



**The
Carers
Centre**

Leicestershire & Rutland



Carers Connected

News from The Carers Centre

*September
2021*

**Welcome
to...**

**NGS Carers
Garden Visit**

Crafty Carers

**Spotlight on
HealthWatch**

**Groups, Sessions
& Activities**

“Hello from us all at The Carers Centre!”

This month, despite the somewhat changeable weather, we were very pleased to be able to meet up in person with carers who attend some of our groups.

Read about our NGS garden visit and Crafty Carers workshop at Leicester Museum on the following pages and we hope that we will be able to offer more in person sessions across our groups and projects very soon.

We are also hoping to finally be able to offer appointment support services at our new premises on New Walk. Unfortunately we have had a number of issues since moving into the building but these are soon to be sorted and we look forward to welcoming you.

There's a few welcomes to the newest members of our team, all of whom have fitted in brilliantly and are already working hard to support carers.

And don't forget that we are always here to help with any advice or information through our helpline. If we can't answer please leave a message and we'll call you back as soon as possible.

Call us on **0116 2510999** or email
enquiries@thecarerscentre.org.uk

NGS Garden Trip

Visit to Mountain Ash in Newton Linford

As part of the celebrations for the 25 years of partnership working between Carers Trust and NGS we were fortunate to enjoy a day out at a local private garden. Our group included carers, staff and volunteers and we were welcomed by the garden owners Mike & Liz who also laid on a wonderful spread of cakes and teas!

Thanks to funding from the Carers Trust we were able to offer transport so that everyone could travel safely and the weather even stayed dry. A beautiful garden and so lovely to actually see people in person!



"I would like to thank each and everyone for making my trip so special I feel great about it. I was very worried if I would be able to do it because of shielding for so long but I had my me time"

"It was good.. to meet everybody"

"The visit went so beautifully. It was lovely to meet in person in a beautiful place and I am so thankful for the carers centre to arrange such a beautiful visit"

"We can't thank enough for all of you for arranging the visit, the owners for welcoming us in the their heavenly beautiful gardens and delicious cakes and tea. It was such a lovely experience, to see all of you personally, the beautiful garden and the company....we enjoyed it all. Thank you so much to all of you for giving all of us a lovely time. Please pass on our heartiest Thank you to the owners of the garden.

We appreciate their warm hospitality. Hope we have more experiences like this in future."

**CARERS
TRUST**

ngs gardens open
for charity

Step Up to Great Mental Health - consultation

A big thank you to all the carers who participated in the



Step up to Great Mental Health

Consultation which took place across Leicester, Leicestershire and Rutland to ensure that future mental health services meet the needs of service users and their carers.

It was great to hear so many of your views via the one-to-one interviews and also the discussions which took part within the Together We Care Groups.

The consultation has now ended; once the feedback has been analysed, it will be presented to the Clinical Commissioning Groups who will then call a public meeting to discuss the outcome and next steps.

The Carers Centre is regularly asked by public bodies for carers' opinions on changes to services etc and we see an important part of our role being to work towards services becoming as carer friendly as possible.

We are aware that carers are already very busy people though so, whilst we recognise it is important carers' views are heard, we also try not to bombard you with too many consultations.

We also held a creative writing session where carers discussed and wrote about their mental health – here's just one wonderful example:

Carers

Carers are the real torch bearers

Clap to this rap

As we've put up with it all together we stand tall even when we feel small

Clap to this rap

*There is no help on an app
With our heads held high we get by
There's no time to improvise
Not a moment goes by within a glimpse of an eye*

Carers are the real torch bearers

We are hoping in the future to set up a separate group for carers who would like to influence policy and planning. If this is something you would like to get involved in, please let us know by contacting enquiries@thecarerscentre.org.uk or calling us on 0116 2510999.

Welcome to....



Hello everyone

My name is Carol Hill and I am the Carer Services Manager here at The Carers Centre. Well, what a busy couple of months with no two days being the same! Getting to know the staff and their roles was first on my long “to do” list, closely followed by attending all of our wonderful group sessions for carers. Meeting up on zoom with carers and volunteers individually was next and a big thank you to everyone who has made me feel so welcome.

I am now working on getting a new database ready for staff to use and looking at all the policies and procedure updates for the charity – there is a lot that goes on behind the scenes! The garden visit was a great success, and it was so nice to finally meet some carers in person.

I look forward to meeting more of you in the near future.

Don't forget if you would like some information on the groups than we run please do get in contact ,we will be very pleased to hear from you.

Carol

Welcome to

Hello my name is Anita and I am the new part-time Advice and Advocacy Worker at the Carers Centre.

I started this new role in late June 2021 and am delighted to be a part of such a fantastic, dedicated team. We are all like-minded individuals who share a common goal, namely to empower carers and work with empathy, compassion, and respect. These guiding principles inform my specific job which is to provide information and support to carers in LeicesterShire and Rutland on a whole host of issues.

