste's intergenerational "Ringing Change" project at Darley Dale's Meadow View Care Centre's Dementia Unit with some of the children from Churchtown C/E Primary School.

The DCC Derwent Valley ward member presented his cheque on Monday 16 July to John Simmons, First Taste's Vice-Chairman assisted by some of the children at Churchtown School who have been involved in the "Ringing Change" Project over the past year. (See picture above)

The very successful first year of this pilot project with the Meadow View Care Centre &

Churchtown School in Darley Dale has seen the children working with the older people at the Centre on a weekly basis within a wide range of arts and crafts and reminiscence activities. The Project has been managed by Cecilia Harris, First Taste's Project Manager, with the weekly sessions led by First Taste's Arts & Crafts tutor, Ingo Hermann.

First Taste is hoping to continue and develop this Project over the coming year starting in September to benefit both the older people at Meadow View and more children from Churchtown Primary School.

Anyone wishing to help with the costs should contact Iris Wagstaffe, First Taste's Voluntary Secretary, Tel: 01629 733849 Email: firsttaste@btinternet.com Website: www.firsttastecharity.co.uk

Duffield Carnival

Duffield had a musical theme for its carnival this year. Age UK Derby & Derbyshire's shop on New Zealand Lane may not be on the High Street but didn't want to miss out. The staff and volunteers in the shop created some lovely window displays with a musical theme.



All money raised in our shops helps people in Derbyshire and Derby to love later life. If you would like to find out more about our shops and how you can help please visit: www.ageuk.org.uk/derbyandderbyshire/ shops or contact our Retail Manager, Ray Gumbley, on 01332 343232

- Our shops are always looking for three things:
- good quality stock to sell
 - volunteers to help in the shop
 - customers to pop in to buy bargains.

Tramway Winner



In our summer edition, Crich Tramway Village very kindly donated a family ticket as a prize in the competition. The

random winner of this ticket was Michaela Collins from Matlock who is really looking forward to taking her grandchildren to see the trams. Thank you to all who entered and a special thanks to the Tramway Village for the ticket. Find out more about the Crich Tramway Village at www.tramway.co.uk

Vintage Hire service



On Friday 22nd June, the Deputy Mayor of Derby, Mr Frank Harwood, helped us launch our new Age UK Derby and Derbyshire VintAGE Crockery Hire Service. We have built up a collection of mismatched sets of vintage crockery to help make your event even more special. So if you are planning an anniversary, birthday party, Corporate event, having a wedding or just a simple celebration contact us to find out about how we can help. By hiring your crockery from

us your hire money then goes on to help older people in Derby and Derbyshire. For more information visit www.vintagehire.org





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Friday 15 February	3	Valentines Weekend: Bath & Bristol	£199
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Saturday 04 May	8	Great Yarmouth	£399
Monday 06 May	5	Saundersfoot	£359
Friday 07 June	4	Llandudno	£335
Monday 10 June	5	Weston Super Mare	£275
Monday 01 June	7	Paignton	£469
Monday 08 July	8	Isle of Wight	£455
Saturday 03 August	8	Llandudno	£689
Monday 12 August	5	Ilfracombe	£319



Quality Befriending Service

Age UK Derby and Derbyshire Befriending Service has once again achieved the Approved Provider Standard (APS), recognising the excellent work of our befriending service.

Yvonne Cohen, Befriending Coordinator, comments: "We are delighted to receive APS approval again for our Age UK Derby & Derbyshire Befriending Service. It's the third time we have received APS accreditation and it is testament to the continued dedication of all of our superb volunteer befrienders and befriending Service staff members, who continue to deliver and develop our befriending Service. Huge thanks to everyone, your care and professionalism are very much appreciated and the difference you make to our befriendees is enormous. Well done everyone!"

The Approved Provider Standard (APS) is the national quality standard designed specifically for mentoring and befriending projects. APS is managed and delivered by NCVO. APS aims to support safe and effective practice in mentoring and befriending. Organisations that achieve the standard have been assessed and found to exemplify good practice in:

- Their management and operation, including their commitment to safe working practice
- Their processes for identifying service users and assessing their needs

- The way they manage their mentors and befrienders, who are usually volunteers
- The way mentoring and befriending relationships are managed and the results they achieve

Yvonne states:

"Receiving APS accreditation for the third time for Age UK Derby & Derbyshire's Befriending Service means we can confidently continue to provide much needed support to lonely and isolated older people throughout the north Derbyshire Dales and High Peak areas of Derbyshire. It enables

us to continue as an integral member of the Derbyshire Trusted Befriending Network which works to ensure that isolated and lonely adults throughout Derbyshire who could benefit from befriending support are able to do so, and that they can be confident the support they receive is from a safe and well run Befriending service."

