



22nd June 2022

Hello everyone,

Welcome to our 2nd June Carers' Update.

Thank you to all of you who were able participated in Carers Week **Making Caring Visible, Valued and Supported** but we all know that Carers Week is every week for us carers. Please listen to [Carers Week Poem](#) by Matthew McKenzie empowering carers.

Courses, Resources, Workshops, Webinars

[Our Monthly Schedule](#)

Our June 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.

[Gentle Yoga and Relaxation course](#)

Leicestershire Recovery College, Leicestershire Partnership NHS Trust, Adult Mental Health Services are offering spaces on their fantastic Gentle Yoga and Relaxation course. For more details please see the link above.

[Patient Experience and Involvement Newsletter 6/6/2022](#)

Please find below a snapshot of some of the opportunities available in this month's newsletter:

- Do you have experience of a loved one staying on our Dementia wards? Would you be willing to share your experiences?
- Focus group looking at how your care is reviewed
- Volunteers wanted!
- Focus group looking at DIALOG – a Patient Reported Outcome Measure
- Do you want to be part of shaping mental health services in local neighbourhoods?
- Our Health Visiting and School Nursing services are looking to make improvements to their services and would like the help of service users, parents and carers.
- META MONITOR Study Research and Development – PPI Opportunity
- Complaints Peer Review Session
- Are you interested in getting involved with Quality Improvement (QI)?
- Monthly Recovery Cafes
- Dates for the Introduction to Involvement workshop Fridays 24th June and 12th August from 1pm to 2.30pm

[Carers Collective](#)

A space for lived experience carers to come together and find connection and resources to ease isolation, boost wellbeing and encourage empowerment.

[Virtual Cuppa and Chat at the Recovery College](#)

Leicestershire Partnership Trust (LPT) will be hosting a virtual cuppa and chat for their students at the Recovery College – current and prospective! They hope for this to be a rolling session so look out for further 😊

[What type of carer are you?](#)

Mobilise have been working on something new for carers - a way to reach even more carers with support. It's a bit of fun, cunningly hiding an opportunity to access support we might benefit from at the moment.

[Armed Forces Day and Open Air Service](#)

This will be taking place in Leicester on Saturday 25th June.

Financial

[Universal Credit For Young People Receiving Education](#)

The Department for Work and Pensions (DWP) has introduced new rules to make it more difficult for most disabled students to claim Universal Credit. These new rules apply to Universal Credit claims made on or after 15 December 2021. These new rules don't affect students who already get Universal Credit.



Health and Wellbeing

[John's Campaign](#)

This has a single, simple message: no one should enforce disconnection between family carers and those who need their expert knowledge and their love. This principle is applicable everywhere: in the doctor's surgery, the A&E ward, the dementia assessment unit and the care home.

[Four Simple Ways Our Workplace Can Support Unpaid Carers](#)

Being an unpaid carer can be emotionally and physically exhausting, but there are some simple things our colleagues, workplace and boss can do or be aware of, to improve things every day.

[Six ways unpaid carers can access free tech help](#)

AbilityNet's range of FREE services can empower people through technology and hopefully make a positive difference to the lives of unpaid carers.

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

Top tips from young carers for GPs and surgery staff to help identify carers and signpost them for help and support.

[Carers Health and Wellbeing Forum](#)

This is an all inclusive Facebook group for carers of any age and is a safe place to share your caring journey, discuss challenges and achievements and lots more.

Mental Health

[Top Tips for Looking After Yourself](#)

Looking after your own needs is not being selfish because if we don't do this, we will not be able to continue to support the person we care for.

News & Newsletters

[Make Caring Visible, Valued and Supported - Carers Week 2022 Report](#)

The seven charities supporting Carers Week 2022; Carers UK, Age UK, Carers Trust, MND Association, Rethink Mental Illness, Oxfam GB and The Lewy Body Society are calling for a recovery and respite plan dedicated to the needs of carers including: specific investment in their mental health support, carers leave a priority, help with food and energy costs and ahead of the winter, prioritisation in the vaccination programme.

[Breaking The Cycle - The Economic Cost Of Poor Parental Mental Health](#)

We have a growing mental health crisis in the UK. One in six of all adults in England have a common mental disorder, up from around one in seven in the early 1990s.

[Healthwatch Rutland Newsletter](#)

Healthwatch Rutland is here to find out matters to you and to help make sure your views shape the support you need.

[Know anyone 16 and over, feeling anxious, low or depressed?](#)

VitaMinds can help! They offer a range of talking therapies including CBT, SilverCloud, Counselling,

SEND

[Local Offer Animation](#)

The Local Offer gives children and young people with special educational needs or disabilities (SEND) and their families information about help and services in Leicester, Leicestershire and Rutland.

[The SEND Green Paper: NNPCF briefing – National Network of Parent Carer Forums C.I.C](#)

The NNPCF co-chairs, Tina Emery and Mrunal Sisodia held a briefing on the contents of the long-awaited SEND and Alternative Provision Green Paper consultation for parent carer forums on 23 May. More details of which are on the link above.



Views

[LLR Carers Strategy Consultation](#)

On the link above is the Leicester, Leicestershire and Rutland Carers Strategy Consultation event.

[A Recovery and Respite Plan for Unpaid Carers](#)

Carers Week 2022 comes following an extraordinary two and a half years for unpaid carers, who have faced unprecedented pressures throughout the pandemic. Please join Carers Week in calling on the government to develop a Recovery and Respite Plan for unpaid carers, to ensure all carers get the support they need.

[SEND Review Survey](#)

This survey is for ALL parent carers of a child or young person (birth-25) with special educational needs and/or a disability (SEND). The survey should take 10-15 minutes to complete. If you have more than one child with SEND, please complete the survey only once. The survey will close on 30th June 2022.

[Opportunity for people with learning disabilities and autism to share experiences of health and social care](#)

These experiences can include any hospital or GP appointments, visits to the dentist, taking or being prescribed medication, or talking to any healthcare professionals about health conditions.

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**



The Carers Centre  
LEICESTERSHIRE & RUTLAND  
*at the heart of caring*

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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)