1st August 2022

Hello everyone,

Welcome to our August Carers’ Update.

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| [State of Caring Survey - Carers UK](https://www.carersuk.org/news-and-campaigns/state-of-caring-survey-2022)  This is the UK’s most comprehensive research into the lives and experience of carers and helps to paint a comprehensive picture of what life is like for carers at the moment, the challenges carers might face, and the impact caring has on finances, health, and wellbeing. Can I encourage you all to take this survey so that the information gathered can be used to improve services that we as carers receive not only nationally but locally too. |

**Carers UK Online Sessions**

[Carers Active Guide](https://i.emlfiles4.com/cmpdoc/8/2/2/9/files/930822_carers-active-guide-to-getting-started.pdf)

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](https://www.carersuk.org/help-and-advice/activity-hub/carers-active-online-sessions)

Carers UK’s 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. They include workouts and movement, dance, yoga and Healthathon 2022 sessions.

**Courses, Resources, Workshops, Webinars**

[Our Monthly Schedule](https://claspthecarerscentre.org.uk/what's-on)

Our August 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.

[Bradgate Woodland Workshop](https://c-cluster-110.uploads.documents.cimpress.io/v1/uploads/8b194b56-1f85-4d14-9493-7e82e78529e0~110/original?tenant=vbu-digital)

On 9th and 10th August we will be having morning activities including art, bushcraft and wildlife exploration. For more details or to join in the sessions please see the flyer. Places are limited so you will need to be quick.

[Recovery College Courses](https://c-cluster-110.uploads.documents.cimpress.io/v1/uploads/5dc7da56-5fe5-4ad2-bdd4-74f057076767~110/original?tenant=vbu-digital)

The Recovery College is very pleased to share their latest poster detailing several of their available online courses this August, which includes 2 brand new courses! If you have any questions about the Recovery College and their courses, please do not hesitate to ask by email ([LPT.Recoverycollege@nhs.net](mailto:LPT.Recoverycollege@nhs.net)) or by phone (0116 295 1196).

[Suicide Bereavement conference](https://www.eventbrite.co.uk/e/online-suicide-bereavement-conference-practical-applications-tickets-374138055997?)

Harmless are proud to announce that they are hosting third third online Suicide Bereavement conference to examine the practical application of working in the field of suicide bereavement, every Tuesday and Thursday between 6th of September - 29th of September 2022. There is limited free places that will be allocated on a first come first served basis.

**Financial**

[A smart meter could help you and the person you care for](https://www.carersuk.org/help-and-advice/technology-and-equipment/smart-meters)

Smart meters record how much electricity or gas you use, just like your existing meters. But with a smart meter, the readings are sent directly and securely to your energy supplier. So, there’s no need for you – or the person you care for – to take a reading of the meter.

[Grants for the Elderly and Older Adults](https://www.disability-grants.org/grants-for-the-elderly.html#msdynttrid=XXYZAePch4oSp8YIfGH9hVO-7FjqK5bSN3VltJI-XkQ)

The Disability Grants website has grants for everyone. However on the link above is the latest grants for the elderly and older adults. Featured charities are Friends of the Elderly, HoneyRose Foundation, and more.

**Health and Wellbeing**

[Supporting you](https://www.carersfirst.org.uk/media/urwl1uvx/carers-pocket-guide.pdf)

This is your pocket guide to finding ‘me time’ when looking after a friend or relative and includes information about benefits, carers rights, discrimination at work, tips for boosting your mood, how to ask friends and family for support, recognising burnout and connecting with carers.

[New involvement opportunities at Leicestershire Partnership NHS Trust](https://c-cluster-110.uploads.documents.cimpress.io/v1/uploads/0d20339e-4a3c-429f-8329-c14417f52c09~110/original?tenant=vbu-digital)

There are two new involvement opportunities open to service users, carers and family members of those accessing services at Leicestershire Partnership NHS Trust (LPT).