Advice on benefits, making grant applications, or finding suitable activities for carers are just a few ways I hope to help make the caring role easier.

We understand how challenging a carers role can be. So, my remit includes providing initial intervention and additional assistance to ensure carers views or voice are heard. Sometimes this can mean making a phone call on someone's behalf, explaining a decision-making process or simply signposting on to an appropriate service.

Either way we are committed to provide the best service to those most in need.

Anita

Hello, my name is Jacqui Darlington, and I am the newly appointed Communications Officer for The Carers Centre LeicesterShire and Rutland.

My role includes building and maintaining The Carers Centre LeicesterShire and Rutland's new website and promoting services and events via The Carers Centre LeicesterShire and Rutland's social media sites – Facebook, Twitter and Instagram.

However, my priority is to get the website up and running and for this I need your help. I would really be grateful if you could please let me know the types of things that you would like to be included on the website that other carers may find useful too by emailing enquiries@thecarerscentre.org.uk

Jacqui



A Spotlight on.....

HealthWatch across LLR

We are here to make health and care better.

We are the independent champion for people who use health and social care services in Leicester and Leicestershire.

We're here to find out what matters to people and help make sure your views shape the support you need, by sharing these views with those who have the power to make change happen.

We help people find the information they need about services in their area. This has been vital during the pandemic with the ever-changing environment and restrictions limiting people's access to health and social care services



Healthwatch Rutland is your local health and social care champion. From Essendine to Uppingham and everywhere in between, we make sure NHS leaders and other decision makers hear your voice and use your feedback to improve care.

We provide an opportunity for local people to have a powerful voice on the health and social care services they use. Through our network of committed volunteers, and good relations with existing voluntary and community groups, we work to listen to what local people think about the services they use and then work with providers to change and improve them.

We help people get the best out of their local health and social care services, whether it's improving them today or helping to shape them for tomorrow.



Crafty Carers



Join us on Zoom with your free craft packs that we post to your door, and get your creative juices flowing.

Every Thursday at 11am

Our programme for the month is:

9th Sept – Join us for our monthly drawing session

16th Sept – Got a birthday coming up or thinking about Christmas, come and make your own cards

23rd Sept – Don't worry if you missed last month's diamond painting, we're doing it again today!

30th Sept – Come for a natter and a chance to finish off some crafts you've started



Time For Me

Every **Tuesday at 2pm** we have a programme of games and activities. Join us on Zoom for chats, fun and laughs!

7th Sept – Join us for our relaxed Carers Cuppa and chat

14th Sept – Come and test your music knowledge with our fun quiz

21st Sept – This week we will be having a mystery games session

28th Sept – You don't have to be good at drawing to win this quiz, just bring pencil and paper

Every **Monday** and **Wednesday** evenings at **6:30pm** we run our popular Games Night, with a host of activities, including bingo, quizzes, and online games.





'Found' Art & Craft Workshop At Leicester Museum

The Crafty Carers group was invited to New Walk Museum to work with Rachel Grevatte, a Leicestershire based artist.

Rachel is creating the 'Found' tree, which will be covered in around 30 colourful collaged birds, the birds will be inspired by the museum's collections and some of the stories of Leicester's residents. Each bird's plumage will be a collage of found papers which reflect the participants past memories and/or current lives.

The group bought papers with them that meant something to them, and Rachel demonstrated how copies of their papers can be painted and printed with colour and texture using acrylic inks, paint and pen. They all had a go at a range of techniques such as wax resist, printing with balloons, feathers and other found objects as well as painting with different implements such as string and spray bottles.

Phil said *"We had fun, trying new art techniques and meeting people we hadn't seen in a long time. We finally got to meet face to face!"*

The whole group are very excited to be invited back to see the finished artwork on display at the museum in the autumn.



Carers Caring for Carers: Staying Well Together

Thanks to continued funding from the People Health Trust, we are now able to offer two new and exciting relaxation activities.

We have had our first **Poetry and Creative writing** session with tutor Nirmala. Nirmala encouraged participants to let their words flow and not worry about rhyming or making sense. Our carers poems were amazing!

Tai Chi starts in September, a gentle exercise that tutor Claire says can help with balance, agility, flexibility and stress. Can be done sitting or standing. Claire always makes the sessions relaxing and enjoyable.

Our other activities that are continuing are mindfulness, chair exercise and play reading Drama Group. Our play reading Drama group, **The Quirky Players** would love new members to join us.

If you would like to join in any of the sessions or want more details, please email jo2@thecarerscentre.org.uk or let any staff member know by calling **0116 2510999**.

September Activities

Mon 20th 10.45 – 12:
Mindfulness with Lance

Mon 6th 10.45 – 12:
Chairobics exercise with
Claire

Mon 13th 10.45 – 12:
Poetry & Creative Writing
with Nirmala

Wed 22nd 10.15 – 12:
Drama with Priscilla.
Reading a Play together

Mon 27th 10.45 - 12
Tai Chi with Claire

All 'Carers Caring for Carers' sessions are free and currently delivered by Zoom. If you would like to take part and are unsure about using Zoom, please let us know as we can provide 1-2-1 phone support.

