

# United!



Registered Charity No. 1043066

Issue no. 20 December 2016

## The Carers Centre

LEICESTERSHIRE & RUTLAND

*25 Years at the heart of caring*

### **PAYING FOR CARE?**

*Understanding the charging rules*

### **HEARTFELT WORDS FROM A PARENT CARER**

*Read Mary's touching story*

### **AVOIDING HEARTACHE**

*The pitfalls of estate planning*

### **CHRISTMAS FOR TWO**

*Small can be festively delicious!*

### **GET INVOLVED – GET EMPOWERED**

*Sign up for our social groups  
and training sessions*

### **NEWS FROM THE CARERS CENTRE**

**... AND CHARLES' CHAT!**



# Winter issue

## Letter from the Editor

Well dear readers, here we are again – it's that time of year when we close the curtains at 4.00, crank up the central heating thermostat and brace ourselves for the dreary months ahead. It's not all doom and gloom however, there is the bright and glittering festive season to lift our spirits and give us a reason to indulge. Every year, I promise myself that I am not going to bow to the pressure of big budget advertising and be sensible, but somehow, every year I get swept up in the whirlwind of chocolate and tinsel anyway!

Time really has flown and I can hardly believe that almost five years have gone by since we published the first issue of United!. We may have changed the way your magazine looks over time (we hope for the better!) but our aims remain the same. We want to continue to inform, empower and entertain our readers and do our very best to ensure that we produce a magazine that you love to read. As always, your input is essential and I am always happy to hear to any comments, critiques or suggestions you may have. So, please, let me know what you would like to see in our pages and I will do my very best to include your ideas in the 21st issue of United!.

Until then, I hope that you find the articles in this issue helpful (Mary's story is particularly insightful and honest) ; sign up for our courses and support groups and enjoy Chef Graeme's delicious recipes. And as ever...

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

Best wishes

Ann Johnson

[unitededitor@thecarerscentre.org.uk](mailto:unitededitor@thecarerscentre.org.uk)

## **Phil Cox's wheelchair push in aid of The Carers Centre**

I was excited to do this wheelchair push for The Carers Centre. I'd been going around Watermead Country Park for the last 3 years, getting some kind of exercise for myself. So when The Carer's Centre fundraiser, Nadine asked me, "Why don't you do a wheelchair push to raise funds for us?" I thought, shall I? Then I said yes!

The day started ok. I had planned to do it on my 44th Birthday, on the 15th August but due to the weather being so hot that day we decided to change the date to 9th September. I was excited about doing it and I was glad to have my friends Nadine and Diane following me.

The first part was quite good, as most of it was downhill but when we had to go uphill to a bridge I had to find the strength to get up it! I took a breather, just to make sure I was ok. As tough as it was to get to the top, I made it. Then it was downhill again, and I could just roll away, going past King Lear Lake. We decided to follow the route to Joseph Merrick Lake. As we carried on down the path, we bumped into a squirrel on a tree. We named him Cyril, and I decided to say hello! After that we carried on, right up to the car park at the top of Joseph Merrick Lake, and then down the road back to King Lear Lake. By that time I felt a bit winded. I decided to take a break, and have a nice drink of fresh water supplied by my wonderful friend Nadine. I knew this next bit would be easier as it was flatter. We pushed on, past some cows we saw on the side, and the statues on the lake. We managed to get to the starting block again. I thought we hadn't seen Diane in a while as she had been going further on past me. So, we thought let's just do one more lap around King Lear Lake. I was nearly exhausted but I knew I had to carry on. We got back to the Corner of King Lear Lake where we had started, and we decided to wait for Diane. When Diane arrived we decided to head back along the canal and go back up to the car park, where we had started. Diane decided to go on a few metres and then came back towards us, going backwards and forwards. We kept saying- after she appeared

again, we've just seen your twin! In the end we got back to the Car Park. This was a hugely tiring few hours, but very enjoyable as well.

I couldn't have coped without having Diane and Nadine by my side, giving me the strength to keep going, and the support. It was lovely to meet Diane after hearing so much about what she does for The Carers Centre. Well what can I say about Nadine? She is my Volunteer Coordinator and also a very special friend, always pushing me in the right direction. I wouldn't have done it without her,

To everyone who has sponsored me, over the last few months, I thank you as well, because without you and your sponsorships and donations, it wouldn't have been worthwhile doing it. Thanks for your support.

Phil Cox

## **Charles' Chat!**

First of all, let me wish you all a Happy Christmas and best wishes for the New Year. My calendar also tells me that the Jewish festival of Hanukkah begins on 25th December, the birthday of the Prophet Muhammad falls in December, and the Pagan Winter Solstice and Yule take place on 21st December. Whatever your faith, or none, I hope that this Winter sees the end of your problems and the beginning of a New Year of hope.

## **United!**

Every now and then I like to look back at our achievements. During this year, it's been a particular habit as we look back over the 25 years we've been around. One of the surprises is that we are completing a new milestone with this edition of United!

We've produced a full five years' worth of United! Every issue has seen changes, but we still get plenty of news about our services, our fundraising, and about things that matter to carers. We've also had five years' worth of recipes and ideas from Chef Graeme. We've even had five years' worth of ramblings under the "Charles' Chat" heading!

