



## Groups and Activities at The Carers Centre in March

We have a packed programme of activities and events happening in March including:

**Crafty Carers** sessions offering a range of activities such as cotton bud painting, mono printing and watercolour landscapes. Every Thursday online via Zoom with craft packs sent out to carers at home.

**Creative Caring for Dementia Carers Project** is continuing with the next workshop focussing on 'Communicating Through Music' in Loughborough, Oakham and Leicester.

**Together We Care** self-advocacy and support groups include:

- **Parent carers of CYP under 25:** Tuesday mornings - online
- **Leicester City:** Friday mornings – mix of online & in person
- **Loughborough:** Wednesday mornings – in person
- **Shepshed:** Monday afternoons - mix of online & in person
- **Rutland:** Wednesday afternoons - mix of online & in person
- **Working Carers:** Evening session – online only

Topics covered in this month's TWC group sessions include: Eating Well, How to Reduce Your Fuel Bills, How to Get Better Sleep, Understanding Anxiety, Social Care Assessments and Intro to Young Carers services.

COMING SOON – a monthly **Together We Care group for Young Adult Carers** at Loughborough University...watch this space for more info next month!

### **Creative Wellbeing Workshops for Carers at Leicester Museums**

Would you like to take some time out for yourself this month? Leicester Museum and Galleries are offering a range of Wellbeing Workshops for carers. One carer shared the following feedback with us after attending the recent Willow Weaving Workshop:

*"I had a lovely time in a very chilled atmosphere. Not only did I create something beautiful, I also forgot about everything else in my busy life, thus leaving me relaxed and refreshed. Definitely an activity for destressing, it was totally absorbing".*

Please contact us to book a place on any of the following Wellbeing Workshops. Places will be allocated on a first come first served basis.

- Thursday 9<sup>th</sup> March - Craft Workshop
- Friday 10<sup>th</sup> March - Photography Workshop
- Thursday 23<sup>rd</sup> March - Music for Well-being Workshop

For full details, please see our timetable attached or click [here](#).

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### [Write In For Charity - WI4C Leicester](#)

We are excited to share details of the launch of "**Don't Get Caught!**" with you especially as we are the chosen charity again this year. The latest anthology arrives Monday 20th March, 2023 and all the details will be revealed nearer the date so watch this space.....

## 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

## Courses, Resources, Workshops, Webinars

### Kinship Coffee Morning

A Kinship carer is someone who is raising a relative's or friend's child. If this is you and you would like to meet other Kinship carers please join them on 21<sup>st</sup> March 10.30-11.30am at Jenno's Coffee House, Everards Meadows, John Cooper Way, Leicester LE19 2AN. For more information please contact Sarah on 07518 291705 or

[sarah.willoughby@kinship.org](mailto:sarah.willoughby@kinship.org)

## Financial

### [Help with energy costs](#)

On the link above there's 16 tips to save on your energy bills.

### [Support with living costs](#)

There are lots of suggestions to help you manage your finances and get support during these challenging times of higher living costs.

## Health and Wellbeing

Warm Places in [Leicester](#), [Leicestershire](#) and [Rutland](#)

On the link above you will find information about services and warm spaces in Leicester, Leicestershire and Rutland.

### [Are you or a loved one affected by cancer?](#)

SYCS is a local independent charity that provides free emotional and practical support to anyone that has been affected by cancer by providing a holistic approach to their services at their warm and welcoming premises.

### [Wellness in Nature](#)

This unique program provides clients with therapeutic and creative time in nature to improve mental health and wellbeing.

### [The Listening Support Service](#)

This service from Carers UK offers a series of phone calls with someone who understands the ups and downs of caring and who can provide a listening ear. If you wish to book a call with one of the Listening Support service caller please see link above.

### [Listening Ear](#)

This is Contact 1-1 telephone appointments for parent carers looking for emotional support.

### [When caring ends or changes](#)

Looking after someone may be a large and significant part of your life, but often your caring role will change over time, and may come to an end.

