



**The
Carers
Centre**
Leicestershire & Rutland



Carers Connected

News from The Carers Centre

July 2021

Hello from us all at The Carers Centre.

As we are now well into the summer and approaching further easing of the Covid restrictions, we know that many carers are feeling anxious about what this might all mean for them and the people they support.

If you have any concerns or need advice please do contact us on our helpline or join one of the groups on throughout the month. We will always help wherever we can.

We've got a great programme of activities, groups and sessions going on so do check out our timetable on the back pages for more information and get in touch to join in.

We have now launched our new evening Working Carers Together We Care Group, as well as an additional Counties TWC group for those carers who live in Leicestershire & Rutland.

And don't forget that we are always here to help with any advice or information through our phone or email helpline.

Call us on **0116 2510999** or email
enquiries@thecarerscentre.org.uk

**Together We
Care Groups**

**Could you be a
Volunteer
Mentor?**

**Information
sessions**

**Step up to great
mental health**

**Our Events
Timetables**

Together We Care Groups

Due to the popularity of our **Together We Care Groups**, we have launched 2 new groups to join our existing timetable:

Tues – **Parent carers of children & young people under 25**

Wed – **Counties group for all those caring in L'shire & Rutland**

Friday – **Carers of adults**

Tues/Thurs evenings once a month – **Working Carers Groups**

In the groups, carers share tips with each other for supporting the person they care for and we have focussed sessions where we consider a particular topic that's important to carers.

We also invite speakers to come into the groups to talk about specialist services and provide opportunities for Q&A.

This month our groups will include sessions on:

- **Listening to your Experience of Telephone and Video Hospital Appointments – Event being run by Head of Patient & Community Engagement, University Hospitals of Leicester NHS Trust**
- **Step Up to Great Mental Health: Have Your Say about the Mental health Services of the Future**
- **How to Ask for a Care Assessment for the person You Care For**
- **Assertiveness & Boundaries**



New members are always made very welcome in groups and carers can attend any group they would like to.

Please contact enquiries@thecarerscentre.org.uk for further information or ring 0116 2510999.

Could you be a Volunteer Mentor?

Are you a good listener? *Of course you are.*

Are you experienced in caring? *That's another YES.*

Are you looking to develop your skills and confidence, perhaps towards a new role in the future?

Now, you're talking!

If you have an hour or more each week and want to get into volunteering with our Together We Care groups, please get in touch.

The Carers Centre LLR is currently recruiting Volunteer Mentors, to develop a supportive relationship between themselves and an un-paid carer who is a member of the Carers Centre.

What's in it for you?



- Good quality, ongoing training
- Regular support from The Carers Centre team
- Gain skills in group work, advocacy and mentoring
- Learn where to find information, advice and guidance
- Gain a reference, to take into a future role

This could be just what you need, to feel good about yourself by supporting other carers on their journey, while gaining valuable skills and experience for your next step!

Please ring on 0116 2510999 or email enquiries@thecarerscentre.org.uk and ask for a volunteer role description and details of how to apply. Nadine Wood, our Project & Volunteer Co-Ordinator can answer any questions you may have and talk you through what's on offer.

Information & Training Sessions

Thanks to support from our local partner organisations, we are able to offer a programme of interesting information and training sessions for carers.

All sessions and courses offered aim to cover a range of practical and emotional skills. If you have a request for a training session please let us know.

12th July 11am – Mind Apples

Everyone has heard of the saying 'An apple a day keeps the doctor away'! But what can we do to keep our mind healthy?

19th July 2-3pm – Breathe with ease, relaxation & energy learn techniques on how breathing right can support your health, including fatigue and pain management

26th July, 11am – Gratitude

Richmond Fellowship helps you to learn to stop and appreciate the moment and what you have achieved.



