

1st June 2022

Hello everyone,

Welcome to our 1st June Carers' Update which will be aimed at **Making Caring Visible, Valued and Supported** but first we at The Carers Centre would like to say a great big 'thank you' to all our volunteers who adapted to the new way that we have had to be doing things and look forward to see you on the 1st June.

The Carers Centre LeicesterShire & Rutland Services

Thank you to everyone that voted for us in the **Green Token Giving** at Asda. At the time of typing this update we were in 2nd place which means that you have helped us to raise £400 from the Asda Foundation Community.

There is also another way that you can help us to raise funds with [Easyfundraising](#) who turns your everyday online shopping into free donations for your favourite cause. Just start your online shopping first at easyfundraising, then shop as normal. Retailers will then make a small donation to say "thank you".

Our [website](#) and our social media sites [Facebook](#), [Twitter](#) and [Instagram](#) are being updated regularly with various local and national information and includes information from our partners. However, if you feel that there is something missing or if you would like feedback your views on the website, please do let us know using our 'contact us' link on our website which you can access [here](#).

Our June 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 [What's On](#) page. If you are interested in joining any sessions or groups, please do get in touch by phoning **0116 2510 999** or by emailing us at enquiries@thecarerscentre.org.uk

There's lots of fantastic sessions, workshops and groups available for all carers including our new face to face Loughborough sessions, so do check out the timetable or go to the website for more information. All sessions are free and open to any carer from Leicester, Leicestershire and Rutland.

We look forward to seeing you or speaking with you soon.



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme this year is Making caring Visible, Valued and Supported. To find out more click [here](#).

Blog

[Making Carers Week Work For You](#)

This guide is a short summary of tips (from carers) to help us get the most out of the week, in a way that works for us.



Courses, Resources, Workshops, Webinars

[Our Carers Week Events](#) - We at the Carers Centre Leicestershire and Rutland will be hosting several events with something for everyone from a drop in event with a wide range of activities throughout the day including: Crafts, Tai Chi, Laughter Yoga, Music, Poetry, Drama, Wellbeing and the launch of our Jubilee Arts Exhibit being held at Soft Touch Arts to a stroll around a beautiful garden in Charnwood with coffee and cake. For those of you who are unable to attend face-to-face events, we also have a Zoom event celebrating the theme of Carers Week this year of 'Making Caring Visible, Valued and Supported'.

[Rutland Carers Event](#)

The Carers Week Event in Rutland will be taking place at Oakham Castle. It will be an opportunity to come and see what support is available in Rutland and meet members of those support team

[What's on during Carer's Week 2022](#)

Mobilise knows all too well that Carer's Week is every week! However, once a year there's an opportunity to both celebrate and raise awareness of the work we do. Across the UK there is lots going on. Here's a roundup of lots of what's happening across the UK including event in Leicester, Leicestershire and Rutland and for those who may find face to face activities difficult Mobilise will still be doing their virtual cuppas every week day.

[Our Monthly Schedule](#)

Our June 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.

[Leicester Recovery College Courses](#)

There is 9 available online course in June including – managing anxiety, managing wellbeing during uncertainty, gentle yoga and relaxation.

Financial

[Big Difference Scheme](#)

This scheme is open to every Severn Trent customer, regardless of your age, employment status, or whether you receive benefits or not. You don't need to be behind on your bills and eligibility is based on an assessment of your overall household income.

Health and Wellbeing

[Severn Trent Water Priority Services Register](#)

If you have a medical condition, illness, disability or any kind of additional need, you can join Severn Trent Water Priority Services Register for free so that they can give you the right support. This also applies to the person you look after.

[Getting extra help with the Energy Priority Services Register](#)

This is a free support service to help people in vulnerable situations. Energy suppliers and network operators offer it. Each keeps their own register. You need to contact your energy supplier or network operator to get on it.

[Visiting levels return to pre-pandemic levels within Northwest Anglia NHS Trust hospitals](#)

"Fully relaxing our visiting restrictions is something we have been eagerly awaiting the right circumstances to be able to safely do," says Jo Bennis, Chief Nurse. "It is something we have all struggled with since the beginning of the pandemic, as we fully appreciate the emotional strain it causes to be separated from loved ones during a hospital stay. We hope that reinstating visiting is a positive change welcomed by all".

Mental Health

['What's Going On' Carer Poem by Matthew McKenzie](#)

"From my successes, I hope to share my thoughts as it will give you some comfort. From my failures I hope you can learn from them, so you will avoid such failures yourself".

[Arts in Mental Health - Up + coming events](#)

There will be various events and activities coming up across Leicester.



Views

[Find out what people had to say](#)

Healthwatch Leicester and Leicestershire visited Latham House Medical Practice and over 1000 patients shared their views.

[Find out what people told Healthwatch Leicester and Leicestershire](#)

Living with Multiple Long Term Health Conditions.

[The government needs a plan to support unpaid carers](#)

This Carers Week, use the form on the link to contact your MP and ask them to support The Carers Week campaign to publish a Recovery and Respite Plan for unpaid carers.

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



**Website:** <https://claspthecarerscentre.org.uk/>

**Facebook:** <https://www.facebook.com/TheCarersCentreLLR>

**Twitter:** <https://twitter.com/CLASPCarersLLR>

**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)