Find out more about our befriending service by visiting: www.ageuk.org.uk/derbyandderbyshire/befriending

The Approved Provider Standard is the only quality standard that

focuses on good practice in mentoring and befriending. Further information about APS can be found on <https://www.ncvo.org.uk/practical-support/quality-and-standards#aps>. The Standard improves the management and delivery of mentoring and befriending projects. Though rigorous, is designed to be simple to implement and not to generate large amounts of paperwork.



Derbyshire Libraries

Derbyshire Libraries offer a wide range of resources, services and activities to inspire you and help you to follow your interests and keep your mind and body active.



If you live, work or study in Derbyshire you can join the library – and it’s free! As well as the usual range of fiction and non-fiction you’d expect to find in a library, did you know we also have the following?

Large Print, Giant Print and Books on CD
If you have difficulty reading standard print, you might like to try our range of books in large or giant print. Or perhaps a ‘talking book’ would suit you better? They can also be great for listening

to on a long car journey or while you’re doing housework!

Quick Reads
Quick Reads are short, entertaining and easy-to-read books by bestselling authors. They are great for people who lack confidence in reading or busy people who just don’t have much time but fancy a quick read.

Free eBooks, eMagazines and eAudio Books
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Free Wifi, Free PCs and Free IT Help
We have free internet access which you can use with your own device or you can use our library computers. If you want some help using a computer, browsing the web, sending an email or

finding work online then why not book a free informal 1-1 computer help session at your local library.

Home Library Service
If you’re unable to visit the library because you can’t leave your house or you struggle carrying books then the library can come to you! We can deliver books and audio books to you in your own home (or care home). You’ll also get an extended loan period as standard

and someone to renew books if you want to hold on to them for a bit longer, so no fines! You also get free audio book loans.

Friends and Family
Are you a carer, family member or friend of someone who can’t get to the library themselves? If you would be willing to call at the library and select and collect items for them we can offer you a Friends and Family library card to use on their behalf. Benefits include free

requests, no charges on overdue books and an eight week loan period.

Reading Well
Reading Well Books on Prescription helps you to understand and manage your health and wellbeing using self-help reading. The scheme is endorsed by health professionals. There are three booklists of recommended reads which cover common mental health conditions, dementia and living with long

term conditions. The books can all be reserved and borrowed for free from libraries.

Activities and Groups
If you fancy getting out to meet people or try something different, many of our libraries offer free activities such as book cafes, knit and knatter and craft groups. Keep an eye out also for author visits and writing workshops too (there is usually a charge for these).

Stay in Touch
To contact us call 01629 533444 or email asklibrary@derbyshire.gov.uk Check out our website to apply to join online, find your nearest library, sign up to our enewsletter or follow us on facebook, twitter or flickr. www.derbyshire.gov.uk/libraries Or call in at your local library – we look forward to welcoming you!

Fibro Active

Jo Briggs, Falls Prevention Coordinator for Age UK Derby and Derbyshire held an event with Fibro Active Long Eaton in April.

The event was joined by many other providers and support services including: **Community police Derbyshire Fire and Rescue Derbyshire Community Health Services Healthwatch Derbyshire Citizens Advice Arthritis Research UK**

The event was a big success and the attendees appreciated lots of refreshments on offer including many homemade cakes! Julie Barker (Chairperson) and Jane Gordon (Treasurer) from Fibro Active have recently completed the Tai Chi for Arthritis course and offered a free taster session, with 21 people taking part on the day. Experts believe that exercise and activity is an essential part of pain management. Not only does it keep your muscles strong and flexible, but it helps reduce anxiety,

stress and depression. Tai Chi for Arthritis incorporates exercises that improve muscular strength, flexibility and fitness. Reports of benefits include

- Pain relief and less stiffness
- Improved balance and less falls
- Uplifting of the spirit and greater relaxation
- Improved ability to do daily tasks
- Improved muscle strength and joint flexibility
- Enjoyment of tai chi practice

Fibro Active is a support group for people with Fibromyalgia (FM) and Chronic Fatigue Syndrome (CFS) and their carers. It is a positive and inclusive group that focuses on healthy lifestyle, light exercise, support and sharing information as well as educating members about their condition and help them move forward with their acceptance and management of the illness. They offer practical support, gentle exercise and appropriate information. For more information, please visit www.fibroactive.co.uk



Julie and Jane started a 12 week course at Erewash CVS in April at a cost of £5 – further courses will follow. For information about further courses, groups and opportunities, please contact Julie on 07944 111190.

