



## At The Carers Centre LLR

We are pleased to report that the new carer groups launched in November, have proved popular and we now have a weekly 'Rutland Together We Care' group running every Wednesday afternoon in Oakham. So far, the group have got to know each other, talked about Carers Rights Day 2022 and considered what is the cost of caring for carers. In December we will be having speakers talking about: Social Prescribing & Long Term Disabilities and Benefits.

We also launched the new 'Creative Caring for Dementia Carers' project with many carers meeting us for the first time in Leicester City, Loughborough and Rutland. Follow on workshops will take place at various venues across Leicester, Leicestershire & Rutland in the coming months.

If you are interested in joining either of these projects, please do get in touch.

Along with the new projects above we have some great sessions planned for December that are open to all carers looking after someone in Leicester, Leicestershire & Rutland which you can see on our monthly timetable attached.

As this will be our last Carers Update for 2022, we the team at The Carers Centre LeicesterShire & Rutland would like to wish you all the best for the upcoming festive season.

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## Carers UK Online Sessions

### [Carers Active Guide](#)

We know that finding the time and motivation to be active can be challenging while you are also juggling all the demands of being a carer. So here is a 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 do not 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 December 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.

### [Income maximisation and grants - Monday 5 December, 4-5.30pm](#)

Knowing what financial support is out there for carers can be tricky and confusing. This session is aimed at supporting you through the cost-of-living crisis, we will be focusing specifically on maximising your household income and types of grants available to carers.

### [Are you a professional working with young people in Leicester City?](#)

If yes, you may be working with a Young Carer see flyer on the link above for more information

### [Pepper's - A Safe Place Activity Sessions](#)

Pepper's drop-in sessions in Melton and Oakham are open to all adults, pop in for a free tea or coffee with great company. They also have a great range of activities on offer, many are listed on the link above.

### [Recovery College Spring Term 2023 Prospectus is here!](#)

LPT Recovery College is very excited to share their Spring Term 2023 Prospectus with you. They have several new and returning courses for 2023.

## Financial

### [How to save on the weekly shop](#)

Some carers have shared their tips for making meals go further and getting bargains on everything from food to cleaning products to incontinence supplies.

### [Disability Grants for Children and Adults](#)

Searching for extra funds takes time - in between work, hospital appointments, caring, therapies and the hundred and one other things we all have to juggle every day! This is why Disability Grants is here to help you, your family or anyone you are supporting with a disability.

### **Cost of Living**

All three local authorities are working towards helping those in their county through this financial difficult time. To find out more please click on your local authority.

- [Leicester](#)
- [Leicestershire](#)
- [Rutland](#)

## Health and Wellbeing

### [Let's Get Resourceful](#)

On the link above you will find some practical ways to manage increased cost of living SHOP, COOK AND EAT SMART FREE 2-hour tutor led workshops in community locations across the city.

### [Finding The Right Care](#)

For free and independent advice to service users and their families about finding the right care home and/or arranging care in their own homes click on the link above

### [Find a warm welcome space](#)

As the cost-of-living crisis deepens this winter, various places will be acting as 'warm spaces' where people are welcome to gather and spend time in the warm without having to put on their heating at home. This website aims to log buildings up and down the country where people can go to keep warm during the energy crisis.

### [Reducing Parental Conflict](#)

Centre for Fun and Families is launching new programme - Reducing Parental Conflict which aims to Support Parents/Carers within Leicester and Leicestershire, Assist Parents/co-parents experiencing on going, unresolved tensions within their relationships, which may be impacting on their child/ren and help develop a better understanding of conflict and how to bring about and maintain positive changes.

### [How to identify and support unpaid carers - Letter to General Practitioners](#)

On the link above is a letter sent from NHS England to all GP surgeries with guidance produced by primary care practitioners, to support unpaid carers.

### [Hospital discharge and community support guidance](#)

This guidance sets out how NHS bodies (including commissioning bodies, NHS trusts and NHS foundation trusts) and local authorities can plan and deliver hospital discharge and recovery services from acute and community hospital settings that are affordable within existing budgets available to NHS commissioners and local authorities.

### [Souper Space](#)

Root and Branch Out CIC is offering a warm and friendly welcome and a free bowl of nourishing soup at Uppingham Town Hall 1pm to 3pm Fridays.

### [Get In The Know](#)

People in Leicester, Leicestershire and Rutland are being encouraged to 'Get in the know' about the right services to use for their healthcare needs, as part of a new local NHS campaign launched. The campaign aims to support local people to get the right care as quickly as possible, by raising awareness of the services to use when they are unwell or injured through a new and informative website.

## **Mental Health**

### [Five ways to mental wellbeing](#)

As carers, it can be tough for us to maintain good mental health and we know that maintaining good mental health is as important as physical health.

### [What are the 'five fs' of stress and how can we tackle them?](#)

While most of us are familiar with the terms fight and flight – the responses when faced with danger, preparing you for action – there are actually five 'fs': fight, flight, freeze, flop, and fawn.

### [Pepper's - A Safe Place](#)

Is free with no agenda and no pressure. Just an opportunity to meet a friendly face, take some time out to improve your mental health and look after your mind. They have two centres, one in the heart of Melton Mowbray and the other centrally located on Oakham High Street.

## **News & Newsletters**

### [State of Caring Report 2022 Is Now Published](#)

This report contains a snapshot of carers' experiences in 2022, capturing the impact that caring has on carers' lives and evidencing the policy recommendations that would improve this.

### [Carers Rights Day 2022 report](#)

Carers UK have released a new research report to mark Carers Rights Day which is very interesting, and the figures are, as ever, shocking.

### [Press release](#)

NHS backlog and shortage of care the 'perfect storm' for unpaid carer breakdown this winter, Carers UK warns in their press release about the State of Caring Report 2022.

### [Disability Grants News](#)

On the link above is 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.

### [Aspire Newsletter](#)

Leicestershire Recovery College really enjoyed producing this newsletter in which you will find News, courses, peer support, self care corner, journal practice, recipe for a budget and lots more.

## **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!

## Views

### [Proposed MH Ambulance patient/carer survey](#)

Leicestershire Partnership NHS Trust and partners across Leicester, Leicestershire and Rutland are in the early stages of planning a new proposed service and receiving feedback will support and shape the direction of this.

### [Dementia Friendly Days Out Survey](#)

Mind for You are looking to create a tool that is truly beneficial and useful to the community on Dementia Friendly Days Out but need your help to ensure that what is created is truly beneficial and useful to the community. Can you take a few minutes to complete the survey on the link above please.

### [Share Your Experiences of Covid-19](#)

Healthwatch Leicester and Leicestershire are seeking the views of those from ethnic minority backgrounds in Leicester and Leicestershire in relation to Covid-19.

### [Home Care Consultation](#)

Leicester City is currently reviewing the way they provide care to people in their homes so that they can recommission services based on the outcome of this review. They would like to hear from anyone in Leicester who receives home care, or anyone who looks after someone who receives home care. The survey should take around five minutes to complete and will close on 9 December.

#### **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>

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**Instagram:** [https://www.instagram.com/the\\_carers\\_centre\\_llr/](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](mailto:enquiries@thecarerscentre.org.uk)