Get on Line and join us

If you wish to join any of the sessions or would like to find out more, please contact us on 0116 2510999 or email enquiries@thecarerscentre.org.uk



If you are unsure or new to using Zoom we can help you to use it. Just contact us and we will talk you through – it really is easy!

Crafty Carers



Thanks to our wonderful community fundraising support we are pleased to be able to continue offering our Crafty Carers programme. Join us on Zoom with your free craft packs that we post to your door and get your creative juices flowing.

Our programme for the month is

- 1st July, 11:00 – Drawing
- 8th July, 11:00 – Quilling
- 22nd July, 11:00 – Flower Pressing
- 29th July, 11:00 – Crafty Natter

Contact Nadine for more details and the Zoom invite on Nadine@thecarerscentre.org.uk or call 0116 2510999



Time For Me

Every **Tuesday at 2pm** we have a programme of games and activities. Join us on Zoom for chats, fun and laughs!

6th July – **Carers Cuppa**: Bring a cuppa and join us for a friendly chat about everything and anything

13th July – **Guess the Film**: Join us for our fun film quiz

20th July – **Higher/Lower!** : Can you guess which way the cards will fall?

27th July – **Hangman**: Guess the word before it's too late.....

Every **Monday** and **Wednesday** evenings at **6:30pm** we are run our popular Games Night, with a host of activities, including bingo, quizzes, and online games.



Carers Caring for Carers: Staying Well Together

We are pleased to announce that we have received agreement from our funders, the Peoples Health Trust, to extend this popular health and wellbeing project.

There's various activities going on throughout the month so why not come along and join in with this friendly and supportive group helping you to Stay Well Together.

We will also be asking carers what other activity sessions they would like to take part in so do let us know your ideas!



Contact Jo on
jo2@thecarerscentre.org.uk
or call 0116 2510999

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East
Midlands



July Activities

Mon 5th

10.45 – 12.00:

Mindfulness with Lance

Wed 21st

10.15 – 12.00

**Drama with Priscilla
Reading a Play together**

Wed 28th

10.45 – 12:00

Chair exercise with Claire

All Carers Caring for Carers sessions are free and currently delivered by Zoom.

If you would like to take part and are unsure about using Zoom, please let us know as we can provide 1-2-1 phone support.



Step up to Great Mental Health



Find out more and
fill in our questionnaire
between 24 May 2021 -
15 August 2021

The public consultation is about mental health services delivered by Leicestershire Partnership NHS Trust.

These plans set out proposals to improve and invest in urgent mental health services for adults and, more planned and routine community based mental health services within Leicester, Leicestershire and Rutland.

This consultation is being led by NHS Leicester City Clinical Commissioning Group (CCG), NHS West Leicestershire CCG and NHS East Leicestershire and Rutland CCG.

This is your chance to find out more about what is being proposed and have your say. Your views will help the local NHS to understand what the changes would mean for you and help them to make a final decision about which services to fund going forward.

Creative writing workshop at The Carers Centre **Thurs 15th July 11-12:30**

Creating individual and group poetry to express your feelings and thoughts about the questions asked within the mental health services consultation

If you wish to find out more about the mental health services consultation please see the main site via the link shown below.

There is a wide range of information with videos, leaflets and details of public events and meetings. Information is available in different languages and easy read formats. You can also take the online survey yourself here.

<https://www.greatmentalhealthlr.nhs.uk/>

Just a Quick Word.....

It's amazing where a throwaway remark can lead.

Like many people during lockdown, I was ticking off the days to my long-delayed hair appointment, desperate to cover up all the grey. After joking to my son and husband, that I may come back with Rainbow hair, I started thinking... As it will soon be Carers Week, why have my hair dyed with Carers Centre colours?



Would anyone sponsor this?

After sending a quick message to Nadine who organises our fundraising pages, and speaking with the hairstylist, it was suddenly 'Go for Launch.'

I am amazed, and truly humbled, at the amount raised to help support Family Carers - £223.79 with Gift Aid. I expected £50....

