

Hello everyone,

Welcome to our May Carers' Update

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 May 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.

Mental Health Awareness Week is happening between 9 to 15 May 2022. The official theme is 'loneliness' and, across the week, we encourage you to build meaningful connections with your friends, family, colleagues and communities.



Courses, Resources, Workshops, Webinars

[Courses During May 2022- Leicestershire Recovery College](#)

Please find on the link above a poster advertising three of available online courses during May 2022. There will be 10 available courses during the month with spaces available across all of the courses.

[Wellness in Nature](#)

The programme is open to anyone who lives in Leicestershire and the city, who feels like they are struggling with their well-being and mental health or feeling run-down or isolated. It's for 11 weeks starting 25th April on a Monday 12-2pm (missing out the Bank Holiday 2nd May).

Finance

Council tax rebate to help with your energy bills

- [Leicester City Council](#)
- [Rutland](#)

To help households with rising energy costs, the Government has announced a £150 council tax rebate (payment) for households in bands A to D. Please select the relevant county.

[Disability Grants News - Updates and Additions - April 2022](#)

This is 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.

Health and Wellbeing

[When is the right time for a care home?](#)

Does the 'right' time even exist? As carers, thinking about putting our loved ones in a care home can be uncomfortable. While we may never feel comfortable about the decision, it can help to listen to other carers who have been through it.

[Help to Find A Registered Care home Availability or A Home Carer](#)

Carehome Selection can advise a patient and if they wish, find CQC registered home carers and local care home availability. Their service is provided at no charge to patients and families and they provide independent advice from their network of over 3,000 care homes and providers across England and is widely commissioned by the NHS.

[NHS Spotting signs of a heart attack - easy read](#)

An easy read poster/flyer raising awareness of the early symptoms of a heart attack and encouraging anyone experiencing these symptoms to call **999**.

[Ten Footsteps for carers](#)

An interactive guide to help you live well while caring for someone who has persistent pain.

Mental Health

[Happiful - a breath of fresh air](#)

It's safe to say, there's a lot going on right now and we're all starting to feel it. The 'normal' pressures of the world appear to be looming over us larger than ever before, and the angst you might be feeling is compounded with the uncertainty of no clear light at the end of the tunnel.

[Activities and advice to support your wellbeing, mental health and build resilience](#)

Wellbeing techniques, resilience development and first aid toolkit Guidance, support and activities to boost your skills, confidence and connections can be found on the link above

Newsletter

[Healthwatch Rutland April Newsletter](#)

This newsletter includes work with volunteers achieving Investing in Volunteers Award again, Community Outreach schedule, volunteering as their Community Healthwatch Champion, board meeting date and lots more.

[Healthwatch Leicester and Leicester News](#)

This month news includes - What medical support are you entitled to if you're new to the UK, The Accessible Information Standard – what you can expect from services, Accessible Information Standard – Healthwatch Leicester and Leicester recommendations and When you think you need A&E, go to 111 online first.

Views

[New Community Drop In](#)

Healthwatch Rutland will be having drop in sessions monthly at Oakham Baptist Church. This is to give the public the opportunity to drop in, have a cuppa, and give any feedback face-face as phones and digital doesn't work for everyone.

[Cost of living crisis](#)

Unpaid carers are facing unprecedented financial challenges in light of the UK's cost of living crisis. Without urgent support from Government, we are extremely worried that many will be unable to continue caring. Carers UK is asking everyone to join them in their campaign to do a variety of things on the link above.

[Gill Huddleston - Research](#)

The aim is to have a team of family carers of adults who have a learning disability, with or without additional issues such as autism, who are willing to come together approximately once a month to think about the information that has been gathered and to give feed-back to the team.

[Health needs assessment of autism and anxiety](#)

If you are autistic and aged 18 or over, or you are someone who works with or are a family member of an autistic adult and you would like to help please click on the link above.

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)