

United!



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Issue no. 12 December 2014

The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring

Carers need to talk about ...
the elephant in the room

Stamp out hate crime –
find out more inside

Legally speaking, the Care Act and you

**Do you know the pitfalls of
joint banking?**

Cook before the big day -
Christmas dinner the easy way!

**News from the
Carers Centre**

...And Charles' chat



Winter issue

Letter from the Editor

So, dear readers, another year has flown by and so it seems, have twelve issues of United! ...

In this issue, we are tackling some important issues like, preparing and coping with life's major changes and grappling with the legal aspects of the new Care Act. We are also of course, bringing you Chef Graeme's fabulous, ever popular and easy Christmas dinner recipes. This year I asked if he could find a way of carrying out this mammoth task that does NOT require having to spend the entire day slaving away in the kitchen. I am very pleased to tell you, as usual, he came up trumps!

Now that I have mentioned Christmas...It feels like it happened only six months ago. Yet here we all are, bracing ourselves for the tidal wave of calories and the endless sales pitches via the television (and anything else with a screen) that tell us in no uncertain terms, we must spend our way to festive joy. Of course there will be those of us who are going to live within our means by dusting off our ancient decorations, making an early dash to the mega discount store for a handful of cheap new shiny things. How nice it would be, if we could go back to focusing on the spirit of the season – which is surely, caring about one another – well, at least more than who has the best version of the latest bit of flashy tech. No, I am not a technophobe but really, unless they invent an 'app' that can hug you back; I will save my passion for actual human beings!

Whilst we can always find time to ponder over the things that are wrong with our lives, I think this is a good time of the year to be thankful for the good things too. Best of all, we made it through to see another one, right? Honestly, some of the simplest things can bring us so much joy (my personal list is endless and yes, it will remain private!) and cost little if nothing to enjoy. With that in mind, I would like to close by saying a few 'thank-you's' of my own. Thanks to the carers and readers of United!, keep your ideas and thoughts coming, we love them. Thank you to the staff, volunteers, trustees and supporters at The Carers Centre, who have made this another great year for our magazine. And a big thank- you to Gill Huddleston, who has always faced challenges with courage that inspires us all. I am adding my voice to the many, many people who wish you and Charles the very best wishes on your journey of recovery.

I wish you all a peaceful, joyous and loving celebration season!

Ann Johnson

Please feel free to email me at
unitededitor@claspthecarerscentre.org.uk

Support us with Phoenix Trading

Fundraiser Babs has embarked on a new fundraising venture for The Carers Centre by becoming a Phoenix Trader. Phoenix Trading offers a wonderful high quality selection of cards, giftwrap and stationery. All items are very competitively priced and ordering is simple. Babs will be happy to post catalogues (or deliver locally) to anyone interested in purchasing these lovely items! Orders can be paid for upon ordering or at the point of delivery. Please remember that all profits raised will go to The Carers Centre to help us to continue to provide support to carers in our community.

Don't forget to order early for everything this Christmas: gift wrap, cards, decorations and calendars – contact Babs on babs.marson@gmail.com telephone; 0783 309 0537 or 0116 251 0999

Charles' Chat!

THE COMING YEAR

As with many voluntary and charitable organisations around Leicester, Leicestershire and Rutland, our funding comes mainly from contracts via local authorities and/or the NHS.

By law, local authorities have to open up the competition for these contracts. At this present time, virtually all of those contracts have gone out to “tender”. At the time of writing, we're entrenched in reams of paper, going through every calculation and every question on the tender documentation. So I can't yet report on our plans for the future, as the result from these tenders will decide what the future will look like for us.

Whatever the future holds, we'll let you know here in United!

TEAM CHANGES

Over the last few weeks we've said goodbye to:

Ragini Gandhi, who helped us out with admin, and with reception. She's now working for the NHS.

Lindsay Slater, who helped us with other admin work, including our information database. She's now working in the private sector full time, but hopes to pop back for the occasional session.

Both of them were a real asset to the team and we will miss them greatly.