For information about any of the falls prevention exercise classes available throughout the county, please visit Age UK Derby and Derbyshire's website: www.ageuk.org.uk/derbyandderbyshire/snfclasses or call 01773 766922

Horsley Woodhouse Wild West

Over the last few months, loads of different events have been taking place in Horsley Woodhouse Church Hall, all arranged by our Memory Lane Worker, Di Cliff. Di attended various events that have happened in the church hall including a table top sale and through these has built up a good relationship with the church member responsible for bookings. There is a weekly chair based exercise class on Thursdays 10-11:30 for anyone who needs some appropriate gentle exercise.

Lyrical Lunches
Once a month, the venue has hosted 'Lyrical Lunches' for Age UK Derby & Derbyshire, where a two course lunch is provided by Meals on Wheels. Then the group is entertained by a man and his guitar who plays popular 60's and Folk Music to sing along to. There are regulars who attend as well as new faces

each time. Transport is provided by Amber valley Community Transport

'Woodhus goes wild west'

In July, a brilliant Country and Western afternoon was held in Horsley Woodhouse with great country and western singing and line dancing with Megan. Many of the members from our Memory lane Groups attended. The entertainment was provided by Gatepost Theatre Company and pie and pea supper by Meals on Wheels. Gatepost Theatre Company support us in so many events and we are extremely grateful. Gatepost will be performing their latest musical comedy "All shook up" at the Guildhall Theatre Derby on 17-20 October 2018. Tickets are £13.50 from 01332 255800

There is going to be an event for harvest and then three events already booked



in for Christmas: Three "Young at Heart Christmas Extravanzas"..... seasonal lunches with all the trimmings and accompanying festivities. The dates are 18th, 19th and 21st December.. They are the happiest of events, a place to make friends and enjoy good food and entertainment on a regular basis.

The Church in Horsley Woodhouse has been very willing to help and we are very grateful

to them, especially to Sheila Cullen who is in charge of room bookings. If anyone is wanting to find out more about hiring the church hall, please contact Sheila on 07803 128235

Finally thank you to all the volunteers who help make each event a success. For more information about any future events at Horsley Woodhouse church hall, please ring Di on 01773 766922 or email memorylane@ageukdd.org.uk

Three Special Centenaries!

Bravery recognition for 100yr old Bill

Age UK Derby and Derbyshire would like to congratulate **Mr William Woolley** of Codnor on receiving The Ordre National de la Legion d' Honneur Medal for bravery and for his involvement in The Liberation of France during the Second World War.

Bill also celebrated his 100th birthday on 12th August, celebrating both achievements with a family gathering. His daughter-in-law, Ann is one of the regular volunteers in our Heanor shop and the family are really proud of his achievements.



Royal Air Force: Commemorate, celebrate, inspire

On 1 April 2018, the Royal Air Force celebrated its 100th birthday. The centenary itself was marked by special events, activities and other initiatives at local, regional and national levels which started in April and will run to the end of November 2018.

The Royal Air Force Benevolent Fund (RAFBF) provides a range of support aimed at serving and former RAF personnel and their dependents. This includes welfare breaks, grants to help with financial difficulty and getting about inside and outside the home, specialist advice on benefits and support with care needs, as well as support for young people through our Airplay programme.

If you have previously served in, or are currently with, the RAF you can contact the RAFBF support line on 0800 1692942, or alternatively,

please email welfareservices@rafbf.org.uk



Derbyshire Royal British Legion

The Legion is marking the centenary of the end of the First World War with commemorations in the UK and Republic of Ireland with a focus on Remembrance, education and legacy.

The Legion is a charity that supports the serving and ex-Service community. They administer and support membership

and fundraising activities of the Legion's branches and clubs throughout Derbyshire. From Glossop in the north to Swadlincote in the south, this consists of 49 Branches and three sub-Branches, seven Clubs and approximately 4,800 members around the County. The Legion is part of the Legion's extensive Poppy Support services, so if you are serving, have served or are the dependent or carer of someone who has served in the UK's Armed Forces, then you are

eligible for their help.