Many thanks to all our contributors and advertisers over the last five years. You made it what it is. And especially thanks to Ann Johnson, our editor – particularly for her patience with me over stretching deadlines!

## **A Little Bit of History...**

*"If we're going to be an effective voice working with carers we need to make sure we're listening. Not just listening to your concerns, not just being a fuzzy warm voice on the end of a telephone, but really listening, really working to help...and improving the way we work with you, the authorities and local businesses to make life better for all carers in our "patch." We aim to provide the support that you want from us."*

To that end, we've made a lot of changes. We know we need to make more. Keep talking to us. We're listening. If you have any comments, suggestions or queries about anything in this

edition, or have any thoughts or concerns, please contact me at the office on 0116 2510999. Or you can email me at [charles@thecarerscentre.org.uk](mailto:charles@thecarerscentre.org.uk) or call me on 07740403294. Alternatively, you can always write to me at:

The Carers Centre  
FREEPOST  
RTLU-HHXR-YAJL  
LE1 1PL

I'd love to hear from you!

## **Annual General Meeting Update...**

It was really good to have a lively and, I hope, informative Annual General Meeting for The Carers Centre!

Carers from all over the City and County – even from as far away as Ashby de la Zouch – came to the Phoenix to hear what we've been doing over the last year, and to hear something of our plans and the challenges for the future.

Sonia Bray, our Chair, reported on our activities over the last year and took a range of questions from the floor. One question of particular note was about the low levels of carer identification, and how we at the Carers Centre might reach those 'hidden' carers. Attendees heard that we're aware of a number of carers over 100 years old, identified by their GP, but that we don't yet know whether they are receiving any support.

We also celebrated the work of our volunteers, and Lindsay Slater gave a powerful talk about her experiences as a volunteer. She received a surprise 'Carers Centre Champion' award, as over the last three years she's given over 1,500 hours of voluntary help with our information resources and supporting the admin team with other duties.

The theme of 'hidden' carers continued with Kirsteen McVeigh talking about our GP Partnership Project, which is working with GPs around the City to encourage them to identify carers and pass on their details to us for assistance, if they wish.

The AGM was lively, positive and generally upbeat, and I was delighted to see so many people taking an active interest in us. I always find the success of a meeting is determined by one factor. Not by the numbers attending, or the questions asked and answered (although they are a positive indication), It's how reluctant everyone is to leave.

And on that measure, it was an unqualified success!

## **Caring with Confidence**

Starts on Wednesday 22nd February 2017

### **Finding your Way**

**Wednesday 22nd February 2017**

The introductory session which welcomes you to the programme and explains more about each session and how it can help you in your caring role. Looks at the importance of your own health and wellbeing.

### **Caring with Coping**

**Wednesday 1st March 2017**

Gives you time and space to look at the emotions involved in looking after someone and how to recognise and deal with stress more effectively. Helping you to understand the importance of your own health and wellbeing.

### **Caring and Communication**

**Wednesday 8th March 2017**

Helps you get the best from communicating with professionals and service providers. Ideas to help with self-advocacy and find out more about local support available to you.

### **Caring Day to Day**

**Wednesday 15th March 2017**

The essentials of caring for someone every day from medication to emergencies. Discussions around equipment available to help keep someone safe in their own home and looking at moving and handling.

### **Managing Stress and Life Effectively**

**Wednesday 22nd March 2017**

Relaxation and how not to avoid it! Using simple techniques to incorporate in everyday life. Looks at ways to help you juggle your caring role and also creatively, finding valuable time for yourself !

**TIME: 10pm- 1pm**

**VENUE: John Storer House, Ward's End Loughborough  
Leicestershire LE11 3HA**

# **PREPARED TO CARE WITH CONFIDENCE**

Starts on Wednesday 11th January 2017 Age UK

## **Caring with Coping**

**11th Wednesday January 2017**

Gives you time and space to look at the emotions involved in looking after someone and how to recognise and deal with stress more effectively.

## **Managing Stress Effectively**

**Wednesday 18th January 2017**

Relaxation and how not to avoid it! Using simple techniques to incorporate in everyday life. Looks at ways to help you juggle your caring role and also creatively, finding valuable time for yourself !

## **Caring and Communication**

**Wednesday 25th January 2017**

Helps you get the best from communicating with professionals and service providers. Ideas to help with self-advocacy and find out more about local support available to you.

## **Caring Day to Day**

**Wednesday 1st February 2017**

The essentials of caring for someone every day from medication to emergencies. Discussions around equipment available to help keep someone safe in their own home and looking at moving and handling.

## **Caring and Life**

**Wednesday 8th February 2017**

Invites you to time out and think about how to juggle competing demands and how your caring role fits with other aspects of your life.

## **Caring and Working**

**Wednesday 15th February 2017**

If you would like to do something outside of caring role, there are lots of options out there. This session explores these options

available, including training, education, volunteering and work. You'll look at the many skills you have (even if you haven't spotted them yet) and start to decide what changes, if any, you want to make in your

**TIME: 10pm- 1pm      VENUE: Age UK. Clarence House  
Humberstone Gate Leicester. LE1 3PJ**

**ADVERTISE IN UNITED!**

**Do you offer a service or product that  
you think would help carers?**

**Would you like to reach thousands of United!  
readers?**

**Then contact The Carers Centre  
on 0116 251 0999 or  
[enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)  
for more information about our  
advertising packages!**

## Crafty Carers

The Support Group is excited to launch its very own Crafty Carers group!

