

# United!



Registered Charity No. 1043956

Issue no. 18 June 2016

## The Carers Centre

LEICESTERSHIRE & RUTLAND

*25 Years at the heart of caring*

### THE CARERS CENTRE TURNS 25!

*Read all about our big day at Phoenix*

### ENDURING POWER OF ATTORNEY?

*Should you take a closer look?*

### EVERYTHING YOU ALWAYS WANTED TO KNOW ... ABOUT BARBECUING –

*Recipes and ideas inside*

### FUNDRAISING NEWS AND EVENTS

*Join in - support and volunteer*

### SUPPORT AND TRAINING

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### NEWS FROM THE CARERS CENTRE

### ...AND CHARLES' CHAT



# Summer issue

## Letter from the Editor

Well dear readers it has finally happened – the woolies and winter coats have been consigned to the closet and it's time to put my lighter things on and adopt a 'sunnier' outlook on life. That of course is the theory...

Life, like the weather, can be changeable and we cope by throwing on a cardigan, carrying a foldable umbrella and relying on good people to help us through whatever the day throws at us.

Many of our readers will know about the importance of having good people in our lives that are there to support us in our times of need – especially as a carer. For 25 years, The Carers Centre's staff volunteers and supporters have been there for the carers of Leicester, Leicestershire and Rutland and on the 28th April we got the chance to Celebrate an incredible 25 years of caring. The Carers Cuppa event at the Phoenix Theatre was a wonderful way of sharing that achievement with carers in our community. A splendid time was had by all and you can read more about our brilliant day on pages 8 and 9.

I would personally like to thank all of the readers who have given such wonderful feedback about United! and hope to continue to provide even more of the things you like – we aim to please, so keep your comments and ideas coming!

And finally to prove that United! Is widely read and enjoyed by many here is a picture of one satisfied reader; Councillor Rory Palmer!

Have a wonderful summer.

Best wishes

Ann Johnson

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

## **Babs' and Nadine's fundraising activities so far...**

The fundraising team hit the ground running, as usual, with lots of activities, all designed to swell the coffers and allow us to put on more services than ever before for our carers. Nadine has approached around 15 charitable trusts and other bodies. She has already received an amazing £4500 from charitable trusts to support the work we do. Meanwhile, they have already done several tin collections between them at; Leicester General, Glenfield General and the Leicester Royal Infirmary, raising around £1000. Babs and Nadine, plus volunteers, froze to death in March at the Clock Tower, but still managed a respectable £62!

Babs' first main event was her neighbours' 60th Wedding Anniversary party on February 18th (a big Thank You to John and Hazel Slight!) which made £365.50, a great result. On 12th March, Babs took her stall to the Blaby Monthly Bazaar and made £70, followed by the Loughborough Charity Market on Good Friday, 25th March, where she made £90 and was blessed with a dry day, which was a good thing, as it was outdoors!

On Friday 1st April, Babs was question master at the Quiz Night, an event thoroughly enjoyed by all, raising a further £214.

On Saturday 9th and Sunday 10th April, Babs, her hubby Dave and daughter Frankie did a tin collection at Asda, Abbey Lane, raising a great total of £436 and telling a lot of people about the work we do – in fact, one carer rang the office on the following Monday for help and advice, so a good weekend's work in every sense!

Babs took her stall once more to the Blaby Bazaar on 16th April, again assisted by Dave and Frankie, plus Helen, one of our volunteers, where we made £45.

At the time of writing, they have several events in the pipeline and several more market stalls and tin collections planned throughout the year.

Babs and Nadine are always delighted to accept offers of help, so please call the office if you would like to be involved – the more volunteers we have, the more we can do!

Babs and Nadine

## **Carers Week**

7th June – 10am-2.30pm

Carers Information Day at City Hall, Charles Street, Leicester

Come and see stalls featuring: The Carers Centre, ANSAAR, Headway, Carefree, Age UK, LAMP, The Hate Crime Unit, Values, Mencap, Action Deafness, Parkinsons Society, Phoenix Futures, Assistive Technology, The Carers Trust and others. Find out what is available from all these services and more!

10th June – 10am start

Summer Stroll in Abbey Park

Meet at the Pay & Display Car Park on Abbey Park Road (near Belgrave Circle). Enjoy a leisurely stroll together in this beautiful park. If the weather is fine, why not bring a picnic? If the weather is less good, we'll meet at the café in the park!

## **Programme for The Carers Support Group 2016**

Tues 7 June

10am – 2.30pm Carers Week Information stands – come and find out what services are available for carers

Attenborough Hall, Charles Street, Leic

Fri 10 June

10.30am Summer Stroll in Abbey Park

Enjoy a leisurely stroll together in the beautiful park

The pay and display car park

Abbey Park Road (Belgrave Circle end)

Wed 15 June

10am – 1pm Managing Stress

Simple techniques to help manage stress levels

The Carers Centre

## **Charles' Chat!**

### Welcome

Just a very quick word of welcome to Kirsteen McVeigh, our newest team member. Kirsteen will be working with City GP surgeries to encourage them to identify and support carers, to make sure carers get the help they need. Some of you may have met Kirsteen at the "Cake Off", and you'll find out more about her in this issue.

### Service Changes

We've had a lot of positive feedback about some of the changes we've introduced but it's early days yet and there are more improvements to come. At least we think so – tell us what you think!