They can offer financial aid in an urgent crisis, help homeless ex-Service people get back on their feet, advise on compensation claims, offer careers advice for those looking to make a fresh start after leaving the Forces, arrange home or hospital visits, war pensions, benefits and money advice, independent living and advice on care homes. The free telephone helpline is open to everyone 0808 802 8080 or you can pop-in to see them at 18 St Peter's Street,

Derby DE1 1SH.

With Remembrance being led by the Legion since 1921, the commemoration of the end of the First World War in 2018 is going to be one of the most memorable and significant moments in the history of the Legion and the entire nation.



Red Bag Scheme

The ‘Red bag’ initiative is a concept that developed in London to meet the aims of the NICE (The National Institute for Health and Care Excellence) guidance on transfers between inpatient hospital settings and care homes.



The initiative is being rolled out across the country and is now available in Derbyshire County Council and Derby City Council.

The bag contains relevant paperwork, medication and personal belongings for the individual. The bag stays with the care home resident from the time they leave the home to go to hospital, until the time they return to their care home at the end of their stay in hospital. Having everything in one bag makes it easier for all the information

and belongings to remain with the patient therefore speeding up the process and enabling them to be looked after with dignity.

The standardised paperwork will ensure that everyone involved in the care for the individual resident from a care home will have vital information to hand about the resident’s general health, eg the current concern, and any medication they are already taking. This will save time at the transfer from care home to ambulance and at the transfer from ambulance to A&E,

as staff will have the information they require about the patient. It will allow A&E staff to make more informed decisions about the patient, as they will always be aware that she/he is a care home resident; and it should allow for a speedier and more streamlined discharge as hospital staff will know that the patient is going back to the care provided by expert staff in their care home.

All care homes in the county and city will be issued with red bags, depending on the number of residents they have.

What goes in the red bag?

- Important documents and information about the patient; their medical information and anything else that will be important for the hospital to know
- Medication, tablets, drops, injections, prescribed creams
- Personal belongings including glasses, hearing aid, dentures, toiletries and clothes for the day of discharge.





Death Café

Our Compassionate Communities Project is hosting its first Death Café as part of the 2018 New Mills Festival Fringe on the 19th of September and more are planned in the High Peak.

Jane Butler, coordinator of the project explains, at a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. Death is often a taboo subject, much is left unsaid, which can often add to people's worries and fears. The objective of the Death Café is 'to increase awareness of death with a view to helping people make the most of their (finite) lives'. They are a 'social franchise' and to date there have been nearly 7,000 Cafes in 56 countries. With a relaxed and friendly atmosphere a Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. If you'd like to know

more about Death Café, and future events planned for the High Peak, you can read more on the Compassionate Communities page of our website, www.ageuk.org.uk/derbyandderbyshire/compassionatecommunities and on the Death Café website, <http://deathcafe.com/> to book for a café or suggest a venue, get in touch with Jane on 07421 227078 or email her jane.butler@ageukdd.org.uk. Thinking Outside the Box in July was another event held where people had the opportunity to discuss issues surrounding death, dying and bereavement. It was an interesting and informative afternoon, in the beautiful and relaxed setting of Blythe House Hospice. Many thanks to all those who came along and supported us.

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Member of the Association of Natural Burial Grounds

Fundraising News



Fundraising Dates for the diary!

Snowdon Challenge

In May some staff, volunteers and their families raised over £1,000 through sponsorship for climbing Snowdon. 11 adults, 2 x 8 year olds and 1 dog in total took part in the challenge over two separate days. It was challenge which everyone completed but it was well worth it with some great views and weather.



Knit and Knat

On Monday 1st October our popular sponsored knitting event will be returning. Sponsor forms and more information was not available at the time of writing this article, but check out our website www.ageuk.org.uk/derbyandderbyshire or call 01332 343232 for more information.

Christmas Raffle

Now we know how it's done we can aim to make our Christmas Raffle even better. Prizes will be announced nearer the time which should include some local prizes and some others. Tickets for our Christmas raffle will be available from the beginning of November and will be drawn on Monday 17th December... just in time for Christmas.

Collection in Asda at Spondon

Following on from our successful fundraising collection at Asda in June we are there again on 3rd December. If you are able to help we would really appreciate it. The more people we have the shorter time everyone needs to be there. If you can manage even just 1 hour that would be great.