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East
Midlands



Fundraising for Carer Services

We have some exciting competitions coming up in September with great prizes!

1st September have a go at coming up with the funniest caption for the Photo shown. Only £1 to enter and you could win a John Lewis voucher!



12th September you can enter our guess the celebrity competition and win a M&S voucher. Only £1 per entry.



Any entry fees and donations can be made by emailing:
Nadine@thecarerscentre.org.uk

ASDA Bucket Collection

On the 4th September our fundraising team will be at ASDA Fosse Park, between 10 - 4, doing a tin collection. If you are in the area, why not pop by and say hi, and have a chat – it'd be great to see you!



Sponsored Back & Chest Wax!

OUCH

Our amazing volunteer, Andy, is doing a sponsored back and chest wax on the 18th September. He has already raised over £500 but would love to raise even more!

If you would like to sponsor Andy, contact Nadine on nadine@thecarerscentre.org.uk

The Carers Centre LLR – September 2021: Sessions, Activities & Groups

Day	Date	Time	Session/Activity/Project	Theme/Title
Wednesday	1 st	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Dementia Awareness
Thursday	2 nd	1.45 – 3.15	Connecting Carers Book Club	Book: Alan Carr: 'Look Who It Is'
Friday	3 rd	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up/ Information About Dementia Cafes
Monday	6 th	10.45 – 12.00	Carers caring for carers: Staying well together	Chairobics (Chair Exercise to Music)
Monday	6 th	6.30 – 8.30	Time for Me	Games Night
Tuesday	7 th	10.30 – 12.00	Together We Care Group: Parent/Carers of Under 25's	Information About the Speech and Language Therapy Service
Tuesday	7 th	7.00 – 8.30	Together We Care Group Working Carers (Adults)	Topic - TBC
Tuesday	7 th	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	8 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch-Up
Wednesday	8 th	6.30 – 7.30	Time for Me	Games Night
Thursday	9 th	11.00 – 12.30	Crafty Carers	Drawing
Thursday	9 th	1.45 – 3.15	Connecting Carers Book Club	Book - TBC
Friday	10 th	11.00 – 12.30	Together We Care Group Carers of Adults	Guest Speaker – Rubina Chand from Leicester City Clinical Commissioning Group
Monday	13 th	10.45 – 12.15	Carers caring for carers: Staying well together	Poetry/Creative Writing
Monday	13 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	14 th	10.30- 12.00	Together We Care Group: Parent/Carers of Under 25's	Carers Catch-Up
Tuesday	14 th	2.00 – 3.00	Time for Me	Music Quiz
Wednesday	15 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Emergency Planning
Wednesday	15 th	6.30 – 7.30	Time for Me	Games Night
Thursday	16 th	11.00 – 12.30	Crafty Carers	Card Making
Thursday	16 th	1.45 – 3.15	Connecting Carers Book Club	Book - TBC
Thursday	16 th	7.00 – 8.30pm	Together We Care Group: Working Parent/Carers of Under 25's	Support for Carers and Grants
Friday	17 th	11.00 – 12.30	Together We Care Group Carers of Adults	Recognising Your Skills



Affiliated to
CARERS UK
the voice of carers

A Network Partner of

CARERS TRUST

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Carers of Leicestershire Advocacy and Support Project

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Monday	20 th	6.30 – 7.30	Time for Me	Games Night
Monday	20 th	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Tuesday	21 st	10.30 – 12.00	Together We Care Group: Parent/Carers of Under 25's	Pilot Scheme to Use Rix Wiki: A Digital Communication Tool for SEN Children Guest Speakers: Lindsey Richardson and Janice Richardson from CCG
Tuesday	21 st	2.00 – 3.00	Time for Me	Surprise Games
Wednesday	22 nd	10.15 – 12.00	Carers caring for carers: Staying well together	Drama with Priscilla
Wednesday	22 nd	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch-Up
Wednesday	22 nd	6.30 – 7.30	Time for Me	Games Night
Thursday	23 rd	11.00 – 12.30	Crafty Carers	Diamond Painting (Part 2)
Thursday	23 rd	1.45 – 3.00	Connecting Carers Book Club	Book - TBC
Friday	24 th	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up
Monday	27 th	10.45 – 12.00	Carers caring for carers: Staying well together	Tai Chi
Monday	27 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	28 th	10.30 – 12.00	Together We Care Group: Parent/Carers of Under 25's	Carers Catch-Up
Tuesday	28 th	2.00 – 3.00	Time for Me	Drawing Quiz
Wednesday	29 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Stress Awareness
Wednesday	29 th	6.30 – 7.30	Time for Me	Games Night
Thursday	30 th	11.00 – 12.30	Crafty Carers	Natter
Thursday	30 th	1.45 – 3.00	Connecting Carers Book Club	Book: TBC



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