It doesn't matter if you have never picked up a paint brush before; there is something to suit everyone. You might even find a hidden talent! It's a perfect opportunity to try a range of arts and crafts, and then if you want you can show off everything you have achieved at our celebration event in December 2017.

Everyone is welcome to our launch event on the 15th February 2017, where we'll be showcasing the range of arts and crafts you can get involved in.

The Programme is:

15th February	10:30	Launch – come and sample the arts and crafts that will Be on offer in 2017
29th March	2:00	Easter crafts
18th April	10:30	Glass engraving and painting
26th May	2:00	Quilling and Origami
19th June	1:00	Memory making crafts
20th July	10:30	Drawing/doodling
14th August	11:00	Handmade cards
13th September	10:30	Painting using different media
12th October	1:00	Decoupage
21st November	2:00	Christmas crafts
11th December	10:30	Celebration of Crafty Carers

# **Chaaaaaarge!!!**

## **A brief guide to the charging rules**

As council budgets become increasingly tight, we're hearing from carers about how care and support packages are being squeezed. We are also hearing more stories about how they are dealing with increased demands for funds through the charging regulations. Here are a few pointers to be aware of...

### **When is the charge assessed?**

It's done after the assessment is completed and the support plan is agreed. Otherwise, you wouldn't know what you might be paying for because you have to decide what you want to buy before you work out what it's going to cost.

### **Who is charged for the service?**

Broadly speaking, it's whoever is going to receive the service. But it's not quite as clear cut as that. If you are the carer and need a respite break, the service is not yours. It's for the person you care for because you won't be providing any care during the break.

General rule: if it's hands on care, the person receiving the care receives the service and is assessed for the charge.

### **So how is income taken into account?**

The rules are pretty complex, and for a full description it would take more space than we have in United! However, the basic issues are:

- If the service is for the individual being cared for, only their income can be taken into account. This does not change where there is a partner or spouse involved.
- Joint income is taken into account. However, only half can be considered, and only if there is no adverse effect on the carer. In practice, there are very few examples where there would be a joint income.
- Some income is disregarded. For example, Mobility Component of DLA and PIP cannot be taken into account for care costs. However, it may well be considered to be available for transport costs to access some services. There are other rules

about this – we'll look at it another time.

And Savings/Capital...How are they treated?

Again, the rules are pretty complex. But the main principles are that:

- Only the capital of the individual receiving the service can be taken into account. Joint savings/capital are taken to be 50% of the total.
- Capital is usually taken to be owned by the person in whose name it is held. However, it is important not to move money around to avoid charging: in those cases ('Deliberate Deprivation of Assets'), the council can charge you on the basis that the money is still available to you.
- For care services that do not mean a move into residential services, your house cannot be treated as capital.

### **Where can I find out more?**

Under the Care Act 2014, all local authorities must publish information to help people understand the charges they may have to pay.

Leicestershire County Council

[http://www.leicestershire.gov.uk/sites/default/files/field/pdf/2016/6/17/charging\\_policy\\_social\\_care.pdf](http://www.leicestershire.gov.uk/sites/default/files/field/pdf/2016/6/17/charging_policy_social_care.pdf)

Leicester City Council

<https://www.leicester.gov.uk/media/179202/asc-charging-policy-2015.pdf> (policy unchanged so far)

We were unable to find anything on the Rutland County Council website – only an expired consultation from April 2016.

## **Moving and Handling**

Over 60% of family carers are likely to suffer from back injury as a direct result of poor moving and handling techniques.

While care staff are protected by law and entitled to receive training, family carers often do not receive the same protection.

The Carers Centre is now offering free moving and handling training to family carers.

Date: Thursday 8th December 2016

Time: 10am – 1pm

Venue: Quaker Meeting House, 16 Queens Road, Off Victoria Park Road, Leicester, LE2 1WP

For more information or to book a please contact Debbie or Ranjana Tel: 0116 2510999

[enquiries@claspthecarerscentre.org.uk](mailto:enquiries@claspthecarerscentre.org.uk)

## **A Healthy start to Spring!**

Watch this space for upcoming information...

We just wanted to let you all know that The Carers Centre will be hosting a Health and Information event due to take place in early spring next year.

The day will be packed full of enjoyable taster sessions and demonstrations looking at healthy living, relaxation and mindfulness techniques with information and advice sessions provided by ourselves and our partners.

The event will be funded through the BIG Lottery Awards for All fund and will be open to carers and those they care for.

Keep an eye out for more details on our website, Facebook and Twitter!

[www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

[www.facebook.com/ The-Carers-Centre- Leicestershire-and-Rutland](https://www.facebook.com/The-Carers-Centre-Leicestershire-and-Rutland)

[Twitter.com/CLASPCarers](https://twitter.com/CLASPCarers)

## **Here, United! reader, Mary Arnold gives an honest and heartfelt account of being a parent carer...**

### **Illusion**

I have been looking after different members of my family for many years. Like many people who help look after their family members, I didn't think of myself as a carer. What is a carer? To me it was someone who got paid for looking after people. Why did I need to be seen as different to other daughters, mothers or wives? I didn't want to be different. I didn't want to admit I was a carer. To begin with when my son was born I tried to work but this got too much for me. I had needed to take a lot of time off at short notice and I remember my supervisor saying that "other people had children and managed."