A word of thanks from Gill Huddleston...

“Many of you will now have heard that on 22/8/14 I had a spinal injury. I have had a couple of operations and I am currently in rehab at the Sheffield spinal injuries centre. It will be a while before I am able to return to work. I want to thank everyone from all sectors of the community for their good wishes they have meant a lot to me.

I know I am keen to learn about all sorts of issues around caring, but given a choice, I would have preferred not to have had to learn this way. What I do want to do is use this as a reminder to everyone. My injury has caused a lot of problems for us, so, please take care of yourselves - prevention is better than a cure.”

LIFE'S LITTLE LESSONS

Like many of you, I've been a carer for more years than I care to remember. I've lived through the many changes, heartaches, trials, tribulations and the joys that caring can bring. Recently, my home situation has meant that I've realised that some of those messages we've given over the years were spot on – especially these two:

- Make sure you look after yourself
- Plan for the things you can plan for

Our Caring with Confidence programmes can help with this, and are well worthwhile – you'll find dates for future programmes in United! But not everyone can get to a Caring with Confidence session, so we'll be aiming to include information about these issues in future editions of United!

In this issue, we tackle the scariest subject of them all. Please read it, and please at least think about the message in the article.

From all of us here at The Carers Centre, we wish you all a Happy Christmas and a Happy New Year

As always, if you have anything to ask, or to say about our services, please contact me in the usual ways – you can telephone me:

On 0116 251 0999 or 07740403294, or email me on Charles@
claspthe carerscentre.org.uk

**** STOP PRESS****

We've just heard that the earnings limit for Carers Allowance is being increased from £102 to £110 from April 2015. More info in the next issue.

Di Wildbur's (a.k.a. The Wild One!) 1955 Challenge

Carers Centre Fundraiser Nadine, tells us an inspiring story of courage and tenacity about one woman's incredible journey to raise money for The Carers Centre...

As some of you are aware, Diane Wildbur took part in the London Marathon this year, and loved every minute of it! All her hard work and fundraising efforts paid off and she raised a huge amount for The Carers Centre. She has decided to set herself a challenge to mark her 60th birthday, by completing 1,955 (the year of her birth) miles, by either on foot, cycling, or via other self-propelled means. She started this amazing challenge on 1st September 2014 and it will end on 31st August 2015.

Diane will be taking part in 12 organised events, some are listed below; others, include; 10k running races and cycling/duathlon/triathlon/kayaking events:

- Great North Run - Half marathon (7 September 2014) - COMPLETED
- Breeze Warwickshire - A gentle 30m cycle ride (5 October 2014) - COMPLETED
- Perkins Eastern Run - Half marathon (12 October 2014) - COMPLETED
- Leicester Half Marathon - (26 October 2014)- COMPLETED
- Ashby 20 - (22 March 2015)
- Virgin London Marathon (26 April 2015)
- Great British London Run (12 July 2015)

Whilst talking to her she said she was really excited about doing the London marathon 2015. She described it as a remarkably huge event, with a lot to take in

Throughout the 12 events, she will be continuously fundraising for The Carers Centre. You can see how she is doing and make a donation by visiting this link <http://uk.virginmoneygiving.com/DianeWildbur> or by sending a donation into The Carers Centre - watch this space for more updates on Diane's quest in the coming issues!

A look back at our gardens in 2014

Yes it's that time again to untangle the tinsel, break out the baubles, and twist every bulb on the fairy lights till you find the one that's broken. I am of course talking about Christmas. I thought I would take a break from the norm and give sort of a gardening year review with a look towards next year and what to expect, or at least what I'm expecting.

