



Hello everyone,

Welcome to our March Carers' Update

Please click on the blue underlined links below or see attached to find out more about the activities etc.

### The Carers Centre LeicesterShire & Rutland Services

We've been chosen for **Green Token Giving** at Asda. Please vote for us today and we could receive £500 from Asda Foundation Community. You can vote every few days so please keep voting as we really need your support. To vote for us, please click [here](#).

Our [website](#) and our social media sites [Facebook](#), [Twitter](#) and [Instagram](#) are being updated regularly with various local and national information and includes information from our partners. However, if you feel that there is something missing or if you would like feedback your views on the website, please do let us know using our 'contact us' link on our website which you can access [here](#).

Our March timetable of activities and groups with a mixture of online and virtual sessions is attached and can also be found on our website on the [What's On](#) page. If you are interested in joining any sessions or groups, please do get in touch by phoning **0116 2510 999** or by emailing us at [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)

We look forward to seeing you or speaking with you soon.

## Courses, Resources, Workshops, Webinars

### [Together We Care Groups](#)

Some of the issues the groups have talked about includes How to look after your health and wellbeing when caring, How to be assertive and have your voice heard, How to access services in health, social care and education, How to get a carer's assessment, How to deal with difficult behaviours and How to deal with issues around food.

### [Leicester Recovery College](#)

Here are the courses that will be available during March which includes Understanding Medications for Mental Health, Understanding a Diagnosis of Psychosis and Schizophrenia and Loneliness: Get Better Connected. Also attached is the Leicestershire Recovery College Prospectus Spring Course Guide.

## Finance

### [Disability Grants News](#)

Welcome to the January 2022 edition of Disability Grants News - a monthly round up of highlights on the Disability Grants website and resources for anyone with a disability, caring for or working with disabled adults or children.

### [Turn2Us](#)

We know that the cost of living is increasing so please use Turn2Us free and easy-to-use Benefits Calculator and Grants Search tools to check what benefits you might be able to claim and what grants you might be able to apply for.

### [MSE](#)

Martin Lewis: With the price cap rising 54%, should you fix or do nothing and stay on it? Watch the latest clip from The Martin Lewis Money Show Live for the MoneySavingExpert.com founder's view on what to do and for an explainer on the new £200 'energy bills rebate.

### [Carers' guide to hospital discharge](#)

Getting our loved-one home from hospital can be challenging. What helps is having a heads up before the event! Mobilise's guide details what 'good' looks like, and five funds for accessing free home care support.

## Health and Wellbeing

### [Living with COVID-19](#)

The Government's response has four principles:

- **Living with COVID-19:** removing domestic restrictions while encouraging safer behaviours through public health advice, in common with longstanding ways of managing most other respiratory illnesses;
- **Protecting people most vulnerable to COVID-19:** vaccination guided by Joint Committee on Vaccination and Immunisation (JCVI) advice, supporting the NHS and social care and deploying targeted testing.
- **Maintaining resilience:** ongoing surveillance, contingency planning and the ability to reintroduce key capabilities such as mass vaccination and testing in an emergency; and
- **Securing innovations and opportunities** from the COVID-19 response, including investment in life sciences

### [Financial Support in Winter for Carers](#)

Keeping up with energy providers going bust and how the situation had been unfolding in the energy market may feel confusing and overwhelming. So to help you Mobilise has produced some great information.

### [Five signs of sensory overload in adults](#)

For those with a sensory processing disorder – or ADHD, PTSD, and autism – sensory overload can be a difficult thing to live with. Here, writer Emma Johnson describes her experience, and shares tips for spotting signs in yourself and others.

### [International Women's Day](#)

Come and celebrate International Women's Day with us in Coalville. We will be on stage as part of the Alive and Kicking event. To find out more or to book a ticket, click on the link above.

## Legal and SEND (Special Educational Needs and Disability)

### [IPSEA](#)

Independent Provider of Special Education Advice (known as IPSEA), is a registered charity offering free and independent legally based information, advice and support to help get the right education for children and young people with all kinds of special educational needs and disabilities (SEND). They also provide training on the SEND legal framework to parents and carers, professionals and other organisations.

## Mental Health

### [Mental health can look different day by day](#)

If you know someone who has been suffering, do not assume everything is ok because they are smiling the next time you see them.

### [The Carers' Guide to Anxiety](#)

Educating yourself about anxiety and learning as much as you can will provide you with the information that you need to understand your role more effectively as a carer.

### [Top tips to improve your mental wellbeing - Every Mind Matters - NHS \(www.nhs.uk\)](#)

There are lots of things we can do to look after our mental health and wellbeing every day – make a start with these 7 top tips on the link above.

## Newsletters

### [Rutland Parent Carer Voice Newsletter](#)

In this issue of the newsletter there is the Chair's update, what RPCV does, keyworker project, RCC SEND staff news and dates for your diary.

### [Cerebra Newsflash](#)

Included in this newsletter is Cerebra's Be Well Checklist, Positive Family Connections, an introduction to Cerebra PhD Student Jessica Mingins, Parent Carer Wellbeing Study and more.

## Views

### [Chai, Coffee & Chat](#)

Join Healthwatch Leicester and Healthwatch Leicestershire to share your experiences of local health and social care services – your voice counts and can make a difference.

### [Care Opinion](#)

Share your experiences of UK health and care services, good or bad and Care Opinion will pass your stories to the right people to make a difference.

#### **Disclaimer:**

Please note that inclusion of information in these bulletins does not imply any endorsement by The Carers Centre LeicesterShire and Rutland and neither are we responsible for the content of external internet sites.

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Jacqui Darlington  
**Communication Officer**



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Please note, I work flexible part time hours therefore if your query is urgent please contact our helpline on 0116 2510999 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)

