

Hello everyone,

1st July 2022

Welcome to our July Carers' Update.

[Leicester, Leicestershire and Rutland Carers Strategy Event](#)

In recognising, valuing and supporting carers in there will be an event to have your say on the refreshed Leicester, Leicestershire and Rutland draft Joint Carers Strategy 2022-2025.

Carers UK Online Sessions

[Carers Active Guide](#)

We know that finding the time and motivation to be active can be challenging while you're also juggling all the demands of being a carer. So here is an handy guide to get you started.

[Carers Active Online Sessions](#)

Carers UK's Carers Active's online video sessions are an opportunity for carers and the people they care for to access and enjoy a range of movement or stretching based activities. They include workouts and movement, dance, yoga and Healthathon 2022 sessions.

[Open Book Creative Writing](#)

Join Carers UK for a relaxing, informal 'taster' class with Fiona & Susan from Open Book. Fiona will give a presentation on a piece of art or an artist followed by a group discussion. Susan will then use a blend of images, verbal prompts and poetry to spark the imagination. They hope you enjoy the session, have some fun and untap some hidden talent! Everyone can write and everyone is welcome.

[Peace of Mind Now](#)

Mindfulness offers easy to follow techniques to help find relaxation and some peace of mind whenever there are feelings of stress or worry. When our attention is focused on the present, we become aware of a stable space, where we feel calmer, can see more clearly and make more satisfying choices. Join Mike from Peace of Mind Now for a 90-minute workshop to reinforce your mindfulness.

Courses, Resources, Workshops, Webinars

[Our Monthly Schedule](#)

Our July 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 link above.

[Exciting News!](#)

The Recovery College is very keen to share the fantastic news that they have 2 brand new courses that have been added to the Summer Term! 'Sleep and Wellbeing' and 'Understanding Motivation and Positivity' will be on offer during July, alongside 9 other brilliant courses that we have available during the month.

[Recovery College Prospectus](#)

The Summer Term 2022 Prospectus can be found on the link above.

[Rutland Rotaract Family Support Centre](#)

On the link above is the Family Centre's Summer Holiday activity flyer with activity information and booking links.

Financial

[Family Fund's Initiative Offers Mobility Support To Families Raising Disabled, Or Seriously Ill, Children Under Three](#)

Subject to relevant eligibility criteria, the scheme will give families with very young children, who have complex needs, access to a lease car tailored to their individual mobility requirements.

[Disability-Related Expenses](#)

Many people don't realise that they may be able to get a larger allowance for expenses that are linked to a disability or health condition.

[Financial Support For Carers](#)

This comprehensive guide (built with the input of carers) includes help with the cost of education, healthcare, respite and legal costs.

Health and Wellbeing

[The National Sleep Helpline](#)

Supporting the nation to sleep better are trained advisors available Sunday to Thursday 7-9pm

[Does Your Child Suffer With Sleep Issues?](#)

The National Sleep Helpline may be able to help you

[Respite Breaks For Carers](#)

This factsheet explains what respite may be available to you as a carer.

[Can Befriending Help You Take A Break From Caring?](#)

Befrienders are trained volunteers from organisations or charities who can visit you or have regular phone calls with you to keep us company. On the link above Mobilise explains more.

[Coach Trip to Stratford-Upon-Avon](#)

Leicester Carers has organised a coach trip for carers to Stratford Upon Avon on 6th July. Spaces are limited so you will need to act quickly

[999 BSL](#) – is a new emergency service for Deaf BSL users to contact the emergency services through a British Sign Language (BSL) interpreter. To find out more please watch on the videos above

Legal

[New Laws Will Target Long-Stay Hospitals](#)

New mental health laws will make it harder to detain autistic people and people with a learning disability in long-stay hospitals, according to the UK Government. These will be the first major reforms to the Mental Health Act in four decades. The aim is to reduce the number of people being detained under current laws in England and Wales.

[Disabled Children: A Legal Handbook](#)

This is an accessible guide to the legal rights of disabled children and their families in England.

Mental Health

[30 Affirmations To Create A Sense Of Calm](#)

It can be difficult to find moments of calm and serenity when we're going about our busy lives. Our heads may be full of mental to-do lists that we must keep ticking off, or the demands that others make of us could weigh heavy on our minds.

[Monday Morning Affirmations To Boost Your Week](#)

Do you look forward to the weekend, only to get to Sunday and be filled with dread about starting the week again? On the link above is 20 affirmations that you can save and repeat to yourself to boost your week. So, take your pick, note them down, and go into the new week with confidence.

News & Newsletters

[Top Five Things We Wish We Had Known When We Started Caring](#)

When new to a role there are always things that we are told to do but with caring very often carers are unprepared. Mobilise has collated a list of things that other carers have said that they wish they knew when they began caring.

[Volunteers - Drivers Wanted!](#)

LPT (Leicestershire Partnership Trust) Volunteer Team require Drivers to help to transport patients to appointments around Leicester/Leicestershire and Rutland. If this is of interest, please make direct contact with the LPT Volunteer Team on lpt.voluntarytransport@nhs.net or call: 07392316770

[Latest Healthwatch Enter & View reports](#)

Find out what people told Healthwatch Leicester and Leicestershire during their latest [Enter and View](#) session

[Disability Grants News - Updates and Additions - June 2022](#)

This is 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.

[Parent Carer Wellbeing Newsletter](#)

This is a quarterly newsletter for professionals, services and parents with information, resources and research on parent carer wellbeing.

[Personal Assistant Services](#)

Enrych not only offers Personal Assistant Services but also a range of social activities and their Connect Digital support service which supports individuals to get online.

SEND

[What Does The Transition To Integrated Care Systems Mean For The SEND System?](#)

The move to statutory Integrated Care Systems is based on the principle of integration within the health system and between the health system and other key partners, including local authorities and social care. ICSs will adopt the functions and statutory responsibilities formerly held by Clinical Commissioning Groups (CCGs) but will operate at a substantially larger footprint of around 1-2million population: from 211 CCGs in 2015, to 106 CCGs in 2021, there will now be just 42 ICSs across England.

[Affinity Hub](#)

Emotional support for parents of children with special needs. The aim of the website is to provide a virtual home for parents and carers to realise you are not alone. There are many other families also going through similar experiences and feeling similar complex emotions.

Views

Draft Joint Carers Strategy 2022 - 2025 – [Leicester](#), [Leicestershire](#) and [Rutland](#)

Leicester, Leicestershire and Rutland have produced a joint Carers Strategy to support the development of carers' services and meet the needs of carers across each of their three areas. The current carers strategy is coming to an end and a revised draft Strategy for 2022-2025 has now been published for consultation. There is also the event at Leicester Tigers mentioned above.

[Views And Past Experience Of Your Pregnancy Journey In Leicester, Leicestershire And Rutland](#)

The aim is that all mothers and babies will achieve health outcomes that are as good with the best health outcomes, regardless of their background, where they live, or their income, education, or personal circumstances. It is very important to understand your experience. This will help to plan services to meet the needs of the communities of Leicester, Leicestershire and Rutland. Please let us know your thoughts and experience by clicking on the link above and completing the questionnaire.

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 😊

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**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)