



**The
Carers
Centre**

Leicestershire & Rutland



Carers Connected

News from The Carers Centre

March 2021

Hello from us all at The Carers Centre.

The signs of spring are slowly starting to show through and hopefully a few sunny days can help lift all of our spirits. The last year has been so very hard for so many people and no matter what our situation we all are holding on for when we can finally start to return to some form of 'normal'.

The Covid -19 vaccination programme is well underway and we would expect that many carers now have had their vaccination or have their appointment arranged.

If you've not received an invite to make an appointment yet, please make sure you are registered with your GP as an unpaid carer. If you are already on the carers register at your GP or receive Carers Allowance you will automatically be contacted.

We've got many things going on this month so see our timetable (last page) and as well as our much anticipated move we are also saying good bye to our long standing Manager; Charles Huddleston. Make sure you check out Charles's Chat.

And don't forget that we are always here to help with any advice or information through our phone or email helpline.

Call us on **0116 2510999** or email
enquiries@thecarerscentre.org.uk

**Free Training
Opportunity**

**Wellbeing
Project Survey**

**Crafty Carers
&
Time for Me**

**Together We
Care Groups**

**And don't miss
the last
Charles's Chat!!**

Charles' Chat



When I first got involved with the Carers Centre in 1998, I had no idea how much it would change my life.

One way or another, you've been stuck with me ever since.

I've lived and breathed the Centre for the last 21 years or more, one way or another. And although I hope to have some sort of voluntary role at the Centre, it won't take up as much of my life as it did, as life turns full circle and I go back to caring full time.

Some truly wonderful people have crossed my path over the years - carers, the people they care for, the fantastic team at the Centre and everyone I've worked with to try to make things work better for carers.

I especially want to thank the team that has worked here over the years: we met a huge number of challenges and we couldn't have done it if we hadn't worked as a team. The fact that so many of you stuck with us during some of the most difficult times and kept our services delivering is a huge testament to you all.

It's been an honour and a privilege to be a part of it all.

I know that the team now in place at the Centre will take local carers further forward than ever before. It's a good time to change for the better, and we have the people who can do it.

Thanks for the last 20-odd years. Charles

A Fond Farewell from All of Us

Charles has been at The Carers Centre for so long it is hard to imagine the place without him and we simply don't have the words to say how much he will be missed by carers, staff, volunteers, trustees and partners alike.

We know he won't be far away and we're very so pleased that we will still have Charles involved at the Centre, albeit in a slightly different role!

We will miss his amazing skills, vast amount of both personal and professional experience in the world of caring and lets not forget his good humour (bad jokes)!!

All our Good Wishes and the Best of Luck with your Retirement from all of us – and don't worry, we'll keep the coffee pot ever ready!

We will be having a proper send off for Charles later in the year so watch this space.....

Could you be a Trustee?

The Carers Centre LLR is provided with governance and strategic direction through the support given by its Board of Trustees.

The board members all come from very different backgrounds and the majority have personal experiences of caring themselves. Every member brings their own set of skills to the Board and work together to take ensure that the charity fulfils its aims and obligations.

The Carers Centre is going through challenging times but we have much to be positive about, with new projects, and opportunities to provide support for carers through these uncertain times and beyond into whatever our new normal will be.

So if you have skills and experience that you feel could support The Carers Centre LLR, and would like to join us, please get in touch to find out more.

For an informal chat please call 0116 251099 or enquiries@thecarerscentre.org.uk

Free Online Training Opportunity

This online training for carers are developed and delivered by Promas – a charity providing award winning courses for unpaid carers.

Whether it's managing stress, finding coping strategies, understanding Dementia, Caring for yourself or Caring for someone with Mental Health to name but a few of our courses, we can help.

If you are interested and wish to receive step by step instructions on how to access the free online training courses for carers.

Please contact The Carers Centre on 0116 2510 999 or email us at enquiries@thecarerscentre.org.uk.

For more information about the courses see <https://promasonline.co.uk>



Information & Training Sessions

Thanks to funding from the Leicestershire & Rutland Community Foundation, we are able to continue to provide a range of interesting sessions.

Monday 1st March at 11am:

Severn Trent Talk : Find out all about how to save water and what services can do for you



Monday 8th March, 11:00: Essential Oils; emotional support – Learn how essential oils can support your emotional wellbeing

Monday 15th March, 11:00: Floristry Demonstration – Take a look and see how to create your own masterpiece

Monday 26th March, 2:00: Join us for a talk on The Life and Crimes of Agatha Christie

Friday 29th March, 11:00: Assistance Dogs talk – find out all about this amazing service



If you wish to join any of the sessions or would like to find out more, please contact us on 0116 2510999 or email Nadine@thecarerscentre.org.uk



If you are unsure or new to using Zoom we can help you to use it. Just contact us and we will talk you through – it really is easy!

If you do not have a way of using Zoom or are struggling to join in then please get in touch as we may be able to provide a free tablet loan.

