



15<sup>th</sup> April 2022

Hello everyone,

Welcome to our second April Carers' Update

We are extremely happy to be joining Carers UK in the launch of their very first Carers Active April campaign. This month we will be raising the awareness about the importance of physical activity and provide opportunities for carers to be active. To find out more please click [here](#). Also the [Action for Happiness Active April Calendar](#) is packed with great ideas.

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](mailto: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

##### [Leicestershire Recovery College](#)

There will be two brand new courses added to their Summer Term 2022 Prospectus! 'Wellbeing in Pregnancy' and 'Adjusting to Parenthood'. Both courses will cover a range of topics for each stage of the pre-natal, post-natal and parenthood period. These courses are open to all new and current students.

##### [STOMP](#)

This is a online workshop for those with learning disability and/or autism and/or carers where you can talk about the medication you or the person you care for takes.

##### Leicester Musical Memory Box [Wolsey](#), [St Annes](#) & [All Groups](#)

If you or your loved one has memory problems, feels lonely then why not join in one of the above singing and music groups.

##### [Leicester City FC Silver Fox](#)

This is a project that runs in the Leicester community for the older members and brings together people who have similar interest to socialise and make new friends.

##### [Leicester City in The Community Activities Flyer](#)

The leaflet on the above link gives an overview of our current sessions for adults.

## Finance

### [Disability Grant News](#)

Welcome to the March 2022 edition of Disability Grants News - a monthly round up of highlights on the Disability Grants website and resources for anyone with a disability, caring for or working with disabled adults or children.

### [20 tips for saving money around our home](#)

With the rise in costs of living, carers in the Mobilise community have been actively sharing their tips and hacks on how they're keeping costs down.

## Health and Wellbeing

### [Where do you sit on the stress-to-burnout spectrum?](#)

Stress is good for us. In little doses that is. It gives us energy, stimulates our creativity, connects us to our strength and motivation so that we may deliver our best at exactly the right moment and cope with life's demands. But too much stress is harmful; living with the spectre of constant stress will soon have the opposite effect.

### [GP and Carer champion explains how she supports carers.](#)

Harrow GP Dr Ellie Worthington explains how GPs like her are supporting carers and why, if you are a carer, there are good reasons for letting your practice know.

## Legal and SEND (Special Educational Needs and Disability)

### [SEND Review: Right Support, Right Place, Right Time](#) – 29<sup>th</sup> March – 1<sup>st</sup> July 2022

The government is committed to improving outcomes for children and young people with SEND and those in alternative provision. To achieve this ambition we want to work with and hear from - children and young people, parents and carers, those who advocate and work with the SEND sector and local and national system leaders Please consider the proposals set out in this green paper and respond to our consultation.

## Newsletter

### [Healthwatch Rutland News](#)

In their March edition there is your views about the NHS Dental Services in Rutland, information about Covid Update, Preventing Illness by home blood pressure monitoring, Ofsted result from a visit in January, Integrated Care System and more

### [Rutland Health PCN Patient Newsletter](#)

The Primary Care Network is very keen to keep all their patients informed with what is happening and have produced their very first newsletter.

### [Patient Experience and Involvement Newsletter](#)

This includes Involvement Opportunities, Supporting information for Service Users and Carers, Show and Share and lots more

## Views

### [Carers Support Service Review](#)

Carers support service Support for Carers provided by VASL is due for retender this year. On the link above there is a Short questionnaire which include questions about the current service provider and general questions about carers support.

### **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)