

At The Carers Centre in October

We are pleased to announce that we have some exciting new projects starting this autumn including;

- a ‘Carer’s Wellbeing Café’ in Loughborough,
- a new ‘Together We Care group’ in Rutland, and
- a ‘Creative Communication Project for Dementia Carer’s’ - at various venues across Leicester, Leicestershire & Rutland.

We are in the process of confirming all the details and will share more information very soon so watch this space! However if you would like to know more and/or register for any of these new projects (or any of our ongoing groups) please do get in touch on our normal contact details.

But in the meantime, we have some great sessions planned for October that are open to all carers looking after someone in Leicester, Leicestershire & Rutland:

- **Tuesday 4th October (10-11:30) - ‘Together We Care’** group for parent carers of U25’s We have the second training session on **Sensory Processing Difficulties for Children and Young People with Autism** delivered by a member of the Learning Communication & Interaction Team within the SEND Support Service at Leicester City Council.
- **Friday 28th October (11-12.30) - ‘Together We Care’** group for Carers of Adults is providing the third in a series of four workshops, delivered by LOROS and exploring palliative and end of life care. This session is titled **‘Exploring fears and uncertainties.’** and will be focusing on fears and anxieties regarding the future, management and reflection ideas, the importance of self-care and understanding grief’. The session is open to any carer and will be held at Quakers Hs Meeting in Leicester.
- **Thursday 6th October (11-12:30) - Creative Writing for Libraries Week** at Leicester Central Library in Bishop Street - Would you like the chance to get together with other carers to learn more about 'The Carers Centre Poetry Pharmacy' and have the chance to use creative writing to reflect on your experience of caring for a family member, loved one or friend as well as writing poems which can be shared with other carers who are experiencing difficult emotions such as stress, loss, depression.



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 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. The video sessions below are replays of live Carers Active Share and Learn sessions and can be viewed at any time. You don’t need any special equipment and you can do the sessions from the comfort of your home, at any time that suits you.

Courses, Resources, Workshops, Webinars

[Our Monthly Schedule](#)

Our October timetable of activities and groups with a mixture of in person and online sessions is attached and can also be found on our website on the link above.

[October Online!- Upcoming Leicestershire Recovery College Courses](#)

The Autumn Term is moving along fast but there is still time to book on to our upcoming courses. If you or your service users are interested in any of the courses we have on offer during October please telephone; 0116 295 1196 or email; LPT.RecoveryCollege@NHS.Net.

[Leicestershire Recovery College Prospectus Autumn Course Guide](#)

The College is offering people a range of courses designed to contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and talents in order to become experts in their own self care, make informed choices and achieve the things they want to in life.

[World Mental Health Day](#)

There will be an event taking place at Loughborough Wellbeing Centre in Loughborough where you could take part in a sponsored activity. We will be there so please do come along and see us.

[Village Roadshow Goes to Ketton](#)

There is a lot of support and volunteer opportunities available in Rutland and on Friday 7th October in Ketton Library there will be several of the organisations offering support available for you to speak to.

Financial

[Financial Support in Winter for Carers](#)

This guide has various ways to support you during the winter months as the fuel price continues to rise.

[Help for Households](#)

Countries around the world are facing rising goods and energy prices, inflation and cost of living pressures after the pandemic and Putin's invasion of Ukraine. We know people are worried so the government is offering help for households. See what cost of living support you could be eligible for.

Health and Wellbeing

[How does the NHS in England work and how is it changing? | The King's Fund](#)

What are the key organisations that make up the NHS? And how can they collaborate with partners in the health and care system to deliver joined-up care? Watch this animation to find out.

[Dare to Dream](#)

In this special issue by Happiful, they have putting a spotlight on slumber – from five top tips to stop snoring in its tracks, to scientifically-proven, natural ways to help you nod off.

[Free MP3's with music of your choice for those with dementia](#)

AT A LOSS ?? Shortly they will have over 300 MP3s to give away to over 300 individuals with dementia in the UK for FREE, yes ABSOLUTELY FREE, with their very own favourite music already preloaded onto it picked by the person living with dementia or a loved one, we even pay the postage. All you have to do is email norrms@gmail.com (Two rr`s in norrms or he won't get it) for info PLEASE HURRY we can't do this forever !!!

