

## At The Carers Centre LLR

We hope that you have had a good Christmas break and wish you all a very happy New Year.



Our Together We Care Groups for carers of adults and parent carers will continue to meet online weekly. Additionally there are weekly in person sessions in North Leicestershire (in Loughborough), Rutland (in Oakham) and monthly in Leicester City. If you are not already involved in the Together We Care groups and would like to find out more, please click [here](#) or [contact us](#).

For carers of people with dementia, we have more sessions coming up within the Creative Caring for Dementia Carers project with a forthcoming session at Leicester Museum about creating memory boxes.

We are pleased to say we have been successful in securing more funding to enable our weekly online craft group to continue - the group will start up again in February to allow us time to prepare a good range of activities.

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## Courses, Resources, Workshops, Webinars

### [Our Monthly Schedule](#)

Our 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.

## Carers UK Online Sessions

### [Carers Active Hub](#)

Based on insight from Carers UK members, this hub can help you overcome some of the barriers you may experience such as finding the time and motivation to take part in physical activity. It is continually refreshed and updated so check back regularly to see the latest inspiration and ideas. You can pick and choose the areas you wish to explore:

- Health information – Key recommendations and how to get started
- Activity ideas – Inspiration and links to resources to help you find something you enjoy
- Carers' stories – Carers who have been able to overcome barriers to get active

- Expert advice – Insight from health and social care professionals

## Financial

### 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

### [Who Will Care When I'm No Longer Able To](#)

This is one of the top fears of carers in the Mobilise community. If this is also one of your fears please read the article which offers various solutions.

### [Carers Active Activity & Wellbeing Videos](#)

Good news for a Monday morning with the launch of a new video featuring carers. These are short, snappy workouts so you can get active at home at a time that suits you.

## Mental Health

### [How Can Baking Improve Wellbeing?](#)

“Baking allows us to control something, which is especially useful for those who live with depression or anxiety, and might feel a sense of numbness, negativity, or a lack of control in their life,” she explains. “It can allow our minds the space to calm down when we feel anxious, and divert thoughts away from negative places. Essentially, it allows us to get out of our own head for a little while.”

## News & Newsletters

### [Patient Experience and Involvement Newsletter](#)

Included in this newsletter is various opportunities for involvement, training and development, as well as updates on the thing you may have been involved with including an invite to a virtual focus group on Wednesday 25th January, taking place from 12-1.30pm on MS TEAMS.

### [Enter and View Report of Rosebery Medical Centre](#)

Healthwatch Leicester and Leicestershire undertook a visit to Rosebery Medical Centre and their report highlights the good practice that were observed and reflects the enthusiastic staff team and what patients felt about the care and support provided.

## Please Vote For Us

### [Tesco's Community Voting Scheme](#)

Tesco Community Grants Scheme has been fundraising for The Carers Centre's Crafty Carers group and will close mid-January 2023. So if you are shopping in any Tesco stores in Leicester, please do look out for the scheme and remember to vote for us!

## Views

### [Local Mental Health Services](#)

Healthwatch Leicester and Healthwatch Leicestershire wants to hear your views on local mental health services. What works well and what could be improved. The surveys focus on specific groups, young people aged 13-16 and 17-19 and parents/carers and service providers.

**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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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)