I had two children: one had asthma and the other I didn't know what it was but living with him was a nightmare. I had always got on with children, but I couldn't get him to play with me or respond to me. The only use I felt to him was as a food and clean bottom provider. I didn't even feel as though I made him happy. He preferred watching cartoons or bouncing to me giving him a hug. I had to finish work because I couldn't deal with his needs and work.

I was glad to receive Attendance Allowance and Invalid Care Allowance (replaced by Disability Living Allowance and Carers Allowance), although I still felt guilty about it. I didn't want to have to admit we were different to other families. I wanted to work part-time, to have a nice home, to be able to take my children out and not worry about how my son would behave. I remember my husband bringing home a friend from work and his child was only about one at the time and was learning to play pat-a-cake. My son was about 3 and I was still having difficulties getting him to play that with me. I knew he had a disability, I just didn't want to admit how much it affected him, the rest of the family and me. We eventually got a diagnosis for our son - Autism.

I cried when we realised what it was that was affecting him. I cried for the son I felt I lost (the one most mum's dream about their child growing up into the one who does well at school, gets a good job and has a family of their own).

It took some time but I started to realise I had to make a decision. Was I going to keep my illusion that things would eventually come right or was I going to look for help and accept that the Autism was for life? I couldn't accept that he would always be like he was. Maybe it was me not being willing to accept him as he was, maybe it was my guilt somehow blaming myself for his disability but I decided I needed to do something. I looked at different "cures" that were being bandied around at the time. I looked into the disability. I was lucky my husband was very supportive. I learnt that many families with children with Autism split up. We eventually found through the help of another family whose son had Autism about a daily travel school. We learnt what things would help our son. We gradually entered the world of disability and I was finding ways I could cope with it.\*

\*Read part two of Mary's story in the next issue of United!

**Now is the time of year when almost everyone will be getting festive and decorating their houses. This is a guide to getting the best from your Christmas tree.**

**When buying a live tree it's best to keep your wits about you...**

Treat it like any other product you might buy and be cautious as you could be ripped off if you don't! It's best to buy bare root trees but you can get potted trees - the only real difference is, is that bare root is more expensive. If you do buy a potted tree keep it outside till it's time to bring it in, same as a bare root tree only you need to put the bare root tree in a pot beforehand, when it is in the house treat it like a house plant. That means don't put it by radiators and keep it well watered. The tree will drop needles DO NOT WORRY, all pine trees do this all day every day, so keep the vacuum cleaner to hand. You can buy a special tree spray to stop the shedding but I would recommend you don't, as this is a live tree and it needs to breathe. All trees and plants breathe with their leaves and the spray forms a plastic layer over them stopping moisture from leaving the tree. This means you don't have to water it as much but in the long run, you are suffocating the tree.

### Cut Trees

If you don't want to spend too much, you could go for a cut tree. It's best to buy a cut tree at the last minute. When you get it home cut about an inch off the bottom of the tree, place it in a sturdy container and fill with water. It's best to treat it like a giant cut flower from then on. So, keep it topped up with water as time goes on and by adding some sugar to the water you will be feeding the tree and it will last longer. For this type of tree, I DO recommend you use that special Christmas tree spray.

### What Tree Is Best?

Well that one is really up to you and your budget. Norway spruce is the Rolls Royce of Christmas trees if you want to be truly traditional. However, you can get a conifer from any garden centre that will look quite festive and with good care, will last through until you're singing Auld Lang Syne. Remember, there are no

guarantees that your bare root or potted tree will survive for weeks but if you do look after it well, you might just be harvesting your own Christmas tree for free next year.

We wish you a green and pleasant Christmas and a blooming good new year!

## **Christmas for two**

I know Christmas is for families but sometimes there are just the two of you. and you don't want all the fuss of the big meal. (These recipes can be scaled up too)

### **Mushroom Wellington**

Ingredients

1 Pack of puff pastry

(ready roll will do)

2 Large Field Mushrooms

2 Tsp of Pesto

50g Mozzarella Cheese.

### **Method**

If using ready roll puff pastry cut the sheets into 4 squares of about 6 inch if using the block type roll out then cut into squares. Put a teaspoon of pesto in the centre of two of your squares and place half of the mozzarella onto the pesto. Place your mushroom cup side down onto the cheese. Run a line of egg wash around the edge of the mushroom, cheese pesto square.

Cover with the other square of pastry and press the edges together.

Place onto a baking tray and cook in a preheated oven 180°C for 35 minutes.

You can use vegan pesto and a sweet chutney and water to seal the edge to make it vegan.

Best served with a side salad as a starter.

# **Tuna and Tomato Pizza**

## **Ingredients**

- 2 Ready-made pizza bases
- 1 Onion (chopped)
- 1 can of chopped tomatoes
- 1/2 tsp of Oregano
- 2 tbsp. of tomato puree
- 1 can of Tuna (in water not oil)
- 4 tsp of capers
- 8 stoned black olives (sliced)

## **Method**

Add one third of the oil and onions to a sauce pan and cook over a moderate heat until the onions have softened but not coloured. Add the tomatoes and oregano and continue to cook over a moderate heat until the tomatoes have reduced by half, allow to cool. Drain the tuna into a bowl and flake it up with a fork. Place the pizza bases onto a baking sheet and add one tsp of tomato puree on each and spread it out. Add the tomato sauce and the tuna.