It cannot have gone unnoticed that everything plant related was early this year. Well, that was due to having a rather mild winter, which was the result of the hot and late summer we had last year. Not all plants really like it when that happens and so some plants have suffered as a result. Sweetcorn, for example was one that could have done better. It was also another good year for slugs and snails, again caused by the mild winter. You see, while I do agree that snow can get annoying especially when trying to drive to work, it does do the world of good to your garden. Hard frosts kill all the slugs, slug eggs (and snails) that are under the soil but close to the surface meaning that you won't get as many when spring comes around. Does that mean I am expecting snow this winter? Well, I'm hoping for some. The summer, while hot, wasn't late, so the heat SHOULD have died off by the time winter gets into full swing. We had an early spring this year as well, and a lot of bulbs hung on till the bitter end. Do not expect the same next year. You might find that they don't stay open as long or look as nice. Even nature needs a rest sometimes. The summer was long and hot and the plants that DO enjoy the heat showed it and then some - those of you who grew tomatoes will know what I'm talking about.

So, now we come to my expectations for next year. Providing we get at least some snow this winter, I'm expecting an average gardening year. I really don't think we will get three hot summers in a row. I would like it very much if we did, but I do not think that it's going to happen. That doesn't mean that I believe 2015 will be a wash out but don't expect the BBQ to get a good workout either!

As always if you want more hints, tips or professional work doing to your garden call HORTIS on 07719308901 or email gardeningwithhortis@gmail.com

Don't Ignore the Elephant

Charles Huddleston shares some useful thoughts and information on a topic that most of us shy away from...

The most difficult subject to talk about, the one subject everyone avoids, is the one that affects every one of us. Many of us don't prepare for it. But we do need to think about it, and ideally make a few plans. "Just in case."

You may have heard the expression "...in this world nothing can be said to be certain, except death and taxes." We all talk about taxes – politicians blather on about cutting or increasing taxes, people complain about the level of taxation, businesses do their level best to avoid it altogether.

No one really talks about death. It happens to all of us. We can't avoid it. We can't hide from it. But we try – oh, how we try! And then, when it happens, it comes as a shock for which we are horribly unprepared. Because somehow, we believed it would not really happen.

For carers, it's a particular problem. As carers, we worry about what will happen to the people that we care for if something happens to us first. And we worry about what will happen to us if the opposite happens. We sometimes don't want to talk about it because of superstition – if we talk about it, it will happen. Or because we don't want to upset the people we care for, especially if they are seriously ill. And it's true that not everyone can face up to that.

When my sister died suddenly, our family had no idea what she wanted for her funeral. She would never discuss it, even after our father died. It was "too morbid."

Most people don't write a Will or take out a Power of Attorney. We've covered this in previous issues but it doesn't hurt to mention it again. Many of us – including the vast majority of social care staff – probably know it's something we should do, but think there's plenty of time for that. Hospitals and care homes are full of people who thought that too. For them it's too late. Here are a few things to consider – and hopefully talk about.

Joint Planning

Talk to each other. Agree what you want to happen at your funerals and write it down. That way you know your wishes will be respected.

Write a Will. This is really important if you have any property, or if you are not married to your partner. If there is no Will, they may lose out.

Take out a Power of Attorney while you and the person you care for have the mental capacity to make that decision. It's like taking out an insurance policy: there's someone who can legally make decisions for the person you care for (or for you), at a lower cost than if you leave it, and with a lot less hassle.

Care Planning

Your Carer's Assessment has a section covering "emergencies." This generally works out as being what will happen if you fall ill, or worse. If you have family, you might assume that they will take up the reins, but they may not be able to. Plan ahead and discuss it. Make a plan – who is willing to help, and what they are willing to take on – as a temporary measure or as a long term one. Your assessment might read like this, for example:

"Mrs A's son, D, can provide full caring support for Mr A for up to a week, while alternative arrangements are put in place" or:

"Mrs A has no family or friends who can take over care for Mr A. The Leicester City Integrated Crisis Response Service will be put in place while alternative arrangements are put in place"

The point is that you now know what will happen if something happens to you. One worry less?

Carer Planning

Carers often spend all their waking hours looking after someone, with limited time for themselves, and with few opportunities to do other things. Often, carers see it as the right thing to do because they have a sense of duty towards the person they care for. Which is fair enough, but we carers also have a duty to ourselves. We need to think about our own health too, and sometimes we need to think about our future too.

