



Hello everyone,

Welcome to our April Carers' Update

Please click on the blue underlined links below or see attached to find out more about the activities etc.

The Carers Centre LeicesterShire & Rutland Services

We've been chosen for **Green Token Giving** at Asda. Please vote for us today and we could receive £500 from Asda Foundation Community. You can vote every few days so please keep voting as we really need your support. To vote for us, please click [here](#).

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 April 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.

Courses, Resources, Workshops, Webinars

[Carers Masterclass](#)

Join us for a LIVE webinar on Friday 8th April 11am-12.30pm with the Award-Winning author Sara Challice. To book on this webinar please see the flyer attached.

[Loughborough Wellbeing Centre](#)

There are FREE weekly groups for all unpaid carers in North Leicestershire every Wednesday. These groups includes Together We Care, Crafty Cares Carers Cuppas. For more information please see the flyer attached.

[April to July 2022 Course Guide](#)

Rutland Adult Learning and Skills Service is pleased to publish its April to July 2022 Course Guide. Available courses range from free English and Maths to Mixed Media, Italian and Awareness of Mental Health Problems. To view or download the brochure, click the link above.

[Leicestershire Recovery College- Summer Term 2022 Prospectus Out Now!](#)

This college offers a range of recovery focussed courses for those with lived mental health experience, their family and friends. For more details see the flyer attached.

[What I wish I'd known when I stated caring](#)

Thanks to Carers Wales in this animation, carers offer their advice and tips on what they wish they had known before they started caring.

[Soft Touch Arts](#)

As part of Soft Touch's 35th year celebrations, we will be hosting monthly Saturday Sessions for members of the public to attend where you can enjoy live music performance, workshops, T-shirt designing, tasty food, market stalls plus much more. For more details see attached.

Finance

[Financial support for carers](#)

With inflation rising to 6.3%, there has never been a more important time to reassess our finances and ensure we have everything we're eligible for.

[Carers' guide to getting paid care at home](#)

Thinking about getting paid carers in our home (or 'homecare') is not an easy decision. But it may be the thing that really help us to continue caring at home. Have a look at the blog above by Mobilise

[Citizens Advice](#)

Citizens Advice helps people resolve their legal, money and a wide range of other problems. For Citizens Advice Rutland click [here](#) and for other branches in Leicester and Leicestershire please click [here](#).

Health and Wellbeing

[Carers Active April](#)

Carers UK are excited to announce the first ever Carers Active April campaign month! The month will raise awareness about the importance of physical activity and provide lots of opportunities for carers to be active. You'll be supported and encouraged to take part in any activity that works for you, whether it be walking, jogging, yoga or some simple exercises around the home and garden.

[Carers' guide to Spring Cleaning](#)

Cleaning gloves out, bring on the spring cleaning! But how and where do we start, if we're already overwhelmed. To help us take the first step, carers have shared some great tips. Including how we can tackle some of the emotional challenges we may face around cleaning and organising.

Job Opportunities

[Job Opportunity](#)

There are some job opportunities advertised on The National Autistic Society (NAS) website that happen to be in Hinkley and Lutterworth. They are both Warehouse Operatives for a company called **GXO**.

[Expert by Experience](#)

Choice Support are recruiting Experts by Experience who are individuals who have recent experience of using health and social care services in England or are family carers of people who use health and social care services. Experts by Experience visit health and social care services with CQC inspection teams to speak to people who are using that service and ensure those people's voices are heard. Experts by Experience hold a casual employment contract and are paid an hourly rate of £15 per hour. For more information and to request an application pack please contact expertsbyexperience@choicesupport.org.uk

Legal and SEND (Special Educational Needs and Disability)

[Whole School SEND Teacher Handbook](#)

The eagerly awaited Teacher Handbook: SEND is here. Whether your child's school is primary or secondary, mainstream or specialist setting they would benefit from accessing this resource.

[SEND Advice: What To Look For When Seeking Legal Representation Or Advocacy](#)

Many family carers have more than enough on their plates, without having to fight those whose job is to provide a duty of care and support so children receive their legal entitlements.

[Cerebra](#)

Below are links to articles various articles in from Cerebra

[Having to be your child's voice when you don't know what questions to ask](#)

Adele and Claire from Enable Law explain a typical journey a client may take when seeking legal advice.

[Can an Education, Health and Care Plan \(EHCP\) help my child after a brain injury?](#)

Leanne Tattam, Partner at Birchall Blackburn Law, explains why an EHCP is so important and how incredibly helpful it can be.

[Transitioning from School to Further Education](#)

Lisa Swales, Partner at Pryors Solicitors LLP talks us through the available options when moving from a school setting into further education.

[Early therapeutic intervention for acquired brain injury](#)

Claudia Hillemand from Bolt Burdon Kemp talks us through how parents can seek therapy and equipment at the earliest possible stage, after learning their child has suffered a brain injury.

[Assistive Technology – enhancing independence for children living with brain conditions](#)

Laura Cook, Partner at CL Medilaw, and Mike Thrussell, Director at Access:Technology, discuss the uses and benefits of assistive technology for children living with disabilities, and how it can be accessed.

Mental Health

[60 positive mental health stories from the past five years](#)

It can be hard to see progress when you're in the middle of it, but often, when you look back, you'll see you've come a lot further than you think. And when it comes to the progress made in the way that we talk, think, and act on mental health problems, that's certainly the case.

Views

[Rutland SEND Parents for Change Survey](#)

Rutland SEND Parents for Change are a Facebook based group of parents who have come together with the aim of working with existing organisations to improve the outcomes for Rutland children with SEND. Please can you complete the survey on the link below which is anonymous and the data collected will be used to help find ways forward out of the SEND crisis in Rutland. Thank you.

[Because We All Care Campaign](#)

The Care Quality Commission (CQC) are highlighting the importance of providing feedback about your experiences of care in their 'Because We All Care' campaign. They need your help to understand the quality of care people get from services like hospitals, care homes, GPs – or any type of health or social care service. The feedback received will help health and social care services improve. It can help make care better for everyone. To give feedback on care you or someone you support has received please click the link above.

[Autism Advocacy Group Chat](#)

Help us shape future services for the better. See attached for more information

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



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)