

1st February 2022

Hello everyone,

Following the Governments advise we will be working in the new 'hybrid' way. Which means that some of the team will working from home and others from the office. You will still be able to receive the fantastic services we have been giving you and you can continue to contact us through the normal methods by phoning **0116 2510 999** or by emailing us at enquiries@thecarerscentre.org.uk

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There is various information included in this Update that you may find useful and/or interesting so please do have a read through and let us know if there is anything you would like further details about.

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

### **The Carers Centre 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 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](mailto:enquiries@thecarerscentre.org.uk)

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

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Carers

[Visit Your Loved One In Their Care Home Safely During Covid Outbreaks](#)

Many families and residents are unaware of their right to have an essential visitor that can visit in any situation, including outbreaks, lockdowns and periods of isolation, in order to provide mental health support and companionship.

[Parent Guides - Cerebra](#)

Cerebra has published a series of guides and factsheets to help families of children with brain conditions with common problems they may be facing. They offer comprehensive, up-to-date advice and research-driven strategies to help you deal with a wide range of issues.

[Mobilise Carers' Guide to Winter Support](#)

Winter can pose additional challenges for carers. From it becoming harder to leave the house with our 'cared for', to the additional financial strain of extra heating, to managing our own carer wellbeing through those darker months. On the link above you will find Mobilises 'four-part guide to supporting carer wellbeing through winter'.

Courses, Resources, Workshops, Webinars

[Mobilise Library](#)

The library is filled with carers' wisdom and practical advice. Simply pick a Mobilise Support Guide that best suits your situation of just start browsing and learning. To make it easy to find the guide you are looking for Mobilise have broken them out into different sections.

[Six Benefits Of Online Learning For Unpaid Carers](#)

Often as carers, our own goals and interests are put aside while we care for another. This can include training for work or courses in an interest or skill like drawing, knitting or learning an instrument.

One unexpected benefit of the recent pandemic, has been the rise of online courses, accessible at any time of day to anyone with a computer.

[Recovery college timetable](#)

The college offers a range of recovery focused educational courses for people with lived mental health experience, their friends, family, carers, and Leicestershire Partnership NHS Trust staff. This timetable has got courses on 'Involvement Opportunities within LPT, Caring For a Loved One with Mental Health Challenges and Understanding a Diagnosis of Psychosis and Schizophrenia – see the flyer attached for more details.

[The Monday Club](#)

This is a social group based in Leicester for adults aged 18–65 who have Asperger Syndrome. The Club is based at the Leicestershire Centre for Integrated Living, Leicester, and members meet on Monday evenings from 7pm to 9pm.

[Out of Hours Club Rutland](#)

This charity is also known as OHCR and is a group for young adults with additional needs who are isolated or at risk of becoming so. OHCR gives members the opportunity to get together and go out 'independently' carrying out a range of different fun activities; from going to the cinema, theatre, bowling, for meals and having days out whilst encouraged to socialize and to be independent.

Finance

[Education, Health and Care \(EHC\) Social Justice Fund](#)

Rook Irwin Sweeney solicitors are pleased to be able to offer legal support and advice, at no cost to successful applicants.

[Warm Home Discount Scheme](#)

You could get £140 off your electricity bill for winter 2021 to 2022 under the Warm Home Discount Scheme.

The money is not paid to you - it's a one-off discount on your electricity bill, between October and March.

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Contact your supplier to find out.

[Are you missing out on Carer's Credits?](#)

Carer's Credits is not well known amongst carers. It's a National Insurance credit towards our State Pension. So, if you've had to reduce your working hours or quit work to manage your caring role, it's worth checking it out. With Mobilise new guide and tool, you can find out if you're eligible in just a couple of minutes.

[Household Support Fund](#)

The Household Support Fund has been provided by the Government to local authorities to support families with children and individuals most in need this winter. It replaces the Covid Local Grant Scheme (CLGS). To find out more please select your authority below: -

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

[CarerSmart](#)

This is a club from Carers Trust, the UK's largest carers charity, and is open to carers, people with care needs and staff and volunteers across the Carers Trust network. Joining is easy and free, once you're a member, you can benefit from a wide range of offers including:

- Cash back on shopping from numerous high street retailers.
- Best rates from energy providers.
- Reductions on insurance renewals.
- Discounts on holidays and travel arrangements.
- Reduced price lifestyle activities.
- Free legal advice services.

Health and Wellbeing

[Specialist COVID-19 Vaccination Clinics](#)

More specialist COVID-19 vaccination clinics for people with learning disabilities and autism will be held over the next three months to enable people to get their boosters and vaccines in a calm and friendly environment that meets their needs. The clinics will be held on the following dates and venues:

- Thursday 27 January: Loughborough Hospital
- Wednesday 23 February: the Peepul Centre
- Thursday 31 March: Loughborough Hospital

All clinics will run from 10am to 6pm and need to be booked in advance. The vaccine used will be Pfizer.

[A Brief Introduction To The Leicester, Leicestershire And Rutland Integrated Care System](#)

Integrated Care Systems are new partnerships between the organisations that meet health and care needs across an area – for example, hospitals, GPs, local councils, charities and community organisations.

Legal

[Education, Health and Care \(EHC\) Social Justice Fund](#)

We're pleased to be able to offer legal support and advice, at no cost to successful applicants, via our Education, Health and Care (EHC) Social Justice Fund.

Mental Health

[Step Up to Great Mental Health consultation feedback](#)

Between Monday 24 May and Sunday 15 August, the Clinical Commissioning Groups (CCGs) in Leicester, Leicestershire and Rutland, in partnership with Leicestershire Partnership NHS Trust ran the Step-up to Great Mental Health public consultation. The public consultation asked people their views on proposals to invest in and improve adult mental health services for people living in Leicester, Leicestershire and Rutland, when their need is urgent, or they need planned care and treatment. A total of 6,650 people participated in the public consultation using a variety of digital and non-digital ways to tell us what matters most to them. An EasyRead version of the summary of the feedback is attached.

[Access to local Mental Health Services](#)

Attached is a traffic light poster but briefly it states:

If I need support that is not urgent for my mental health Contact my GP Practice from 8am-6.30pm, Monday to Friday. Call 0330 094 5595 for VitaMinds (talking therapy service)

I need help with my mental health now call the Mental Health Central Access Point Freephone 0808 800 3302 24 hours a day, seven days a week. Call NHS 111 for physical, medical and mental health issues. Visit a Crisis Café. Full list of venues on our website: www.leicspart.nhs.uk/contact/urgent-help

I have a physical health emergency - call 999 if there is a physical threat to life

Views

[Have your say with Healthwatch Rutland](#)

The more people share their ideas, experiences and concerns about NHS and social care, the more services can understand what works, what doesn't and what people want from care future. If it matters to you, it's likely it matters to someone else too. Healthwatch Rutland wants to hear your views. Getting touch and Share your story.

[Healthwatch Leicester & Healthwatch Leicestershire are the people's voice.](#)

In order to make a difference, house watch Leicester and Healthwatch Leicestershire needs to hear your thoughts about services and experiences first-hand. Complete their current surveys – with your help they can help make a difference.

[Young Carers and Young Adult Carers Survey 2022](#)

If you're not a young or young adult carer, but know of a young person who is, please do encourage them to complete the survey. The survey results will help Carers Trust provide updated evidence on the pressures experienced by young people as a result of their caring role, as well as the ongoing impact of coronavirus.

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)*