[Better Off Leicester](#)

For people living in Leicester City there is now a new interactive website that may be able to help carers with the current cost of living crisis. There is information and advice available about benefits, debt, jobs, training and much more and is available in all languages. Click the link above to access the site.

[Coronavirus Booster Vaccine For Unpaid Carers](#)

Unpaid carers are now able book their vaccination via the National Booking System to ensure they receive their booster jab. They will be able to self-identify via the National Booking System when booking their vaccination. Whilst young carers are not specifically eligible for a booster vaccine, people aged 5 and above who are household contacts of people with immunosuppression are eligible, and this should mean many young carers do receive the autumn booster vaccine. The national booking system can be accessed on the above link. Eligible unpaid carers can also receive their flu vaccine. Unpaid carers should be contacted by their GP surgery to book this. If a carer is concerned they are not registered with their GP as a carer, they should contact them directly.

Legal

[Free Legal Talks with M2M Community Solicitors LLP – October 2022](#)

On this link there is an email from Maria at M2M Community Solicitors LLP with invitation links to Lasting Powers of Attorney, Court of Protection, Wills and Probate.

Mental Health

[How to spot the early warning signs of SAD](#)

Does your mood drop when the weather makes a seasonal shift? Sometimes called ‘winter blues’, seasonal affective disorder (SAD) is categorised as a drop in mood and energy prompted by darker, winter weather. For some, it’s mild, while for others it can lead to depression, anxiety, sleeplessness, and low self-esteem. Find out how to spot the early warning signs, so that you can take action.

News & Newsletters

[The helpful guide for families with disabled children](#)

This is a free guide from Contact for Families with Disabled Children is an all-in-one book with all the information and help you need to enjoy family life.

[Age UK Leicester Shire & Rutland provides a range of activities for older people across Rutland](#)

Included in this newsletter is information about befriending, warm and wise, digital champions, joining forces, men/women in sheds, last orders, the Uppingham shop, dementia support service and various groups.

[Useful apps to help us stay on top of medication, finances and slot in some 'me-time' during a busy week](#)

Mobilise has created a list of the best apps for busy carers - from those that simplify your schedule to others that offer five-minutes of blissfully uninterrupted ‘me’ time.

Please Vote For Us

[Tesco’s Community Voting Scheme](#)

We are delighted to announce that Tesco Community Grants Scheme will be fundraising for The Carers Centre’s Crafty Carers group and will be put forward to a customer vote in Tesco stores. Voting will commence in store from first week of October 2022 and continue until Mid-January 2023. Stores that will be involved in this are spread out across Leicester, so if you are shopping in any Tesco stores please do look out for the scheme and remember to vote for us!

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## Message from The Carers Centre, Chair of Trustees: Clive Langley

As you will know from the news, the devastating war in Ukraine has affected a large number of vulnerable people in that country. We have been liaising closely with local refugee groups in Leicester in order to see what we can do to assist. I personally have been to Poland 3 times already this year to assist refugees with future trips planned and we have been helping them get relocated. The vast majority of the refugees are women with young children and the elderly. The Ukraine government requires all men between 16 and 60 to remain in the country and enlist in the armed forces.

We have had a request from the Ukraine Refugee Centre at 2 Fosse Road South in Leicester for donations . What they are looking for is the following;

- Walking frames and walking sticks
- Crutches
- Wheelchairs
- Clothing (adult and children)
- Medical supplies and first aid kits
- Hygiene kits
- Food
- Spectacles
- Shoes

The refugee centre is sending these goods into Ukraine on a regular basis and are also making items available to refugees who have moved to Leicestershire. They are open to receive donations on Friday evenings from 7pm to 10pm at the above address.

**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://claspthe carerscentre.org.uk/>

Facebook: <https://www.facebook.com/TheCarersCentreLLR>

Twitter: <https://twitter.com/CLASPCarersLLR>

Instagram: https://www.instagram.com/the_carers_centre_llr/

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