



Hello everyone,

Welcome to our 2nd May Carers' Update

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](#). This is the last month that you can vote so please help us to receive the maximum we can.

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 May 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

There's lots of fantastic sessions, workshops and groups available for all carers including our new face to face Loughborough sessions, so do check out the timetable or go to the website for more information. All sessions are free and open to any carer from Leicester, Leicestershire and Rutland.

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

**Asking the
same question
over and over again.
over and over again.
over and over again.**

**It's not called
getting old, it's
called getting ill.**
Dementia Action Week
16-22 May 2022



This year's campaign theme is diagnosis.

Carers Respite

Respite Association is a small charity focussed on the needs of long term carers living on limited means, specifically the need for a short period of respite from their caring duties, we do this in two ways:

[Respite Grants](#) to pay for someone to look after the person being cared for so that the carer can have a break, the care can be provided in the home (by a suitably qualified person or organisation) or by a suitable organisation such as a care home or playgroup.

[Respite Holiday Break](#) – a free week long seaside holidays in our two facilities in Cornwall and Wales, bookings for the 2022 season are now open (though most weeks have now been booked), and are provided on a first come first served basis.

Courses, Resources, Workshops, Webinars

[Become a Dementia Friend and Act on Dementia](#)

Free course will be offered in Rutland during Dementia Action Week. See link for more information.



Health and Wellbeing

[Shared Lives](#)

This is where you can go and stay for a few hours, or overnight, or for a holiday, or you can live long term with a Carer and their family in their home

[Young Carers' Top Tips for GPs](#)

This is the first draft of the "Young Carers' Top Tip for GPs" animation from young carers highlighting their top tips for GPs to help identify carers and signpost them for more help and support. Watch this space for the final version.

[LLR Self Harm Service](#)

This is a passionate organisation who works to address and overcome issues related to self-harm and suicide in Leicester, Leicestershire and Rutland.

Legal and SEND

[Local Offer](#)

Partners across Leicester City, Leicestershire and Rutland have created a short animation to help raise awareness of the SEND Local Offer and how it can support those that care for and work with children with Special Educational Needs and Disabilities (SEND). The Local Offer brings together the services, advice and help that's available for children and young people ages 0-25 with special educational needs and disabilities and their families. You can find out more about the Local Offer in Leicestershire and view the video on the link above.

Mental Health

[How to manage your mental health and money following the energy price rise](#)

The cost of living crisis and energy price rise could have a huge impact on our ability to manage finances. If you're feeling worried about your bills increasing, take a look at this guidance.

[Poems about mental health caring](#)

Matthew McKenzie an unpaid carer wrote several poems which can be heard on the above link.

News/Newsletter

[Young Carers](#)

Commercial raising awareness of the 800,000+ young carers in the UK.

[Patient Experience & Involvement Newsletter](#)

This May edition has information on their fortnightly virtual cuppa and catchup, walk and talk sessions, the upcoming virtual involve opportunities, being a Patient Experience volunteer, step up to Great Mental Health workshops and lots more

[Sibling carers, accessible tourism, and more](#)

This issue is packed with interesting articles, personal stories and advice including: AAC - connecting the world around us, Relationship & sex education training, Sibling carers, Bedwetting in young people and more!

[Who stands up for you](#)

As carers, we're often the voice for the person we care for. But who stands up for us or the person we care for, when we're out of steam or overwhelmed? Advocacy might be what we need. Mobilise's new guide explains it all. Including how an advocate can help us, when we might need one, where to find free advice.

Views

[SEND Review: Right support, right place, right time](#)

The government is committed to improving outcomes for children and young people with SEND and those in alternative provision. We want to work with children, young people, parents, carers and those who advocate and work with them, as well as local and national system leaders, to achieve this ambition.



[The Big Learning Disability Survey is open now!](#) 📣

Mencap want people with a learning disability to share their experiences of everyday life and help them understand what matters most to you. The answers will help guide what Mencap campaigns about, the services they offer, and their plans for the future.

[Autism Research](#)

The name of the research is STRATA and it aims to find out whether the medication sertraline is an effective treatment for anxiety in adults with a diagnosis of autism.

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**



**Website:** <https://claspthecarerscentre.org.uk/>

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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)