



Hello everyone,

Welcome to our 2nd March 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 March 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

[Invitation to Poetry Evening](#)

Would you like to attend the above event on Saturday 26th March at 7:45pm at Leicester University? It is an event celebrating the life of a Leicester poet Jean 'Binta' Breeze in which a number of poets will be reading their poems as a tribute to her. Members from the Creative Writing group are hoping to attend and if you are interested in joining please contact us at 0116 259 0999 or email us at enquiries@thecarerscentre.org.uk. However if you wish to attend on your own you can book your free tickets on the above link.

[Prescribing Poetry](#)

We were delighted to welcome William Sieghart renowned publisher of The Poetry Pharmacy, founder of National Poetry Day to our Creative Writing Group recently. He explained the origins of 'prescribing poetry' and shared his 'prescription' for a local carer balancing working and caring following bereavement. If you would like a poem prescribed for yourself or someone you know please do contact us at 0116251 0999 or email us at enquiries@thecarerscentre.org.uk. This would be prescribed anonymously. To see the group in action please click on the link above and if you would like to join the group please get in touch for more details.

[Loughborough Wellbeing Centre – Carers sessions every Wednesday morning](#)

Our first face to face sessions for County carers began this month at Loughborough Wellbeing Centre with our regular programme offering carers the chance to meet up in person and gain support and advice. Our 'Counties Together We Care' group is the first Wednesday and Crafty Carers every third Wednesday in the month. Drop in Carers Cuppa's are offered by the centre for the other two Wednesday mornings.

If you would like to join the group, please contact us directly for more information and details on 0116 2510999 or email enquiries@thecarerscentre.org.uk

[Loose Women React To Kate Garraway's Documentary & Discuss The Struggles Of Being A Carer](#)

Kate gave viewers an insight into life with her husband Derek, as he moved back into their family home after spending over a year in hospital following his battle with Covid. Kate bravely spoke about how she feels "terribly lonely" despite being grateful to have him alive and at home. To watch the full documentary please click [here](#).

[Crafty Carers](#)

This friendly group meets once a week to offer some time out for carers where they can focus on themselves and their own needs, whilst trying different techniques to create their crafty masterpieces. The group meets every week on Zoom (we'll send you what you need!) and once every month at the Loughborough Wellbeing Centre for a face to face session. If you would like to join the group or try out a taster session, please contact us directly for more information.

[Leicestershire Recovery College](#)

The College is offering people a range of courses designed to contribute to wellbeing and recovery, supporting people to recognise their own resourcefulness and talents in order to become experts in their own self care, make informed choices and achieve the things they want to in life.

Finance

[Disability Grant News](#)

This is a monthly round up of highlights on their website and resources for anyone with a disability, caring for or working with disabled adults or children and includes energy saving grants, grants for household items and much more.

[Making Every Penny Counts – Carers Toolkit](#)

We know how hard it can be when caring and having to cope with difficult financial situations especially as the cost of everything is rising. So we have created 'Making Every Penny Count' Carers Toolkit to find out how to get support with Carer Grants, Discount Schemes, Benefits and more.

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.

[Active Oadby & Wigston — Care to Walk \(\[activeoadbywigston.org.uk\]\(http://activeoadbywigston.org.uk\)\)](#)

Join their free walk at Brocks Hill Country Park, Oadby 10-11am fortnightly on a Thursday. Improve your mental and physical well being whilst socialising and exploring their wonderful green space. To register your interest and find out more please email active.together@oadby-wigston.gov.uk or call 07795521525.

[The Carers' Guide To Respite Services](#)

Knowing that we need to take a break and being able to do this are very different things. This carers' guide to respite is designed to help us overcome any barriers.

[How to care for yourself, when there is no time 🕒](#)

Often as carers, we only (finally) reach out for support, when our own physical and mental health are in a state of decline.

Legal and SEND (Special Educational Needs and Disability)

[High Court Calls Time On Council Delays For Children With Special Needs And Disabilities](#)

In a landmark judgment issued on 8th March 2022 the High Court has made it clear that every local council must keep to fixed legal time limits when reviewing the needs of children and young people with special educational needs.

Mental Health

[A Caring Mind](#)

Here are blogs about caring and mental health by Matthew who is a carer of someone with mental health issues.

[Understanding Morning Anxiety: 5 Ways To Help Manage Symptoms](#)

You wake up and a second after you open your eyes, a feeling of dread fills your gut. Sound familiar? You're not alone, many people are affected by morning anxiety. It can be a confusing, challenging, and debilitating start to your day. So, why does it happen? And what can you do to address it?

[How To Care For Someone's Mental Health, AND Ours](#)

Mobilise has been talking with unpaid carers who care for someone with a mental health diagnosis. These unpaid carers shared their collective wisdom, advice, tips for managing the system, supporting our the person we care for, and most importantly - for looking after ourselves.

Newsletters

[Carers Trust Spring News](#)

Included in this newsletter is supporting unpaid carers in financial difficulty with their Carers Fund, improving wellbeing with their Respite Fund, feedback from their social care survey, Young Carers Action Day and more

[The Important Difference Between 'Flexible Working' And 'Working Flexibly'](#)

Flexible working is not the same as employees being able to 'work flexibly'. Disabled workers and working carers have long said flexible working is not flexible enough for them.

[A Caring Mind Newsletter](#)

This newsletter contains lots of links to various articles and videos about caring and mental health collated by a carer.

[Healthwatch Rutland News](#)

Welcome to the monthly update with some links to articles on our website plus other useful information about health and care that you may not have seen – including their board meeting, community Healthwatch champion, your care your way and more.

[Patient Experience and Involvement Newsletter 7/3/2022](#)

This newsletter included Involvement Opportunities, support information for carers, activities, show and share, feedback, updates and outcomes.

Views

[Survey Special from Healthwatch Leicester and Healthwatch Leicestershire](#)

In order to make a difference, Healthwatch Leicester and Healthwatch Leicestershire need to hear your thoughts about services and experiences first hand. **These surveys will close on 18th March 2022.**

[Share Your Experiences Of Accessing And Using Social Isolation And Loneliness Services](#)

Healthwatch Leicester and Leicestershire wants to hear the experiences of people over the age of 60 living in Leicester and Leicestershire in relation to social isolation and loneliness so that they can understand what services people use, and what would make a difference to how people feel. **This survey will close on 25 March 2022.**

[We need your feedback!! Uniform posters for inpatient services](#)

LPT have been asked to standardised poster/s outlining uniforms for inpatients services in Leicestershire Partnership NHS Trust. **Please can you provide your feedback by Monday 21st March 2022** to lpt.patient.experience@nhs.net

[Non-Urgent Patient Transport Service - Patient Survey](#)

The NHS in Leicester, Leicestershire and Rutland Clinical Commissioning Groups (CCGs) are responsible for planning and improving your local healthcare services and wish to understand the whole experience from collection to drop-off, as well as identify solutions to a number of issues that have already been identified. **The closing date for the survey will be Friday 1st April 2022.**

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://claspthe carerscentre.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)