



Hello everyone,

Welcome to our September Carers' Update.

[State of Caring Survey - Carers UK](#)

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](#)

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 September 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.

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

This is an NHS college offering a range of recovery-focussed educational courses and resources for people with lived mental health experience who are accessing Leicestershire Partnership NHS Trust Mental Health Services, their friends, family and Leicestershire Partnership NHS Trust staff.

[September is nearly here](#)

September is just around the corner and so is the start of our Autumn Term, which we are all looking forward to here at the Recovery College. We have a brilliant range of courses to start the term off! On the link above is an advert to give you a taster of the available courses during September.

Financial

[Money Matters](#)

Raising a disabled child can be 3 times more expensive, so Contact the charity for families with disabled children wants to help families access all the support they can. Their 30-page Money Matters guides have detailed advice and information on financial help.

[Family Fund Mobility Support](#)

This is a car-lease scheme provided by Family Fund and Motability. The scheme helps families raising a disabled or seriously ill child under three years old meet their mobility needs.

[What Benefits Are Available For Mental Health Carers?](#)

Being a carer might mean you can claim certain benefits that might help you and the person you care for. Find out what is available in this handy guide.



[The Priority Services Register](#)

This is a free support service operated by energy suppliers and network operators (the firms that own the pipes and wires). It offers a range of services to help people in vulnerable situations. The help you can get includes: Advance notice of planned power cuts, bottles of water if supply is disrupted.

[Disability Grants News - Updates and Additions - August 2022](#)

This is a 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.

Health and Wellbeing

[Carers Health and Wellbeing Forum](#)

This is an all inclusive Facebook group for carers of any age and is a safe place to share your caring journey, discuss challenges and achievements and lots more.

[Flexible Working](#)

Are you currently managing employment with unpaid caring responsibilities? Flexible working could help you find a better balance. Carers UK 'Let's talk about flexible working' guide offers practical information on flexible working options for carers, from how to get started to making your request.

[What's your mood today?](#)

As carers, we may experience a roller coaster of emotions - daily. Or we may feel "stuck" with a particular feeling. It can be hard to keep up, process and move on healthily. Jill Pay breaks down the different moods or emotions we experience as humans.

[12 Hacks To Common Carer Problems](#)

As carers we can find ourselves up against some situations, we never could have anticipated. Whether it's getting bodily fluids out of the sofa or ways to keep someone safe in their home at night - we've all had to come up with creative solutions to get by.

Legal

[Being detained under the Mental Health Act](#)

This can be a really difficult experience. But it's important to remember that you still have rights.

[New Initiative](#)

A new £7.6 million government initiative has been launched to help over 2,000 adults with learning disabilities and autism move into work.

Mental Health

[Being detained under the Mental Health Act](#)

This can be a really difficult experience, but it's important to remember that you still have rights. If you or someone you know is in hospital under the act, we recommend reading more about it in this factsheet.

[6 tools to help you tap into your emotions](#)

How can we truly feel our feelings? Here we look at some techniques to help us identify our emotions so we can process them in a healthy way

[A Caring Mind Carer News Updates](#)

The latest edition of Matthew McKenzie's online carer, mental health and ethnic mental health news is out

News & Newsletters

[Disabled Living Newsletter August 2022](#)

Included in this newsletter is Accessibility legislation on taxi and private hire vehicles, New campaign to deliver 'washroom dignity' for men, WelcoMe app, Accessibility standards to be raised for new homes in UK, Baywatch campaign 2022: Annual survey and more.

[Patient Experience and Involvement Newsletter](#)

Included in this newsletter are dates for their virtual cuppa and catch ups, Upcoming Virtual Involvement Opportunities such as involvement workshops, Co-facilitation opportunity , Recruitment Panel Training, How does the Trust manage your medicines? Become a member of a reader panel, Recovery Cafes – returning to face-to-face sessions in September 2022! And lots more

Views

[Young Carers](#)

Are you under 18 and care for someone? If so, Healthwatch Leicester and Leicestershire would like to hear from you about your experiences of accessing health care services. They want to find out what it has been like for you, whether covid has affected things and how using these services has been going for you.

[The Sibling Respite Project](#)

Sibs has gratefully received funding from Carers Trust to provide a series of respite opportunities for siblings who are carers for their brother or sister who is autistic. This research project will be evaluated so that we can assess what respite opportunities work best for siblings of someone who is autistic.

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 😊

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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)