As carers, we need a break from caring – a few hours away from the caring situation where we can have contact with other people. One option is to take up a few hours' volunteering. This gives us a different role, a chance to meet and help other people (or refresh our old job skills), and a routine that's removed from caring.

Often, when the person we're caring for dies, the bereavement process begins with a sense of aimlessness and a lack of purpose, or structure in our lives. This leads to difficulties adjusting to this massively stressful change. Remember – our lives are entirely structured around the needs of the people we care for. We're creatures of routine. If that caring ends, the structure collapses completely and it becomes harder to cope. I've found that the carers who adjust best to this difficult process are those who have built a separate routine for themselves before anything happened.

All in all, as with most things, you should "Be Prepared". That's not just a scouting motto; it's about making life, caring and death easier to cope with and taking away a few of the major worries. It's not as if there aren't enough worries to handle!

If you need some help or information about this topic please call us on 0116 251 0999

Christmas Menu

This year, the editor (Ann) has tasked me with providing a less time consuming Christmas meal whilst still keeping those all-important costs down.

To do this I have drawn up a loose timetable, plus I have once again ditched the traditional overly large, costly and time consuming Turkey and all the trimmings.

The best way to save time on Christmas Day is to get a head start. There are many jobs that can be done the day before.

Prepare on Christmas Eve

Prepare the roasted vegetables and the roast potatoes

Roast off your meat

Prepare vegetarian main course

Prepare Tiramisu

Recipes

Vegetables

Mixed Roast Vegetables

6 Medium sized Carrots, washed peeled and cut into thirds

6 Medium sized Parsnips, washed peeled and cut into thirds

4 Onions peeled and cut in half

1 Swede or Turnip, washed peeled and cut into wedges

3 Bell peppers cut into quarters.

5 tbsp Olive Oil

1 tsp mixed herbs

Method

Bring a large sauce pan of water to a boil and carefully add the root vegetables. When the water returns to the boil, strain off the water and allow the vegetables to go cold.

When they are cold, take a large plastic food bag and add the oil and the herbs. Add the cold root vegetables and the onions and peppers, tie the top of the bag and mix the vegetables in the oil and herb mixture.

Place in the fridge ready for roasting the next day.

Roast Potatoes

1 Large potato per person. Washed peeled and cut in 4 or 5 pieces

3 tbsp olive oil

½ tsp each of salt and pepper

Method

Bring a large sauce pan to the boil, carefully add the potatoes.

When the water has returned to the boil, simmer for 5 minutes.

Strain off the water and allow to go cold.

Then as with the vegetables, add the salt, pepper and oil to a large food bag then place your potatoes inside this bag, mix them together. Seal the bag and place into your fridge ready for roasting the next day.

Vegetarian Main course

Carrot Nut Roast

250g 9oz of grated carrots

100g 4oz chopped cashew nuts

100g 4oz chopped walnuts

100g 4oz granary bread

59g 2oz margarine or unsalted butter

1 onion finely chopped

2tsp of yeast extract

1tsp honey

1tsp mixed herbs

2tsp lemon juice

6 tbsp of hot vegetable stock

Salt and pepper

Small knob of butter or margarine (to grease the oven proof dish.)

Method

Using a food processor or blender grind the nuts and bread together to a fine crumb.

Melt the butter in a saucepan and add the onion. Cook until softened.

Add the grated carrot and cook for about 5 minutes.

Add the yeast extract and honey to the hot stock and mix together. Add this to the nut and bread mixture.

Add the carrots, onion, herbs and lemon juice and mix well.

Check for seasoning, and add any that is needed

Grease a shallow oven proof dish and spoon the mixture into it.

Cover with cling film and place into your fridge.

Roast Beef or Pork

As you are cooking this twice you can go for the cheaper cuts of meat.