Sprinkle on the capers and the sliced olives. Sprinkle over the remaining oil.

Bake in a preheated oven 220° C for about 10 minutes or until the pizzas are golden and crispy.

## **Pork Chops with Roasted Pears**

### **Ingredients**

2 Pears

2 Red Onions

1 sprig of Rosemary

1 Sprig of thyme (if you can't get the fresh herbs then substitute 1 tsp of dried)

2 Star Anise (or 1 tsp of Chinese spice)

2 Pork chops (200g or 7oz each)

2 tbsp. of oil

### **Method**

Peel and quarter the onions and the pears. Add the oil and the herbs to a roasting tray and add the pears and the onions. Mix well in the oil and place into a preheated oven 180c and roast for 25 minutes.

Place a non-stick frying pan on the heat and cook the pork chops for around 2 minutes on each side.

Then add the pork chops to the pears and onions and continue to cook for another 10 to 15 minutes.

## **Broccoli and Chestnut Roast**

(This is for more than 2 people but its great cold the next day!)

### **Ingredients**

450g of Broccoli florets (frozen will do)

225g of cooked chopped Chestnuts (tinned will do)

50g of Breadcrumbs

60 ml of low fat Yogurt (or vegan yogurt)

30 ml of finely grated hard cheese (or any strong hard vegan cheese)

2 Eggs (beaten), or vegan egg substitute)

A pinch of Nutmeg

## **Method**

Place the broccoli florets in boiling water for 3-4 minutes, remove from the water and drain well.

Leave out 1/4 of the broccoli florets and then finely chop the rest.

Add the broccoli florets, cheese, bread crumbs, egg and then nutmeg together and mix well. Check for seasoning and add any salt and pepper needed.

Add the broccoli you had placed to one side and mix into your mixture, trying not to break them up.

Cut a piece of baking paper to fit the bottom of a 2 lb. loaf tin. Spoon your mixture into the tin. Place this into a large roasting tin and half fill it with boiling water.

Place this into a preheated oven 180°C

Bake for 20-25 minutes.

## **Caramel Baked Apples**

### **Ingredients**

2 Large Baking Apples

75 g of Brown sugar

1/2 tsp of Cinnamon

Pinch of Nutmeg

1 Block of Puff Pastry  
(ready rolled will do)

1 Jar of Dulche de Leche  
or Caramelised Condensed Milk

## **Method**

Remove most of the core of the apple, leaving the base intact.

Remove about 1 inch of skin from the top of the apple, and score the rest of the apple skins about halfway. Mix your sugar and spices and fill your apple cores.

Roll out your puff pastry into a square and cut into two squares. If using block puff cut in half as you won't need the whole block. Wrap the apples in the pastry and add a tbsp. of the caramel to the top.

Bake in a preheated oven 180° C for around 40-45 minutes or until the pastry is golden brown.

**Do you feel ignored, when you ask for help?**

**Do you help a family member or friend who has care needs?**

**Do you need help filling in paperwork to do with your caring situation?**

**Do you have caring issues that you want to talk about with others?**

**Come and join us at:**

The Carers Centre, Unit 19 Matrix House,  
7 Constitution Hill, Leicester, LE1 1PL.

Tel: 0116 2510999

email: [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)

Web: [www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

December 2016 11am-1pm

Friday 9th

January 2017 11am-1pm

Thursday 12th, Friday 20th, Thursday 26th

February 2017 11am-1pm

Thursday 2nd, Thursday 9th, Thursday 23rd

March 2017 11am-1pm

Thursday 2nd, Friday 17th, Thursday 23rd, Thursday 30th

**Are you caring for an adult who has a learning disability living in Leicestershire?**

Do you want to be part of a group that raises Leicestershire carer's issues?

Join us at:

Leicestershire Learning Disability Partnership Board Family Carers Sub-group

We normally meet on the first Monday of the month

At Leicestershire County Council, County Hall, Glenfield from 10:00 am to 12:30 pm

For more details, contact Gill on 0116 2510999

## **Information Sessions**

We've organise regular sessions to provide information and advice on a variety of topics as shown below. If you have any suggestions for future topics, please let us know.

All sessions are held in the Meeting Room at The Carers Centre, Unit 19, Matrix House, Constitution Hill, Leicester. Session times are shown below, and the sessions will run for up to three hours.

Please contact Debbie or Satwant to book a place on 0116 2510999 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)

### **Date and times: Session**

#### **Tuesday 13th December 10am start Open session**

Do you have questions about social care, caring, or any other topic related to your caring situation? Come along and talk to our team in an open session!

#### **Thursday 15th December 1pm start Open session**

Do you have questions about social care, caring, or any other topic related to your caring situation? Come along and talk to our team in an open session!

#### **Wednesday 11th January 10am start Sensory Issues in Autism**

Laura Clark will demonstrate and offer suggestions for dealing with common sensory issues for people with autism.