Thanks go to the following venues, for displaying the promotional flyer: Café 19 Sileby, The Brewery Coffee Shop Sileby, The Bay Tree Cafe Syston, The Royal Oak Public House Cossington, Indigo Hair Design Sileby

Thanks also go to Natalie at Indigo Hair Design Sileby for making this possible, and to anyone who kindly sponsored me.

Most of all, I must thank you, the Family Carers who inspired me.

Linz

The Carers Centre LLR – July 2021: Sessions, Activities & Groups

Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	19 th	2.00 – 3.00	Information & Training	Breathe with Ease for Relaxation and Energy
Monday	19 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	20 th	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Carers Catch Up
Tuesday	20 th	2.00 – 3.00	Time for Me	Higher, Lower Card Game
Wednesday	21 st	10.15 – 12.00	Carers caring for carers: Staying well together	Drama with Priscilla – Reading a Play
Wednesday	21 st	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Assertiveness & Boundaries
Wednesday	21 st	6.30 – 7.30	Time for Me	Games Night
Thursday	22 nd	11.00 – 12.30	Crafty Carers	Flower Pressing Part 2
Thursday	22 nd	1.45 – 3.15	Connecting Carers Book Club	Book to be Agreed
Friday	23 rd	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch Up
Monday	26 th	11.00 -12.00	Information Session	Gratitude Workshop by Richmond Fellowship
Monday	26 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	27 th	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Carers Catch Up
Tuesday	27 th	2.00 – 3.00	Time for Me	Hangman
Wednesday	28 th	10.45– 12.00	Carers caring for carers: Staying well together	Clairobics – Chair Exercise to Music
Wednesday	28 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch Up
Wednesday	28 th	6.30 – 7.30	Time for Me	Games Night
Thursday	29 th	11.00 – 12.30	Crafty Carers	Natter
Friday	30 th	11.00 – 12.30	Together We Care Group Carers of Adults	How To Be More Active



Unit 1, New House
94 New Walk,
Leicester, LE1 7EA
T: 0116 2510999

E: enquiries@thecarerscentre.org.uk
W: www.claspthecarerscentre.org.uk

Carers of Leicestershire Advocacy and Support Project
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Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	17 th	11.00 – 12.30	Information Session	Floristry
Monday	17 th	6.30– 8.30	Time for Me	Games Night
Tuesday	18 th	10.30- 12.00	Together We Care Group: Carers of Under 25's	Carers' Catch-Up
Tuesday	18 th	2.00 – 3.00	Time for Me	Hangman
Wednesday	19 th	10.45 – 12.00	Carers caring for carers: Staying well together	Clairobics – Chair Exercise to Music
Wednesday	19 th	6.30 – 8.30	Time for Me	Games Night
Thursday	20 th	11.00 – 12.30	Crafty Carers	Bird House Designing
Thursday	20 th	1.45 – 3.15	Connecting Carers Book Club	Men Like Gods/Book Recommendations
Friday	21 st	11.00 – 12.30	Together We Care Group Carers of Adults	Information about Benefits
Friday	21 st	6.30 – 8.30	Time for Me	Games Night
Monday	24 th	11.00 – 12.30	Information Session	How to Find Internal Bliss & Optimal External Bloom (Part 2)
Monday	24 th	6.30 – 8.30	Time for Me	Games Night
Tuesday	25 th	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Social Stories
Tuesday	25 th	2.00 – 3.00	Time for Me	Grandma's Shopping
Wednesday	26 th	6.30 – 8.30	Time for Me	Games Night
Thursday	27 th	11.00 – 12.30	Crafty Carers	Natter
Thursday	27 th	1.45 – 3.00	Carers caring for carers: Staying well together	Singalong with Kyle
Friday	28 th	11.00 – 12.30	Together We Care Group Carers of Adults	Carers' Catch-Up
Monday	31 st	6.30 – 8.30	Time for Me	Games Night



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