If using beef allow 15 minutes per 500g 1lb plus 15 minutes over at 200-230c gas mark 6

If using pork then 25 minutes per 500g 1lb plus 25minutes over at 200-230c gas mark 6

When the meat is cooked wrap it tightly in kitchen foil and allow to go cold, then store the roast in your fridge.

First course

Brie and Salmon parcels

1 Round of Brie or other soft cheese.

500g 1lb Smoked salmon trimmings

1 pk Filo pastry.

50g 2oz melted butter

Salad dressing of your choice.

Method

Cut the filo pastry into 16 7 inch or 18cm squares.

Cut the brie into 16 equal size portions. Wrap the brie with the salmon.

Brush 2 squares of filo pastry with butter and place on top of each other.

Place the brie and salmon into the centre and pull up the sides, then pinch and twist the top together.

Repeat until all the filo and salmon has been used.

Place on a baking tray and cook at 180c gas mark 5 for 15-20 minutes or until golden brown.

Tomato Crostini

1 Cobb loaf or any small to medium crusty loaf

1 Clove of garlic peeled

6 large tomatoes

Balsamic vinegar

Parmesan cheese or any hard grating cheese

Method

Cut the bread into 8 ½ inch slices on a hot griddle pan (if you don't have a griddle pan you can just toast the bread)

When the bread is toasted, rub it with the clove of garlic.

Cut the tomatoes into thick slices, and griddle them for about 2 minutes each side or line your grill pan with tin foil and grill for the same length of time.

Place an equal number of tomato slices on each slice of bread and drizzle over the balsamic vinegar.

Grate over some of your hard cheese.

Dessert(s)

Tiramisu

225g 8oz Mascarpone cheese
25g 1oz Icing sugar
150ml ¼ pt Cold strong coffee
300ml ½ pt double cream whipped
115g 4oz Sponge finger biscuits
50g 2oz Dark chocolate
Cocoa powder for dusting.

After 8 mints or chocolate matchsticks

Method

Line a 900g (2 lb) loaf tin with cling film. Be generous with the cling film as you need enough to fold over the top of your loaf tin.

Put the Mascarpone cheese in a bowl with the icing sugar and beat the two together, then fold in the double cream.

Put your cold strong coffee into a bowl and dip the sponge finger into the coffee. Not too long as they will get soggy and fall apart.

Spoon a layer of your cheese mixture in the bottom of your loaf tin

Place enough of the fingers in the bottom of loaf tin to form a layer, then spread some of the cheese and cream mixture onto the fingers.

Between the layers of cheese and fingers add a layer of after 8's or the chocolate matchsticks

Repeat this till the loaf tin is filled.

Fold the cling film over the top of your tin.

This can now sit in the fridge until it is needed.

Cook on Christmas Day

Remove the meat from the fridge. Remove any fat from your meat and cut into thin slices. Because it's cold you should be able to get more slices than when it's hot.

Put your meat into a flat sided tray and cover with cling film, set to one side.

Pre-heat your oven to 180c gas mark 5.

Place a roasting tray in the oven to warm up.

Make your choice of starter. (see recipes)

Whilst you are enjoying your starter

Place the partly cooked vegetables at one end of your roasting tray and the potatoes at the other.

Roast at 180c for 30-40 minutes.

Make 1pt of vegetable stock and pour over your meat, this will reheat your meat without drying it out. Leave it in the stock for around 5 minutes.

Use this stock to make your gravy.

If you are having the vegetarian main then this can go into the preheated oven for 45 minutes

After the main

Remove the Tiramisu from the loaf tin by turning it on to a plate. Remove the cling film.

Dust with cocoa powder and grate over with the dark chocolate or use any left over After 8 mints or chocolate matchsticks.

Or make the Rum bananas if you prefer.

Rum Bananas

4 firm bananas

50g 2oz unsalted butter

3 tbsp of dark muscovado sugar

½ tsp cinnamon

½ tsp all spice

60ml 2fl oz dark rum

Vanilla ice cream

Method

Add the butter and sugar into a frying pan and over a low heat melt the butter.