Derby 10K 2019

April 7th 2019 ...a date for the diary. We already have 30 runners lined up for our team. If you enjoy running or you know someone who does please talk to them about our event. If you can get involved with any of these requests or if you can help in any way please contact Angela on 07745 191777 or angela.barnes@ageukdd.org.uk.



Summer Raffle

Many thanks to all who bought tickets and the businesses who donated prizes for our Summer Raffle. We raised a fantastic £1047. Sid Marson, our new Fundraising Ambassador, picked out the winning numbers with Angela Barnes, Network Fundraiser. All 7 prizes were claimed.



NCS Fundraising

We had a request from 'Team Endeavour' in July, who were part of the National Citizen Service scheme for 15-17 year olds. With

a little guidance they organised an afternoon tea which they publicised themselves and not only funded their tea but also managed to donate over £500 to the charity. Well done Team Endeavour!

2 LUXURY STATIC HOLIDAY CARAVANS FOR HIRE GOLDENSANDS HOLIDAY PARK MABLETHORPE

With miles and miles of golden sandy beaches opposite the park, you can also benefit from the facilities of the Haven Holidays Park which include: an outdoor pool with flume and a heated indoor pool. A Funfair with plenty of rides, a large fun area with a playground, climbing wall and crazy golf. There are also two coarse fishing lakes. Entertainment, both daytime and evening and a bar and restaurant.

Based at the
Haven



The Caravans are comfortable, clean and spacious. Central and electric heating throughout, with a fully equipped kitchen area. Both have extra wide showers, with separate toilets. The large lounges have comfortable seating a TV, DVD and CD player, with a second TV in the double bedrooms.

Both are situated together with a large grass area at the front with outdoor tables and chairs.

The caravans are available for hire from 10th March to 20th November

3 Nights Fri - Mon 4 Nights Mon - Fri 7 Nights Fri - Fri

Booking **MUST** be made through eastuk-holidays.com
Look for - Bermuda 8 Berth or Richmond 8 Berth

You could be in the Algarve, relaxing in the sun...

Situated on the top floor of a three storey block the apartment has its own residents' swimming pool. It has the advantage of being away from the bustle of the town centre but within walking distance (10 minutes to the marina and another 5 to the town centre).

It has a twin bedroom, open plan kitchen and lounge. The kitchen has a 4-ring hob, oven, microwave, toaster, fridge freezer and washing machine. There is a family sized bathroom. The lounge has a sofa (which converts into two more single beds) and a table to seat four. A TV, DVD, CD player and WiFi are also available. Both the lounge and bedroom have patio doors which open onto the balcony offering views over the swimming pool and across Lagos. There is ample car parking space in front of the building.

www.algarve-retreats.com/property-to-rent/apartment-meia.htm

PRICES:	
Jan - March	£225
April	£300
May	£325
June	£375
July/August	£475
Sept	£375
Oct	£325
Nov/Dec	£250



To book accommodation please contact Judith Hall on **01638 711984**
Apartments can also be booked very competitively at justin.hall@algarve-retreats.com



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Why choose Ashmere?

Ashmere is a family run business and we are proud of our companies ethos 'caring for your family as if it was our family'. We have a forward thinking partner/director who is always looking at new ways to provide better care and works on innovative new projects and initiatives to ensure Ashmere stands out across the region.

We have achieved GBCA awards in Training, Domiciliary care and Activities, and in addition winning the regional GBCA and being nominated for National finals for Care Employer of the year in 2018.

Ashmere homes have a dedicated in-house activities coordinator who delivers an outstanding daily array of activities for each and every resident. Trips out are frequent and individual requests and interests are met.

We are passionate about creating a family feel in our homes, and encourage residents to bring memories and items that they cherish into their rooms. Our homes are tastefully furnished and we have a fantastic culinary team who produce delicious food for residents.

As a group we endeavor to ensure we keep up to date with the latest research with regards to dementia care which our dementia care manager shares with home managers and care staff via work place or by introducing new standards for practice.

In 2017 we facilitated training sessions for 7 staff members, using Stirling University's Best Practice in Dementia Care programme, which was very successful. We are currently rolling out Ashmere's own Dementia Training programme around all homes

Ashmere were the first care group to receive the Dementia Standard Award from Derbyshire County Council. All of our staff are dementia friends and we have a dementia champion on our team.

Ashmere staff are treated as family and we offer a week's paid induction for all new starters and pay for all DBS checks. We offer ongoing training throughout your employment and are proud to have our own in-house training team.

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