



Hello everyone,

This is our February fortnightly Carers Update

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

The Carers Centre LeicesterShire & Rutland Services

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 updated February 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

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

[Pushed to the Edge: over 90% of unpaid carers feel ignored by the Government.](#)

This is the findings published in February 2022 from a Carers Trust survey of over 1,550 unpaid carers across the UK provide alarming evidence of a deep-rooted failure by successive governments to understand and meet the basic support needs of millions of people struggling to provide unpaid care for a family member or friend.

Courses, Resources, Workshops, Webinars

[Learn My Way](#)

There are free courses for you to learn digital skills to stay safe and connected.

[Make It Click](#)

This site features free courses, tools and templates that you can trust. You can learn new apps, improve the skills you already have and take a positive step forward in your work.

[Digital Skills For Carers](#)

To provide a guide to cater to all, Mobilise has broken it down into three sections: beginner, intermediate and expert - and rather than provide an exhaustive guide they have focussed on services that make a difference to Carers.

Finance

[Disability-Related Expenses](#)

If you care for someone with a disability or a medical condition, there may be extra costs involved in helping them manage this. These are called disability-related expenses. These could vary from special dietary requirements to certain types of medication not available through the NHS. You may be able to get a larger allowance for expenses that are linked to a disability or health condition.

[Help With Energy Costs](#)

Carers UK has collated 14 tips to save on your energy bills - small changes can add up to significant savings – these suggestions could help to counter the impact of rising energy bills

[Help With Energy Bills: Grants And Benefits To Help Pay Energy Bill - And What To Do If You're Struggling](#)

Household energy bills have soared in recent months due to a rise in wholesale gas prices. With energy bills set to rise again in April, many households around the country are looking at different ways to keep warm and cover costs at the same time.

Health and Wellbeing

[Company Shop](#)

Members enjoy a unique way of shopping, offering them surplus products from well-known brands at amazing prices, helping stretched budgets go further by providing vital access to deeply discounted food, as well as life-changing learning and development programmes; building stronger individuals and more confident communities. To apply for membership click [here](#).

[Carefree](#)

With so many challenges at the moment you deserve a break. If you're an unpaid carer, 21+ and supporting a friend or loved one more than 30 hours per week, you may be eligible for an amazing gifted break away.

Legal and SEND (Special Educational Needs and Disability)

[Disability, the Equality Act and the SEND Review](#)

Disability campaigner Richard Rieser of World of Inclusion discusses the vital importance for the SEND Review to frame itself around disability in the Equality Act.

[10 Questions To Prep Before Your Carer's Assessment](#)

Mobilise has updated their Carer's Assessments guide with a handy crib sheet of questions to prepare which you may find useful if you haven't had a Carer's Assessment (or it's been a while since you had yours). This includes what a Carer's Assessment is, what to expect, how to prepare and the kind of support you might be entitled to.

Mental Health

[Mental Health Pathway](#)

This is a step by step guide to the mental health pathway which includes Primary care / Improving Access to Psychological Therapies (IAPT), Referral management, Community/Outpatients, Inpatient, Speciality specific services, Crisis services, Mental health in physical health settings, Holistic management and self-care'

[Mental Health Services](#)

Find out how to access NHS mental health services and where to get urgent help on the link above.

[Your Mind Plan Quiz](#)

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Newsletters

[Patient Experience and Involvement Newsletter](#)

This newsletter has information about the Bi-Weekly Virtual Cuppa and Catch Ups, Upcoming Virtual Involvement Opportunities, Non-Leicestershire Partnership Trust Involvement Opportunities, Supporting Information for Patients, Service Users and Their Carers From Community and National Sources, Activities, Useful Contacts Telephone Numbers and Your Voices, Feedback and Updates!

Views

[Cost of Living Survey](#)

Carers UK knows from their State of Caring 2021 survey that many carers are extremely worried about their finances and how they are going to manage over the coming year. By filling in this short survey, you will help Carers UK to better understand how carers are managing their finances currently. They will use this information to campaign for better financial support for carers.

[Because We All Care](#)

CQC (Care Quality Commission) needs 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 people give helps health and social care services to improve and can help make care better for everyone. Whether your experience is good or bad, it's valuable to us.