#### **Wednesday 25th January 10am start Wills and Trusts**

Session covers the importance of writing a will and some of the issues around that. Question and answer session at the end.

#### **Friday 27th January 10am start Carers Assessments**

What is a Carers Assessment? What can it do for me? How do I get one? How do I prepare for one?

## **PROGRAMME FOR THE CARERS SUPPORT GROUP**

2016/17 Everyone welcome to join!

Tues 6 December, 12.15am – 1.30pm

Tai Chi - Come and have a go at relaxing Tai Chi (First session free). At Age UK, Clarence House, Humberstone Gate, Leicester

Mon 12 Dec, 12.00 noon

Christmas Meal - Enjoy the wonderful buffet selection ranging from traditional Christmas lunch to Chinese and Indian. £7.99 per person. Please contact the office on 0116 251 0999 to book your place. At MORE Restaurant, 62a London Road, Leicester ,

In 2017

Tues 10 Jan, 10.30am

Coffee Morning - Relax with a coffee and catch up with others. At Phoenix Centre, Coffee Shop, Midland Street, Leicester

Mon 16 Jan, 10.30am – 12.30

Mindfulness - Come and enjoy a mindfulness session, simple and tranquil relaxation techniques. At The Carers Centre

Tues 24 Jan, 10.30am

Abbey Park Walk - Let us get motivated together! Energising and possibly wet stroll around the park! At Abbey Park, Abbey Park Road - pay and display car park

Tues 31 Jan, 10.30am

Café Blends Coffee Morning - Come and enjoy coffee and friendly company in the relaxing atmosphere of Café Blends  
At Café Blends, 43 Downing Drive, Evington, (Bus 22)

Fri 10 Feb, 6pm

Cocktail/Mocktail Evening - Come and have a relaxing and fun evening At Slug & Lettice, Market Street, Leicester

Weds 15 Feb, 10.30am

Launch of Crafty Carers!! - Come along and sample various arts and crafts that are on offer over 2017. At The Carers Centre

Tues 21 Feb, 10.30am

Coffee Morning - If you're in town shopping why not come along and pop in for a coffee and a chat in

the cafe. At Bishop Street Methodist Church, Leicester

Tues 28 Feb, 10.30am

Coffee and Games - Enjoy refreshments, relaxation and games! At The Carers Centre

Tues 7 March, 10.30am

Walk with friends - Let's meet for a little walk together followed by a café of your choice! Outside the Townhall, Townhall Square

Tues 14 March, 10.30am

Coffee Morning - Enjoy refreshments in the relaxing atmosphere of the Peace Café. At Peace Café, 17 Guildhall Lane, Leicester

Mon 20 March, 10.30am

Coffee, tea and cakes - Enjoy wonderful refreshments in the comfortable and friendly surrounds of The Good Earth (no wheelchair access). The Good Earth, 19 Free Lane, Leicester

Weds 29 March, 2pm

Crafty Carers - Come and enjoy Easter crafts!

At The Carers Centre

For more information about our events contact The Carers Centre on 0116-251-0999 [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk) and our website [www.thecarerscentre.org.uk](http://www.thecarerscentre.org.uk)

**The support group had a wonderful and fun time in the colour analysis session. Sue brought her beautiful display of colourful fabrics and helped us decide what seasonal colour we all were!**

## **WANTED!**

Our volunteer, Helen, would like any donations of wool – all types and colours welcome. She is hoping to be creative and make some crafts for Easter etc. to sell on our fundraising stalls. Watch out for her creations in future issues of United!

## **The Carers Support Group**

Our weekly Support Group has been going very well and anyone who has not been before is very welcome to come and join us! Those who have attended regularly have recognised the benefits of meeting others and having regular breaks. The social group is all about reducing isolation, meeting new friends and having a bit of fun in a relaxed atmosphere.

Each week we try to offer a different activity ranging from coffee and a chat, various craft activities, visiting places of interest around Leicester and enjoying strolls around our lovely parks. Please have a look at the programme and hopefully there will be something of interest to you. You may wish to keep an eye on our webpage ([www.thecarerscentre.or.uk](http://www.thecarerscentre.or.uk)) and facebook to check if any changes have been made to the programme. Please do not hesitate to contact the office on 0116 251 0999 for more information.

It would be lovely to see you at some of our activities!

## **Save the date...**

On the 30th January 2017 we'll be holding our first Carers Cuppa. It's a great way to start 2017 over a coffee and cake, with some fun things to take part in. All details will be released on our website, Facebook, and Twitter – so keep checking!!!

## Avoiding Heartache

Protecting hard earned assets for future generations is my main aim in my role as an estate planning practitioner. Providing clients with long term security solutions for their hard earned cash, including the value of their family home, is more often than not the driving force behind almost all of my instructions.

On occasion, my clients talk of being concerned about the ways in which the Government or Local Authority can ultimately deprive them of what they have spent a lifetime building up. But all too frequently a client is simply unaware of the facts.

Today was a very sad day indeed. Not for the first time, I witnessed the aftermath of devastation for a bereaved family following the payment of residential care fees, and their mother's death.

A lifetime's hard work for a delightful couple spent bringing up a family and investing for their future, had been virtually decimated following the untimely death of the father some years ago, and the subsequent residential care provision for the mother.