When the butter is melted and sugar dissolved, add the spices and stir.

Add the banana halves and cook for 3 minutes on each side.

Warm the rum in a sauce pan, remove from the heat and set it alight, pour over the bananas and caramel.

When the flames are out remove the bananas and serve with a good scoop of ice cream.

REFORMING CARE

How will the Care Act 2014 affect you?

The Care Act represents a significant reform in the care and support system prioritising people's wellbeing, needs, and goals in the hope that individuals should no longer have to battle against the system to get the support they need.

The reform makes things clearer by introducing a minimum eligibility threshold across the Country.

Many carers feel their roles are undervalued and unsupported. Within the Act carers are now recognised as vital partners and for the first time will be recognised in the Law in the same way as those they care for.

The Act gives the Local Authority a responsibility to assess carers need for support and the impact that caring has on the carer. It also looks at what carers want to achieve in their own life. Support will be offered to carers if they meet the eligibility criteria. Carers will be involved in a support plan for themselves and the person they are caring for, which may include more support for the person they are caring for, but may also include something more personal like buying a laptop to help keep in touch with friends/family or a gym membership for the carer to look after themselves.

Any charges to carers for their support, or to the person being cared for will be subject to a financial assessment. Currently the maximum capital threshold is £23,250 (including your house value, unless you receive care at home). Anyone who exceeds this will pay the full cost of their care privately. The Act attempts to limit the cost of care.

In April 2016 Care accounts will be created for people eligible to receive care and support from the Local Authority, so that once you have contributed £72,000 the Local Authority will not expect you to pay any more. The new assessment increases the upper capital threshold of people living in a care home from £23,250 to £118,000 and for those living in the community to £27,000.

It is important to note that the £72,000 cap is for the care element only at the rate the Local Authority would be expected to pay for such care. For people in a care home this excludes the cost of living and accommodation.

Whilst these principles are set out in the Act, some details are still to be developed and we cannot be certain of what the future holds until at least the next general election. Whilst the reforms are welcomed early advice and future planning remain essential.

At Wilson Browne we have a specialist Care Funding and Financial Administration Team where we advise on immediate care funding and planning for the future, including challenges to NHS Continuing Health Care and Local Authority deliberate deprivation claims.

If you would like to know more about the reforms or what Wilson Browne can do to help you or the person you care for, please do not hesitate to contact us for a free 15 minute consultation on 0800 088 6004 or text LAW to 81025.

Caring with Confidence

is a FREE support programme for anyone caring for a family member or friend, with dementia or memory problems.

at AGE UK, Leicester

Clarence House, Humberstone Gate, Leicester LE1 3PL Complimentary refreshments are provided.

Tues 2 Dec 2014 Finding your Way
Tues 9 Dec 2014 Caring and Coping
Tues 6 Jan 2015 Caring and Understanding Dementia
Tues 13 Jan 2015 Caring Day-to-Day
Tues 20 Jan 2015 Caring and Life
Tues 27 Jan 2015 Managing Stress Effectively

Coming to Oadby!

Oadby Town Football Club, Wigston Road, Oadby (Opposite Leicester Tigers Training Ground). Complimentary refreshments are provided.

To book your place or to have a chat about the programme, please contact Pamela or Debbie at The Carers Centre on 0116 251 0999

Mon 1 Dec 2014 Caring Day-to-Day
Mon 8 Dec 2014 Managing Stress Effectively
OR (Whichever the group prefers)
Caring for someone with Dementia or Memory Problems

Are you a joint bank account holder?

There are pros and cons of sharing financial responsibility by having a joint bank account. Here, Richard Lockwood of Collective Legal Solutions points out some of the pitfalls of sharing a bank account...

For the majority of couples sharing the same household, joint bank accounts are very convenient to share expenses because they allow joint account holders to be able to pay money into the account, pay bills, write cheques or withdraw cash from the same account. The figures back these assumptions up because 82% of married people surveyed said they had a joint bank account. Two-thirds of these joint account holders use it for everything, while a third use it just for bills and other shared expenses*.

