

The Carers Centre Update – February 2023

We have a varied and packed Timetable of Groups and Activities in February. We have our regular **‘Together We Care’** self-advocacy and support groups for parent carers and carers of adults. These groups meet in person and/or online in Leicester City, North Leicestershire (Loughborough) and Rutland (Oakham). We are also really excited to be launching a new **Shepshed** ‘Together We Care’ group which will be focusing on wellbeing. Have a look at our timetable to see the wide range of topics covered as well as the partners who are leading sessions this month; including CAMHS & POHWER.

We have the next in our series of workshops for **‘Creative Caring for Dementia Carers Project’** and are welcoming a session leader from Loros. Louise will be explaining the benefits and power of touch and smell when communicating with someone with dementia as well as teaching some of the techniques of hand massage.

Crafty Carers are meeting online again every week and taking part in a range of up-cycling activities such as bead making as well as a session looking at watercolour painting for beginners.

We are really pleased to announce that the **Leicester Museums and Art Gallery** have a series of **Carers Well-being Workshops** coming up, with a **‘Willow Weaving Workshop’** for parent carers and their children/young people taking place during Leicester’s half term week (at Abbey Pumping Station).

For full details, please see our **Monthly Timetable** attached or click [here](#).

If you would like to join any of the groups, activities or events please get in touch by emailing enquiries@thecarerscentre.org.uk or calling **0116 2510999**

The Refreshed Carers Strategy 2022-2025

Support for carers across the city, county and Rutland is outlined in the Joint Carers Strategy Refresh 2022-2025 – Recognising, Valuing and Supporting Carers in Leicester, Leicestershire and Rutland (LLR) which has been developed by Leicestershire County Council, Leicester City Council, Rutland Council and the Integrated Care Board (ICB) across the LLR area. The aim is to help carers to continue in their caring role and maintain their own health and wellbeing. To read the strategy and find more information for carers <https://www.leicestershire.gov.uk/sites/default/files/2023-01/Leicestershire-County-Leicester-City-and-Rutland-Carers-Strategy.pdf>

Carers UK Online Sessions

[Carers Active Hub](#)

Based on insight from Carers UK members, this hub can help you overcome some of the barriers you may experience such as finding the time and motivation to take part in physical activity. It is continually refreshed and updated so check back regularly to see the latest inspiration and ideas. You can pick and choose the areas you wish to explore:

- Health information – Key recommendations and how to get started
- Activity ideas – Inspiration and links to resources to help you find something you enjoy
- Carers' stories – Carers who have been able to overcome barriers to get active
- Expert advice – Insight from health and social care professionals

Courses, Resources, Workshops, Webinars

[Leicester Recovery College Spring Prospectus](#)

The NHS college offering a range of recovery-focused educational courses and resources, for people with lived mental health experience who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their friends, family, carers and any LPT staff.

[HIVE 12 Week Virtual Support Programme](#)

HIVE is a 12-week virtual peer support programme for people who want to make a positive life-change -- to sleep, eat, exercise and relax better. These are the foundations of wellbeing.

[The Stroke Club](#)

The provides the opportunity for stroke sufferers and their carers to meet socially with people in a similar position, enabling them to discuss the many problems encountered following a stroke and ways to best deal with some of the difficulties. To find your nears group please click on the link above.

[Dementia Friendly Guide](#)

This document features information about dementia and a list of services that are available locally within Leicester, Leicestershire and Rutland.

[Dementia Projects](#)

On the link above is a list of new projects for people with Dementia and those that care for them.

Financial

[Discounts for Carers](#)

This is a dedicated service that connects those caring to money-saving discounts at the biggest brands. Regardless of whether you care for a friend, a family member, or you work in the care sector professionally, they believe that you, the individual, deserve more recognition for your hard work. That is why they are committed to connecting you to money-saving deals and discounts. It is their way of saying thank you.

Health and Wellbeing

[Five Top Tips To Making The Most Out Of Your Pharmacy](#)

We are busy and as busy carers let's lighten the load a little and see if our local pharmacy can help us.

[Diabetes healthfest](#)

Click on the link above to find out about diabetes, from getting your feet checked to losing weight, healthy diet and keeping active

Matthew McKenzie's Carer Podcasts Series

1. [Coping through isolation](#)
2. [Dealing with depression as an unpaid carer](#)

3. [Dealing with difficult times](#)

[Lamp – Mental Health Care and Support](#)

Sometimes caring can take a real toll on your own wellbeing and you need to be strong in yourself to be able to care for someone who is suffering. If you're in need of support and need to talk, please don't hesitate to them.

Male Carers

[Organisations Providing Support For Men](#)

Mobilise has started to put together organisation providing support to specifically men who care, as there may be some unseen barriers or subtle differences to how you may feel in accessing mental health support or boosting and maintaining your mental and physical health.

News & Newsletters

[Patient Experience and Involvement Newsletter](#)

Included in this newsletter are various opportunities for involvement, training and development, as well as updates on the thing you have been or may wish to be involved with.

[Oritsé Never Forgot His Early Years As A Young, Unpaid Carer](#)

He meets the next generation of kids who care – in the UK, Uganda and El Salvador. He learns about the challenges these children and teenagers face, but also hears stories of resilience and hope.

SEND

[SEND Glossary of Terms](#)

SENDIASS has collated together a booklet with terms you may come across caring for your children and young people.

Have your Say

[The Carer's Leave Bill](#)

This has now passed its Second Reading and Committee Stage but your support is still needed. We know that many carers face difficulties balancing work and care and that's why it's vital that MPs support this Bill. The link above shows a copy of a template e-mail that can be sent to your MPs.

[Digital First Survey](#)

The use of online services such as NHS 111, electronic repeat prescriptions, telephone appointments and Patient access apps are becoming more common as a way of communicating with patients. Healthwatch wants to know what the benefits and limitations are for you as the patient using online technology. Please fill in our survey and let us know your views.

[Improving Hinckley Community Services](#)

NHS Leicester, Leicestershire and Rutland knows that having more services provided closer to the place that people call home is important. They have some proposals to share with you which would improve some community health services for the local population of Hinckley and surrounding areas. Your feedback will help the local NHS to understand what matters most to you.

[Are you a carer from a BAME \(Black, Asian and/or Ethnic Minority\) Background?](#)

SENSE college has developed training on "research" and delivered it to their students. They want to ask you what you think about the training and if it is relevant to people from minority ethnic backgrounds. Session taking place 1-3pm on Wednesday 8th February 2023

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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Please remember you can request that your details are removed from this mailing list at any time 😊

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)