### [Marvellous Medicine](#)

This is a free online programme of health talks that are open to members of the public. The talks are hosted by a different leading medical expert each month, offering an insight into medical specialties at Leicester's Hospitals and an opportunity to experience what is at the forefront of medicine in Leicester, Leicestershire and Rutland. The talks are currently delivered online via Microsoft Teams.

### [Feeling burnt out? Here's how joy could make all the difference](#)

"Research shows that experiencing and focusing on little moments of joy helps our bodies recover from the physiological effects of stress. Joy can also give our lives a sense of meaning and purpose, which, in turn, boosts our capacity to deal with challenges and bounce back from adversity."

## Legal

[Free Legal Talks by M2M Community Solicitors LLP](#)

Free legal talks on Lasting Power of Attorney, Wills, Probate, Court of Protection plus 20 minutes free legal advice on any matter.

## Mental Health

[Children Young People Counselling](#)

This is a confidential counselling service for young people who are unhappy, unsettled or worried because of conflict within the family or other family issues. This service is available to all young people, aged 8 - 18 years.

[How To Cope With Loneliness And Improve Your Mental Health](#)

Dealing with loneliness can be difficult. But there are things we can all do to cope with loneliness and prevent some of the negative feelings and mental health problems that can come with it.

## News & Newsletters

[Patient Experience and Involvement Newsletter](#)

You will find various opportunities for involvement, training and development, as well as updates on the things you have been involved with such as twice monthly virtual cuppa and chats Face to face Recovery Cafes held at the 'Place to eat' café in John Lewis, Provide feedback on the new Physiapp preventing falls and improving core strength and more.

[The experiences of Black, Asian and minority ethnic carers during and beyond the COVID-19 pandemic](#)

The COVID-19 pandemic has affected us all, but two years after the first lockdown began, it is clear that the impact has not been felt equally by different groups in our society.

[Supporting Black, Asian and minority ethnic carers - A good practice briefing](#)

This briefing highlights good practice across the UK in supporting Black, Asian and minority ethnic unpaid carers. Unpaid carers are people who provide support for an ill, older or disabled family member or friend.

## SEND

[RPCV One Page Profile Survey](#)

This survey is being asked as one page profiles are starting to be used more frequently by practitioners to have a better understanding of your child's needs when working with your child. We would like to know whether parents/carers feel confident that they know enough about the purpose about this. Thank you for taking the time out of your day to complete this survey.

## Helping my Anxious Child

A 90-minute workshop delivered online via Zoom for parents of young people aged 8-18 years old. We help you to better understand anxiety and how it affects children and young people. In the workshop we will cover a range of strategies to help young people better manage their anxiety.

### Dates for groups:

- Friday 10 March 1.30-3pm
- Monday 20 March 10–11.30am
- Thursday 13 April 6–7.30pm
- Monday 22 May 6–7.30pm
- Thursday 15 June 6–7.30pm

Sign up online: <https://www.cffcharity.org.uk/pc-helping-my-anxious-child>

## Views – Have Your Say

[Volunteer For The Adept -2 Study](#)

We are running a study to find out whether the 'talking' therapy Guided Self-Help is an effective treatment for depression in autistic adults. If interested please click on link above.

[Could you join the Adults and Communities Engagement Panel?](#)

Strategy and Planning Team at Leicestershire County Council are looking for volunteer Engagement Panel members to represent each of their key adult social care service user groups.

## Young Carers

### [Sidekick](#)

This is a confidential helpline for young carers in the UK, aged 13 to 18 - and up to 25 for those with special educational needs and disabilities (SEND). Please remember that if you have a child or children that helps you with your caring role that they too are young carers.

### [Young Carers Action Day - The theme for 2023 is Make Time for Young Carers](#)

This theme highlights two things that are really important for young carers:

- the need for professionals and responsible adults to make more time **to listen to young carers** explain the challenges they face as young carers, so they can better understand the support young carers actually need.
- Once they understand the sort of support that's required, responsible adults then need to make time to put that support in place.

#### **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



**The Carers Centre**  
LEICESTERSHIRE & RUTLAND  
*at the heart of caring*

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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)