For many couples it is an essential part of everyday life and really, nothing to be concerned about. But what would happen if one joint account holder was suddenly mentally incapacitated, due to accident or illness? This thought may not have crossed your mind but it is worth noting that an accident or illness can happen at any time, and is not something that only occurs in old age. Most people would simply assume that, as the other joint account holder, they could continue to access the joint account and pay bills etc., however, this, unfortunately, is not the way the law works. Once the bank or building society find out that one of the joint account holders can no longer manage their own affairs the account could be frozen, leaving the family in a precarious position financially.

Some simple forward planning is the key to avoiding a difficult situation during what could be a stressful time. It is always far better to have an honest discussion about how financial matters should be dealt with if one partner loses mental capacity to deal with joint finances if the unthinkable happens. Fear not, there is a fairly simple solution to this potential problem. By drawing up a Lasting Power of Attorney for property and financial affairs and appointing your spouse or partner as your attorney, they can then legally act on your behalf in relation to financial affairs.

Richard offers free, no obligation consultations in the comfort of your own home in relation to this subject. Call now for further information, and don't forget to look out for the next free seminar on protecting your assets at The Carers Centre. Contact Richard Lockwood on (0116) 243 2200

*Source: MoneySavingExpert, July 2011

Leicester City Parent Carer Forum

Join others like yourself and have your say about Education, Health, and Care services provided in Leicester for disabled children and young people.

The Forum is attended by the Local Authority, Health, Social Care, Education and Voluntary Organisation representatives who are there to listen to you and act on your recommendations.

Are you a parent carer living in the city or support parent carers of children aged 0 to 25 with special educational needs and/or a disability?

2015 dates:

Wed's - Jan 21st - Barnes Heath House
Wed's - Feb 11th - Barnes Heath House
Wed's - March 18th - Barnes Heath House
Wed's - April 15th - Barnes Heath House
Wed's - May 20th - Barnes Heath House
Wed's - June 17th - Barnes Heath House
Wed's - July 8th - Barnes Heath House
Wed's - Sept 16th - Barnes Heath House
Wed's - Oct 14th - Barnes Heath House
Wed's - Nov 18th - Barnes Heath House
Wed's - Dec 16th - Barnes Heath House

Forum meetings are from 10.00am to 1.00pm

Transport for meetings can be arranged if required.

Refreshments are provided and lunch provided from 12.30 to 1.00.

Telephone: 07582197173

Email: leicesterparentandcarersforum@live.co.uk

Facebook: <https://www.facebook.com/LeicesterCityParentAndCarersForum>

Leicestershire Police Stamping Out Hate Crime

Darren Goddard is Leicestershire Police's Hate Crime Officer and manages their hate crime project Stamp It Out. The aims of the project are to raise people's awareness of what hate incidents and hate crimes are, what support is available to victims and how people can report.

Darren says; "We often hear or read about people being abused or called names in person or on the internet, being attacked in the street or having their property stolen or damaged. People have been attacked simply because they are disabled, a carer of a disabled person, because of their race, their religion, their sexuality or because they are transgender. These types of attack are all examples of hate incidents and crimes".

Being called names, bullied or threatened for simply being you, is sadly still a reality for some people, but research shows that many people don't recognise these incidents as being hate incidents or hate crimes. Being a victim of a hate crime, knowing that you have been targeted because of who you are can have a huge impact on how we live our lives.

The Police and the Councils take all hate incidents and hate crimes seriously and we work closely together to keep people safe and free from abuse. There is a lot of support available for victims and witnesses when people report these incidents to us.

Our new advert is aimed at young carers and the abuse some experience on the internet. This is the first in a series of adverts focussing on carers.

For some young carers chatting on the internet is a great way to keep in touch with their friends, family and other young carers whilst still carrying out their caring role. If being bullied on the internet stops them using it, this can lead to them becoming isolated from their friends, their families and their support networks. This can impact both their physical and mental health.