Crafty Carers



Join us on Zoom with your free craft packs that we post to your door, and get your creative juices flowing.

Our programme for the month is

- 4th March, 11:00 – Watercolour Painting
- 11th March 11:00 – Gift Tags
- 18th March, 11:00 – Drawing
- 25th March , 11:00 - Crafty Natter



Contact Nadine for the Zoom invite on Nadine@thecarerscentre.org.uk or call 0116 2510999



Time For Me

Every **Tuesday at 2pm** we have a programme of games and activities. Join us on Zoom for chats, fun and laughs!

- **2nd March – Carers Cuppa:**

Bring a cuppa and join us for a friendly chat about everything and anything

- **9th March – Sudoku:**

Test your brains and see if you can work out all those numbers!!

- **16th March – Crosswords:**

Can you solve the clues as a group, it's a great team building session!

- **23rd March – Riddles:**

Spot the difference: Taking you back to your childhood for some giggles!

Every **Monday** and **Wednesday** evenings at **6:30pm** we are run our popular Games Night, with a host of activities, including bingo, quizzes, and online games.



Carers Caring for Carers: Staying Well Together

This Project has been running since January 2020, with all activities chosen by carers for carers.

We would really like to hear from you if you expressed an interest at the start of the project but have not yet taken part in any of the activities so we can understand why this is.

Whilst we have some current activities running such as Drama, Mindfulness, Singing and Chair exercise, we know that these won't suit everyone and want to hear your ideas and suggestions for new and different activities that can be delivered on-line.

If you would like to tell us what you think, there is a short 4 question survey that you can complete. The link is below:

<https://www.surveymonkey.co.uk/r/F9FRQ62>

Let us know if you have any suggestions that might encourage you to join in the with the project activities.

Contact Jo on jo2@thecarerscentre.org.uk or call 0116 2510999

March Activities

**Thurs 4th 1.45 – 3pm:
Singing with Kyle**

**Mon 8th Feb 10.45 – 12:
Mindfulness with Lance**

**Wed 10th & 24th
10.45 – 12.00:
Chair exercise with Claire**

**Wed 17th 10.45 – 12:
Drama with Priscilla
Reading a Play together**

All sessions are delivered by Zoom. If you would like to take part and are unsure about using Zoom, please let us know as we can provide 1-2-1 phone support and we even have several tablets to loan if you don't have a way of joining us.

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Together We Care Groups

The **Together We Care Groups** are led by Carers Centre Advocacy Workers and there is always time to ask questions, reflect and relate the information to your own situation.

At our **Together We Care Groups** you can:

- Gain skills and develop confidence to deal with some of the challenges you may face
- Find out about what services there are to support you and you're the person you care for and how to get them
- Learn how to be taken more seriously and get your point across in meetings or appointments with professionals
- Meet other carers to share experiences and ideas
- Think about how as a carer, you can also find ways to look after your own well-being

"I feel less isolated, being able to talk to people who understand my situation and how it feels"

Some of the issues the group talk about have included:

- health and mental wellbeing
- how to be assertive
- how to access children and young people's services in education, health and social care (0-25 years)
- how to get a carer's assessment
- planning for an emergency
- benefits, welfare and financial information

People in the group decide what they want to talk about, so please do tell us if you have any suggestions of topics or issues.

Our weekly groups are:

- Parent Carer Group: Every Tuesday at 10.30 (except during half terms)
- Carers of Adults Group Friday at 10.30
- Relaxed, friendly & welcoming
- Kept small so that everyone can join in
- Delivered online via Zoom



Together We Care Groups

The Together We Care Groups, previously called the Self Help Groups, are running regular weekly sessions for carers to get together, share their experiences and gain skills about how to cope with their caring situation.



Ran by Sue and Jane, carers are encouraged to talk about their experiences looking after someone and identify what help or support they need.



Focussed sessions are organised to provide carers with information and training on the areas of caring they feel would be of most help to them. There is always time to talk about issues and concerns

We also offer opportunities to get involved with consultations about services that carers use and want to have their say about.

March sessions:

- **Tuesday 2nd** How is the pandemic affecting your child?
- **Friday 5th** 'Urgent Mental Health Care Services' Local Survey
- **Tuesday 9th** Accessing Social Services
- **Friday 12th** Emergency Planning
- **Tues 16th** Dealing with Food issues
- **Friday 19th** Managing Stress
- **Tues 23rd** Dealing with Food Issues (cont'd)
- **Friday 26th** Moving to Stage 2 of Lockdown

We also have an extra session on Wed 10th March 1.00 – 2.30 :

**Dealing with Sleep issues in Children and Young People
with Special Needs/Disabilities.**

Fundraising for Carer Services

Each month we are running a
'Bonus Ball' Competition.

The numbers are
between 1-60, and it's £5
per number.

The prize is amazing and
worth over £100, so if
you are into essential oils,
and health and wellbeing,
then you will love this.