[Community and Wellbeing News](https://content.govdelivery.com/accounts/UKOWBC/bulletins/31e9db5)

There are lots of free Health and Wellbeing activities for people to access but on the link above is just one from Oadby and Wigston which includes Games For Everyone, Get Moving Day, Get Moving Together, Waterways Wellbeing, Walking And Seated Activities.

[Integrated Care System](https://youtu.be/blapgFKXv0I)

The video on the link above explains about the new Integrated Care System.

[Should I register as an unpaid carer?](https://www.mobiliseonline.co.uk/register-as-a-carer)  
This is very much a personal choice, and many of us are not comfortable with the label “carer”. After all, we're still mum, dad, son, daughter, husband, wife, or friend. But, registering does bring some value. From support (via a Carers Assessment) to discounts on days out, and more besides. Mobilise’s guide explains where, how and why we might like to register.

[Fun days out in the UK](https://www.mobiliseonline.co.uk/post/carers-guide-to-planning-an-accessible-staycation)

One benefit of registering as a carer can be the ability to access [discounts on days out](https://email.mobiliseonline.co.uk/e3t/Ctc/LY+113/cXbc204/VW-4tf8YybY2W3HqTFg3DwyjxW7bJF9w4MWLKXN824Dzp3q3nJV1-WJV7CgZcVN8sg0R9CjfCbW3bq6rq6PDK9rW73jW5140Wv9VW7H_Ky24wqslMW1LP5DP41QWt5W8jrvJ95FQxZpN2B9cFKzpqy8W4KBdsj38g--CW26NXyL7nKTMXW6rL4dk1LjyrvW1GZsjZ8tjG8FW72QpmD53_mKQW5F30Yv6y1yjSW3_4sdT6f-Gm3W2dMgpm36N9kvW45dyGk55f24zN6j9x5LSJWNRW52L0Jc195hc6W8_sBDh3l4vqsW2TY1tq10fW-FW2QjTXj76zkL5W5W33tD8dTV-cW1Fph-b3V8LCmW3q7XB221NqJy3p7w1). But it’s one thing to be eligible for a discount. The bigger challenge may be having the energy to attempt a day out! Mobilise’s “staycation” guide offers lots of tips on making days out more accessible. Hopefully, between the discounts and the [accessibility guide](https://email.mobiliseonline.co.uk/e3t/Ctc/LY+113/cXbc204/VW-4tf8YybY2W3HqTFg3DwyjxW7bJF9w4MWLKXN824Dz_3q3phV1-WJV7CgFTpW6H2lhh1jfK9XW6-f2jS5ng-fWW6KMJ8Q4byzSPVf8Ym791FrbYW1DXkbj5wDhcCW5zJkdQ88_j0jW2KFr06363WRSW23NFT-2WhThpVkVsPR5qDbNhW90KSCZ2QB7LdW6v9VTy7Q-sdTW55zytf269gQgW49PBHG4b4r85W2q3Xzb5nH9hDW2m_tBQ7DxTp-W6MNQbX7nLYHZW4zsXCs2CwtYNW1dH9gy1RDJXfW9djYRz2-rVQWW5fl8288RrhVqW96VX0b11GDvyW79jCsq6dj7sGVR9D2F10nSvtW6yc-1_2x0Qv-W3z2xN93j6lKKW6b0V6Y977kcGW6rZ5vs3VyS2xW94g1D55R2RCL3h321), we can each achieve a small adventure over the summer.

**Legal**

[It’s My Right – by Matthew McKenzie](https://youtu.be/fjZMlEZMuMM)

This poem is about the rights of an unpaid carer and is one of the poems Matthew has written in his book "The Poetry book of mental health caring".

[NHS staff autism training becomes law](https://www.autismeye.com/paula-mcgowan-oliver-mcgowan-mandatory-training/#msdynttrid=aRx8fptFolt0Pz_h4-Fpgg_ctCcJQhI0HD2HSHDbjow)

Measures to ensure all NHS staff receive training in learning disabilities and autism now have the full force of the law behind them. The Oliver McGowan Mandatory Training in Learning Disability and Autism programme has received royal assent.