There are a number of different ways that someone can report a hate incident or a hate crime. In an emergency always ring 999; you can also call 101, which is the non-emergency number for the police. For those with any hearing difficulties or a speech impairment, a text phone is available on 07624 818 901. There are a number of police officers and staff who have received training in deaf awareness and are skilled in the use of British Sign Language at different levels that we can call upon to assist.

Growing up we were often told that sticks and stones break bones but words cannot hurt us. However, we know this to be untrue. Sticks and stones can break bones, but words DO hurt us.

You can report on-line by visiting www.stamp-it-out.co.uk.

Carers Centre's AGM

The Carers Centre's AGM was well attended with a room packed with people ready to hear about the Centre's progress over the last year. Sonia Bray's report as Chair showed that we have made steady progress in many areas. Sonia read out a letter from a local learning disability psychiatrist praising the advocacy service. Their praise was much appreciated. Re-elected to the BOT were Sonia Bray, Phil King, Mark Wilkinson and Peter Worrall. New Trustees are; Ahmed Fareed, Colin Moore and Sandra Stocks. Alex Young-Allan and Margaret Kerridge also remain as Trustees. With business finished for another year, speakers from Leicestershire County Council (Jane Robins – Carers Officer, and Mandy Stott – Care Act Programme Manager) spoke about how the Care Act 2014 will impact on carers in Leicestershire. A last-minute change to the programme saw Charles Huddleston give a short presentation explaining about Carers Assessments and how they may change from April.

Both presentations raised lots of useful discussion and staff and Trustees will take back those points to consider the way The Carers Centre will look to support carers around the coming changes. Watch this space!

The Carers Centre Fashion and Skincare event at John Lewis

Carers centre fund raiser Babs, teamed up with John Lewis to host a fabulous Fashion and skincare fundraising event. To kick start the night, centre manager Charles presented Diane Wilbur with a Carer's Centre champion award, in recognition of her fundraising efforts. Guests enjoyed Cava and cupcakes while the Clarins beauty representatives shared some insider skincare tips and tricks. Carer's centre staff member Debbie received a 15 minute makeover, showing how to achieve the perfect daytime makeup look using Clarins products. The John Lewis personal stylists told guests about the complimentary style profile service which is offered to customers. They offer excellent fashion advice, so you know the right clothes to flatter your figure and which colours will suit your skin tone. The highlight of the evening was the fashion show, where staff members Debbie, Pat and Ranjana modeled the latest winter styles. Debbie looked chic in high waisted jeans, pink cashmere jumper and fur gilet, While Pat modelled a statement fuchsia coat over a classic little black dress. Ranjana wore a cape coat with a vibrant electric blue jumper. The event ended with a raffle where a few lucky guests went home with £100 worth of beauty products. The evening raised a total of £349.60. Special thanks go to Charles for opening and closing the event, Nadine who greeted guest and of course to our lovely models Pat, Debbie and Ranjana!

Like us - The Carers Centre is now on Facebook!

For regular updates and a chance to feed back your comments to us, why not look up “The Carers Centre Leicestershire and Rutland” on Facebook, or “like” us from our website page. www.claspthecarerscentre.org.uk

Drop in at The Carers Centre

The Carers Centre welcomes visitors every Tuesday between 9.30 and 12.30. This is a chance to get some general information about who we are and what we do. Tuesday mornings are also a great opportunity to meet other carers who might be there too and have a chat over a cup of tea or coffee. We are always glad to see you but please remember if you need to have more advice that is specific to your situation or if you want to talk to an advocate please call us on 0116 251 0999 so that we can make an appointment for you. We look forward to seeing you!

CARERS RIGHTS DAY

Information event on the 28th November at 10.30 am at The Curve Theatre. The Carers Centre will be one of several organisations that support carers in our community, taking part and providing information to carers throughout the day. You will also be able to share your opinions about health services using the NHS Listening Pod, learn about assistive technology, sample relaxing therapies and much more. For more information call 0116 454 2393. Be one of the many.

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