In 2005, the couple had made Mirror Wills leaving everything to each other on first death and then equally between their three children on the second death. At the time of making their Wills, they estimated their joint wealth to be in the region of £220k.

From this initial estimate that included the value of the family home in a quiet suburb of Leicester, a legacy of cash from a late Aunt's Will and a goodly nest egg of joint life savings, there was a little over £9k left in Mums estate following her several years stay in a care home and her funeral last month.

I was asked by one of the family members how this had been allowed to happen.

It's a question that I am asked many times and all too often my answer is of precious little relief. Explaining the law surrounding the payment of care fees is a bitter pill indeed, but adding that with the correct advice at the right time there may have been ways to mitigate the threat of care fees completely is something else.

If you are planning to put your affairs in order I believe that it is

essential you are fully aware of the options available to you.

Significant heartache can be avoided and protection of your hard earned wealth and assets achieved – ensuring that your future beneficiaries will inherit. Wouldn't it be nice to know that after your death you were able to give your grandchild their first step on the property ladder for example?

If you have a Will that simply leaves your estate to your spouse or partner on first death, and then subsequently to your children on second death, you may wish to think carefully about what you have done.

A rough estimate suggests that around 65% of the UK population don't even have a Will – perhaps more on that next time!

Richard Lockwood offers free, no obligation consultations in the comfort of your own home at a time to suit. He also gives free talks to charities, community groups and clubs on Wills, Trusts and Lasting Powers of Attorney – call him for further information (0116) 243 2200 or Mobile 0771 229 8779

## **DONATING - MADE EASY!**

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising a free donation for The Carers Centre (Leicestershire & Rutland)?

There are nearly 3,000 retailers on board ready to make a donation, including Amazon, John Lewis, Aviva, thetrainline and Sainsbury's – it doesn't cost you a penny extra!

**IT'S REALLY SIMPLE, ALL YOU HAVE TO DO IS:**

1. Join.

Head to <https://www.easyfundraising.org.uk/causes/claspthecarerscentre> and sign up for free.

2. Shop.

Every time you shop online, go to easyfundraising first, pick the retailer you want and start shopping.

3. Raise.

After you've checked out, that retailer will make a donation to your good cause for no extra cost whatsoever.

There are no catches or hidden charges and The Carers Centre (Leicestershire & Rutland) will be really grateful for your donations.

Thank you for your support!

## **The Next Carers Centre Quiz Night...**

Following the success of the quiz night we held on April 1st, I have been persuaded to do another one! So, the next Quiz Night will be on Friday 9th December, 7.30pm at Stoneygate Baptist Church – the same venue as before.

The quiz will cover a variety of topics, with some Christmas-themed questions. Why not make this your first Christmas event this year?. As before, it will be a team quiz, 4 to 6 players, £10 per team and, as it is at that time of year, the quiz will have a smattering of “festive” questions. If you are lucky, you might get a mince pie, too! There will be another reminder in our winter newsletter, but that is not due to hit your doorstep until after 21st November, so make a note now!

To register a team, contact The Carers Centre on 0116 2510999, or direct to Babs on 07833 090537

## TIN COLLECTION 19TH AUGUST

Well, we had had a lovely couple of weeks of beautiful, dry and sunny weather. Until Friday 19th August, that is. I awoke to gloomy grey skies and persistent steady rain, aware that this was the day I had chosen weeks before to apply for a City County permit to do a street collection in my local shopping area of Queens Road.

So Dave, my husband, Frankie, my daughter, and I took shelter under a large umbrella and hoped for the best. Dave was in charge of the umbrella, so he and Frankie stayed pretty dry.....

The streets were, how can I put this, quiet. However, most of the folk who were out and about took pity on us and put money in our tins. One guy, the father of two disabled boys, bought us teas. But the main surprise was when a car drew up; a chap in a Domino's Pizza t-shirt jumped out, stuffed £40 in my hand, and then drove off! How generous was that?

So, despite five hours in the cold and rain, with Frankie protesting and making it very clear she really didn't want to be there, we admitted defeat and went home. But, thanks to the kindness of local people, we made £187.10, so worth it in the end!

Babs

## **City Forums**

These are held every two months, or more frequently if there is a need. The Forum is run by the Carers Centre but it is a meeting where family carers can come and listen to speakers or raise issues which affect family carers.

For example, at a recent meeting we discussed family carers health and how G.P.'s could work better with family carers.

If you want to know more about the forum, to be put on the Forum's mailing list, or if you have an issue you feel we should cover at the Forum, please contact Debbie or Gill on 0116 2510999.

Next meetings: 10th January and 15th March both are from 10:30 to 12:30

## **Autism Forum**

This is specifically for family carers who care for a person who has autism. We meet every two months. We discuss issues and have speakers about issues around autism.

Next meetings: 19th January and 16th March both are from 10 to 12:30

For more information please contact Debbie or Gill on 0116 251099

We are constantly working to support family carers and we also believe in working in partnership with carers to support them to deal with their caring role while still looking after themselves. If you have any thoughts about how we can help you with your caring role, please let us know. If we cannot directly meet your needs, we will, where possible, refer you on to services who may be able to help.

