

At The Carers Centre

We can now confirm the projects launching in November are :-

- a new ‘Together We Care group’ in Rutland, and
- a new project for dementia carers ‘Creative Caring for Dementia Carers’ - at various venues across Leicester, Leicestershire & Rutland.

All sessions are led by Carers Centre Workers with regular support from professionals from other organisations.

Together We Care Rutland

Do you look after a partner, family member, child or friend who could not cope without you? If the answer is yes, or even maybe and you live in Rutland, then The Carers Centre would like to invite you to the launch of our new face to face Rutland Together We Care Group on Wednesday 9th November from 1:00-2:30 in Oakham.

This group will give you the opportunity to:

- Meet other carers/parent carers to share experiences and ideas
- Find out about your rights and entitlements as an unpaid carer
- Gain skills to help you get the services you need for you and the person you care for
- Understand how to manage stress, cope with difficult situations and look after your well-being
- Help to make decisions about services for carers

If you are interested in attending the launch, or would like to find out more, please click on the link above or contact us.

Creative Caring for Dementia Carers face-to-face sessions in Leicester City, Loughborough and Oakham

Do you care for someone with memory loss or dementia (with or without a diagnosis)? Would you like to learn more creative ways to communicate with them? Our exciting new Creative Caring for Dementia Carers project will offer you a safe and supportive space where you can:

- Talk freely about the challenges and experience of caring for someone with dementia
- Explore techniques for self-care
- Learn more about how dementia and memory loss can affect communication
- Learn new, creative ways to communicate such as using music, memory boxes, poetry, singing, crafts and sensory methods such as hand massage
- Develop the skills to give you more confidence to speak up in meetings with professionals
- Get information to help you understand and plan for the financial impact of caring for someone with dementia
- Take part in at least two trips to dementia friendly venues with the person you care for

If you are interested in attending the launch, or would like to find out more, please click on the link above or contact us.

We also have some great sessions planned for November that are open to all carers looking after someone in Leicester, Leicestershire & Rutland which you can see on our monthly timetable attached

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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’re 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 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 November 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.

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

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 in October, November and December 2022

### [Immersion in Sound](#)

This is an exciting Sound project at Leicester Museum & Art Gallery, New Walk, Leicester on Tuesday 15th November (1.30-3.30pm). The Museum is working with a range of people to create a new experience that will be installed in the museum. Their ambition is to create a sound experience that will offer visitors a new way to enjoy the museum. To find out more information and/or to book a place, please contact The Carers Centre by telephone on 0116 251099 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk).

### [Healthwatch Rutland](#)

Following the postponement of their Annual Meeting in September out of respect following the death of The Queen, the meeting will now be held on Thursday 3rd November 2pm – 3.45 pm, in-person at the Rutland Community Hub Gover Room (VAR), Lands' End Way, Oakham where they will be welcoming guest speakers: **Mark Andrews**, Chief Executive, Rutland County Council, **Mike Sandys**, Director of Public Health, Rutland County Council and **Andy Williams**, Chief Executive, LLR Integrated Care Board.

## Financial

### [Cost of living tips: Your personal guide to coping with rising prices - BBC News](#)

The UK is being hit by rising costs. Food, energy, transport and housing are all going up rapidly in price. But everyone's cost of living crisis is affecting them in different ways.

### [Cost of living – Share and Learn info sessions with a Helpline adviser](#)

Over the autumn and winter months, Carers UK will be hosting monthly online cost of living sessions to help you access more support.

### [Energy-saving tips to help you reduce your energy bills at home](#)

With the cost of living on the rise, there's never been a better time to cut your energy bills and be kind to the planet. Here are some tips to help you and your family reduce your energy use in every room of your home.

## Health and Wellbeing

### [Have you or somebody you know been diagnosed with dementia under the age of 65?](#)

There will be an opportunity to talk to professionals and browse a range of information stalls, hear from people living with younger onset dementia, take part in an activity to let us know what kind of support is needed for living with dementia and much more...

### [How the Fire and Rescue Services can help unpaid carers](#)

In a blog by Mobilise they explore various ways that we as carers can be supported under several headings including The SHERMAN protocol, How we can reduce the risks of a fire at home and Seven safety tips for electrical devices.

### [Steady Steps](#)

This is a free 24 week exercise programme for over 65 year olds who are worried about having a fall or have previously fallen in the past year. Steady Steps aims to improve balance and stability, so over 65 year olds can claim their independence in daily life again without a fear of falling. A guest speaker from the Steady Steps Programme will also be coming to talk to the Together We Care Group for Carers of Adults on Friday 4th November.

### [Signs of Carers Burnout – what to look out for!](#)

Carer burnout is a state of physical, emotional, and mental exhaustion. It can creep up on us over time and can happen when we continuously give and care for others without getting our own needs met or the help we need.

### [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.

## Legal

### [Upcoming Planning for the Future webinars](#)

Mencap's Planning for the Future webinars help families plan financially for their loved one with a learning disability. You will hear from a specialist solicitor about how setting up a trust can protect your loved one. There will also be an opportunity to ask any questions you may have. All from the comfort of your own home.

### [Protect yourself & loved ones from the 3Ds... Death, Divorce, Dementia](#)

Die without having made a will and you could be leaving behind significant financial problems for the people you care about. Worryingly, research suggests that more than half of adults don't have a will. Fortunately, there are low-cost will-writing options out there. Read Martin Lewis Money Saving Experts' full guide to find out exactly what's available – which includes two charity campaigns open to bookings right now.

## Mental Health

### [How to maintain your mental wellbeing as financial stresses bite](#)

With the cost of living growing, more people are now more worried about their finances than about catching COVID-19. Feeling squeezed financially can affect your overall wellbeing and mental health.

## News & Newsletters

### [Cerebra Newsflash](#)

Included in this Newsflash is Challenging Parent Carer Blame New Report, Advocating for Disability Rights, 10000 Families Study on Relationships and Wellbeing and lots more.

### [Leicestershire Partnership NHS Trust's \(LPT\) Patient Experience and Involvement Newsletter](#)

This is a source of information and support for patients and their carers, which also includes involvement opportunities available at LPT.

## 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

### [Dementia Survey](#)

If you are caring for someone with dementia, Healthwatch would like to hear from you. Healthwatch Rutland and Healthwatch Leicester/Leicestershire are working together to listen to peoples' experiences of living with dementia across the whole Leicester, Leicestershire and Rutland area. They have a survey running through to November 27th which takes just 3 or 4 minutes to fill in.

### [Share your story](#)

If you live in Rutland, Healthwatch are also happy to talk to people individually or as a family, by phone or in person. If you wish to tell them more about your experience of supporting a person living with dementia, telephone 01572 720381 or click the link above to leave your contact details and they will arrange to talk to you by phone or meet face-to-face.

**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



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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