All payments and donations
can be made through this link
<https://uk.virginmoneygiving.com/30thAnniversary>

The Carers Centre FaceBook Page.

We promote all our fundraising
activities on our FaceBook page so
even if you can't donate please do
help us by sharing our page

<https://www.facebook.com/TheCarersCentreLLR/>

All of The Carers Centre LLR
funding comes from grants,
donations and fundraising and we
receive no statutory monies.

Grants provide the majority of our
funds and we wouldn't be able to
run the range of services we do
without their support.

We want to thank them all for
their assistance over this last year.
We really couldn't have managed
without their funding. Their logos
are all shown below.



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E: enquiries@thecarerscentre.org.uk
W: www.claspthecarerscentre.org.uk

Carers of Leicestershire Advocacy and Support Project
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The Carers Centre LLR – March 2021: Sessions, Activities & Groups

Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	1st	11.00 – 12.00	Information Session	Severn Trent Talk
Monday	1st	6.30 – 8.30	Time for Me	Games Night
Tuesday	2nd	10.30- 12.00	Together We Care Group: Carers of Under 25's	How is the Pandemic Affecting your Child?
Tuesday	2nd	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	3rd	6.30 – 8.30	Time for Me	Games Night
Thursday	4 th	1.45 – 3.00	Carers caring for carers: Staying well together	Singalong with Kyle
Thursday	4 th	11.00 – 12.30	Crafty Carers	Watercolour Painting
Friday	5 th	11.00 – 12.30	Together We Care Group Carers of Adults	Urgent Mental Health Care Survey Session
Monday	8 th	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness
Monday	8 th	11.00 – 12.00	Information Session	Essential Oils: Emotional Support
Monday	8 th	6.30 – 8.30	Time for Me	Games Night
Tuesday	9 th	10.30- 12.00	Together We Care Group: Carers of Under 25's	Accessing social Care Services (cont'd.)
Tuesday	9 th	2.00 – 3.00	Time for Me	Sudoku
Wednesday	10 th	10.45 – 12.00	Carers caring for carers: Staying well together	Clairobics – Chair Exercise to Music
Wednesday	10 th	1.00 – 2.30	Together We Care Group: Carers of Under 25's Training Session	Dealing with Sleep Issues in Children and Young People with Special Needs/Disabilities
Wednesday	10 th	6.30 – 8.30	Time for Me	Games Night
Thursday	11 th	11.00 – 12.30	Crafty Carers	Gift Tags Designing
Thursday	11 th	1:45 – 3:15	Connecting Carers Book Club	Tidelands by Philippa Gregory
Friday	12 th	11.00 – 12.30	Together We Care Friday Group Carers of Adults	Emergency Planning
Monday	15 th	10.30 – 12.00	Information Session	Floristry Demonstration
Monday	15 th	6.30 – 8.30	Time for Me	Games Night
Tuesday	16 th	10.30 – 12.00	Together We Care Tuesday Group: Carers of Under 25's	Dealing with Food Issues
Tuesday	16 th	2.00 – 3.00	Time for Me	Crosswords
Wednesday	17 th	10.45 – 12.00	Carers caring for carers: Staying well together	Drama with Priscilla/Reading a Play
Wednesday	17 th	6.30 – 8.30	Time for Me	Games Night
Thursday	18 th	11.00 – 12.30	Crafty Carers	Drawing

The Carers Centre LLR – March 2021: Sessions, Activities & Groups

Day	Date	Time	Session/Activity/Project	Theme/Title
Thursday	18th	1:45 – 3:15	Connecting Carers Book Club	Creative Writing
Friday	19 th	11.00 – 2.30	Together We Care Group Carers of Adults	Managing Stress
Monday	22 nd	6.30 – 8.30	Time for Me	Games Night
Tuesday	23th	10.30- 12.00	Together We Care Tuesday Group: Carers of Under 25's	Dealing with Food Issues (cont'd.)
Tuesday	23rd	2.00 – 3.00	Time for Me	Riddles
Wednesday	24th	10.45 – 2.00	Carers caring for carers: Staying well together	Clairobics – Chair Exercise to Music
Wednesday	24th	6.30 – 8.30	Time for Me	Games Night
Thursday	25th	1.45 – 3.15	Connecting Carers Book Club	Tidelands by Philippa Gregory (cont'd.)
Thursday	25th	11.00 – 2.30	Crafty Carers	Natter
Friday	26th	11.00 – 2.30	Together We Care Friday Group Carers of Adults	Moving to Stage 2 of Lockdown
Friday	26th	2.00 – 3.00	Information Session	Talk on the Life and Crimes of Agatha Christie
Monday	29th	11.00 – 2.00	Information Session	Assistance Dogs Talk
Monday	29th	6.30 – 8.30	Time for Me	Games Night
Tuesday	30th	2.00 – 3.00	Time for Me	Spot the Difference
Wednesday	31st	6.30 – 8.30	Time for Me	Games Night