Please contact us at the Carers Centre on: 0116 2510999

## **City Carers**

17th January 2017 10 am to 12:30pm

A chance to meet with Mr Steven Forbes,  
Strategic Director of Adult Social Care.

Mr Forbes has kindly agreed to meet with City family carers to hear their views and concerns. It is a great chance to tell him about things that are going well for you and things that may be making life difficult for you.

We will be holding the meeting at the CURVE. Rutland Street Leicester. There will be tea and coffee available.

Welcome and drinks will start at 10 am. The discussion will start at 10:30am. We know that it is not always possible for carers to make 10 o'clock so if you arrive a little late that will be fine.

If you have questions for Mr Forbes it would be appreciated if we could have the questions in advance as this will help him to respond to them on the day.

Please come as it is a great opportunity for family carers to speak with a very important person in Leicester Social Care.

To let us know you are coming or to put forward your questions for Mr Forbes: please call Gill, Debbie or Charles on 0116 2510999 or you can also email [charles@thecarerscentre.org.uk](mailto:charles@thecarerscentre.org.uk) or write to Charles or Gill at the Carers Centre.

## **Katie's Wise words**

### **Seeing the Hospital Doctor**

Should I go in with the person I'm supporting?

When someone is given an appointment with a Hospital Doctor they may not always want to go alone, so in that case the carer can step in to help.

Getting there: you can use volunteer drivers or a taxi if you need to, get there early to allow time to find where you need to be.

Think about what is wrong with them, you might need to make sure they wear clothing that will make changing easy.

You may be there longer than you expect to be so take the medication that either of you need for the whole day, you should take something to eat and drink too. A book or magazine can help boredom when waiting.

Take your notepad and write as much down as you can, before you go and during the meeting.

If you are really worried about something you can mention to the doctor. It is up to you whether you do it privately or in front of the person you are looking after. If you don't want to raise it in front of the patient so not to worry them, you can write a note and give it to the Hospital Doctor. The Hospital Doctor may write a response to the carer too.

This lets the Hospital Doctor know changes without upsetting dad. Also dad might not have noticed! The Hospital Doctor needs to know these things and you may be the only person who can tell them!

It's a really good idea to get the Hospital Doctors secretary's name, the secretary can become a big help when calling in for results and queries. Don't be afraid to call them if you think results are taking too long.

## **A Jolly Holly Christmas? Not for Some...**

We often hear people talking about their plans for Christmas and other festivals. For many carers, though, Christmas is just another reminder of the way their lives have changed...

For many carers, Christmas is a time of dread. If you're caring for someone with dementia, or autism, or other conditions where there's a real need for a predictable routine, Christmas is just another reason for carer stress. If someone is on a restricted diet, especially if they don't fully understand their needs, keeping them away from mince pies or other festive treats becomes a near full-time task.

There's less support available, as services run on skeleton staff, or close down entirely during the Christmas break. This increases the load on the carer... less chance for a few minutes' break.

And, of course, things do go wrong – just like any other day. Accident and Emergency departments are full to bursting with drunken revellers and with people whose time has come for more ill health, or worse.

Depressed yet?

Well, it would be understandable. But help is available outside of the usual working hours. Let's start with the usual services...

If you need help from social care services, please contact:

- (Leicester City) 0116 4541004 – Adults and Children's services. Please state which you need when you speak to someone.
- (Leicestershire) 0116 3050004 – Adults Services
- (Leicestershire) 0116 3050005 – Children's Services
- (Rutland) 01572 722577 – Adults and Children's services. Please state which you need when you speak to someone.

Out of Hours

If you have an emergency situation outside of normal working hours:

## Children's Services

- (Leicester) 0116 4541004
- (Leicestershire and Rutland) 0116 3050005

Adult's Services (all areas): 0116 2551606

Health issues – if you're not sure what to do, or you want to check whether it's an emergency or not:

NHS Direct – 111

The Samaritans - 116-123 (free)

## **The Carers Centre**

We will be operating a telephone service over the holiday period. You can contact us, as normal, on 0116 2510999. The call will be diverted to a mobile telephone to the worker on duty. They may be unable to speak immediately, but if that happens, please leave a message – we will get back to you.

Let me just close by saying this...Whatever your circumstances, enjoy what you can over the Christmas and New Year period. And remember – even when it feels like it – you're not alone.

Snippets

## **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.thecarerscentre.org.uk](http://www.thecarerscentre.org.uk)

And you can also follow us on Twitter [twitter.com/CLASPCarers](https://twitter.com/CLASPCarers)

## **Drop in at The Carers Centre**

The Carers Centre welcomes visitors Monday to Friday between 9.00am and 5.00pm. This is a chance to get some general information about who we are and what we do. 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!

## **MAGAZINE DISTRIBUTORS WANTED!**

Do you have some spare time? Would you like to see more copies of UNITED! available in your community?

We are looking for volunteers who would be happy to distribute copies of United! to specific locations (GP surgeries, clinics, libraries etc.) in their local area.

If you are interested please contact us on 0116 251 0999

## **Contact Information**

The Carers Centre  
Leicestershire and Rutland  
Unit 19, Matrix House,  
7 Constitution Hill, Leicester. LE1 1PL

T: 0116 251 0999

E: [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)

W: [www.thecarerscentre.org.uk](http://www.thecarerscentre.org.uk)

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