**Mental Health**

[Leicestershire Recovery College Film](https://youtu.be/eODkU-BvaHg)

This is an NHS college offering a range of recovery-focused educational courses and resources for people aged 18 and over who have lived mental health experience, along with their friends, family and Leicestershire Partnership NHS Trust staff. If you are thinking of enrolling at the college and feel nervous about what to expect, or simply would like to know more about what this would involve, or if you are a professional working with adults you think might benefit from enrolling and you would like to know more please take a few minutes to watch this introductory film.

[How continence problems can affect mental health](https://www.bbuk.org.uk/blog/how-continence-problems-can-affect-mental-health/#msdynttrid=DO0z2NTD87ivAwgcoAzko2SbmDmL3Aj-ZZahoWkMbOk)

Bladder & Bowel UK’s Children’s Specialist Nurse, looks at how bladder and/or bowel issues can cause stress and affect a young person’s mental health.

**News & Newsletters**

[Make the most of summer: support people to explore interests and local connections](https://www.togethermatters.org.uk/wp-content/uploads/2022/07/Make-the-most-of-summer_-support-people-to-explore-interests-and-local-connections.pdf)

Summer is a great time to get out and explore what is happening locally. Together Matters latest planning guide, ‘How to be part of the world of work’, has lots of ideas about building links in your local community.

[Leicestershire LifeLinks Newsletter](http://22s2ed3hojwo3nanta4b5w5a-wpengine.netdna-ssl.com/wp-content/uploads/2022/07/Newsletter-2022-Leicester-Life-Links.pdf)

In this April to June 2022 newsletter there is information about their services, what they did in April, May and June, Pride, Volunteers Week, Refugee Week, Peer Support Group and how to volunteer with them.

[Healthwatch Leicester & Leicestershire](https://healthwatchll.com/wp-content/uploads/2022/06/HW-Leicester-and-HW-Leicestershire-Annual-Report-2021-22.pdf) and [Healthwatch Rutland](https://www.healthwatchrutland.co.uk/sites/healthwatchrutland.co.uk/files/editors/HWR%20Annual%20Report%202021-22.pdf) – Championing What Matters To You

These annual reports includes the following - Messages from the chairs, About us, Our year in review, How we made a difference, Listening to your experiences, The ways we made a difference, Advice and information, Volunteers, Finance and future priorities, Statutory statements and more.

[Patient Experience & Involvement Newsletter](https://www.leicspart.nhs.uk/wp-content/uploads/2022/07/PEI-Newsletter-4.7.22-final.pdf)

This newsletter includes Virtual opportunities and supporting information for service users, patients and carers, Fortnightly Dates Virtual Cuppa & Catch Ups and/or Walk and Talks, Upcoming Virtual Involvement Opportunities, Non LPT Involvement Opportunities, Useful Contacts and more.

[VitaMinds](https://drive.google.com/drive/folders/1ylIrM3Didjm0QgP0uuh9qNVJmFnu5L1r?usp=sharing)

The bulletin for the month of July as well as two leaflets containing information about some of their services is on the link above.

**Views**

[National Screening](https://surveys.leics.gov.uk/snapwebhost/s.asp?k=164856021766&Q0a=5)

Leicestershire County Council would like to hear from carers to find out about your experiences, knowledge and influences regarding the three national screening programmes (bowel cancer, breast cancer and cervical screening). We’re going to be looking at what makes people take part in the national cancer screening programmes and what stops them. We will be using this information to help improve the health and wellbeing of Leicestershire residents as well as the broader community.

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| **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.  ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~  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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***Website:***[***https://claspthecarerscentre.org.uk/***](https://claspthecarerscentre.org.uk/)

***Facebook:***[***https://www.facebook.com/TheCarersCentreLLR***](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)