### Carers Strategy

The Department of Health has asked carers to give their views on what they want to see in the next Carers Strategy. Despite our asking on more than a few occasions, the only way available to carers is via the internet. The survey can be found here: <https://consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers>

We're pushing for a version we can use at meetings with carers but in the meantime, please make sure you have your say. The survey closes on 30th June.

### Care Act 2014

When the Care Act came into force last year, it was expected that the number of carers assessments would double. The evidence across the country so far is that the implementation of the Care Act has been a major disappointment to carers, and hugely frustrating to those of us who thought that finally, carers would begin to see more support. A recent study by Irwin Mitchell Solicitors suggests that over half of social care staff don't understand the new rights in the Act, and the lack of funds available mean that carers are missing out at every level.

We're working to improve delivery in Leicester by providing information, advice and advocacy for carers and by raising concerns with the appropriate authorities.

Finally...

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

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LE1 1PL

I'd love to hear from you!

## **Diane & Jenna's Fashion Show**

There is no stopping Diane Wildbur with her fundraising efforts...

To help the mother and daughter duo reach their fundraising target for the Virgin London Marathon, they arranged a fashion show. It was in partnership with SOS Charity Fashion Shows, at the Greene King Stadium in Hinckley. Everyone seemed to have a great night and bagged some bargains, along with a raffle and some yummy cake.

All in all it was a huge success and raised £250!!! Well done Diane and Jenna.

## **Carers of People who have Autism Meeting**

The meeting is open to people from the City, County and Rutland. It is for carers, parents and friends of people who have Autism. We cover a range of topics and have guest speakers. Past discussions have included communication, sensory issues and employment.

Information the group provide helps to feed into the Leicestershire, Leicester and Rutland Autism Partnership Board. Information about what is happening at the LLR Autism Partnership Board is also given to the group.

We provide support to each other about issues that affect us.

Where we meet:

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

Time: 10am – 12.30pm

Future dates of meetings

Thursday 19th May 2016

Speaker Cat Carey from the Leicestershire Partnership Trust Autism service. Cat will be talking about issues that can be challenging to face as family carers of a person who has autism.

Thursday 21st July 2016

Thursday 15th September 2016

Thursday 17th November 2016

Future topics to be confirmed at a later date.

If you want to know more please contact  
Gill Huddleston at The Carers Centre

## **Carers Together Social Group**

We are already on the way of organising weekly social events, these are open to everyone and we hope that you will come to as many as you can! Those who have attended the social groups regularly, recognise the benefits of meeting others, making new friends while having a relaxing time! Below are the events taking place in June.

Tues 7 June 10am – 2.30pm

**Carers Week**

Information stands, come and find out what services are available for carers. Attenborough Hall, Charles Street, Leicester

Fri 10 June 10.30am

**Summer Stroll in Abbey Park**

Enjoy a leisurely stroll together in the beautiful park.

The pay and display car park - Abbey Park Road  
(Belgrave Circle end)

Wed 15 June 10am – 1pm

**Managing Stress**

Simple techniques to help manage stress levels.

The Carers Centre

Tues 21 June 10.30-12.30

**Coffee Morning. The Carers Centre**  
(Coffee, cakes and a friendly chat!)

Tues 28th June 10.30-12.30

**Coffee Morning. The Good Earth Restaurant,**  
Free Lane, Leicester

If you would like to be added to the list to receive regular updates on the social group events please contact Pam at The Carers Centre on 0116 2510999.

## **Virgin London Marathon 2016**

We have great news four of our six marathon runners finished the course. Unfortunately Jenna and Petrina had to withdraw due to injury and illness. All of our runners did amazingly well with their fundraising goals, and exceeded expectations. All of our runners would like to thank you for all of your support.

### **Katy Grainger and the marathon**

Katy was meant to run for us last year, but due to injury she couldn't, but she's back this year! She has been doing a lot of fundraising for us, and one of her ideas was to get businesses to sponsor her and she would advertise their logo on her running vest. Well this was a great success, as you can see in the picture her vest is covered with business logos, and is looking great. Thank you to all the businesses that sponsored Katy.

### **Matt Almey's Fundraising**

Not only has Katy got her running vest sponsored by businesses but so has Matt. Doesn't it look great? Thank you to all the businesses that has sponsored him.

## **Braunstone 5K Park Run**

16th April 2016

Diane Wildbur put on her thinking cap to decide on what to do to help with fundraising towards the London Marathon. She decided to organise a park run, especially after the success of last years, which included Charles' challenge!

Despite it being a cold day, and the threat of snow, hail and rain, six teams turned up to support Diane and The Carers Centre. The teams were called Demon Runners (led by Sam Richmond), Nursery Nutters (led by Marie Concannon), Hares & Tortoises (led by Julie Hudson), Simon's Harem (led by Simon Earley), All Sorts All Sorted (led by Stewart Parker) and The Proper Handful (led by Ahmed Fareed, our very own trustee).

The winners were; The first charity finisher was Simon Earley and his team were the first back to us. So a big well done!

The Braunstone Park Run is a popular event so a lot of other runners were there amongst our own, who supported us by giving donations for cake. I must say the cake looked very yummy, and went down a treat after the race. What none of us expected was that this would raise a huge £450.50! We would like to thank Diane for organising the event and for everyone that took part.

If you think you could run a 5K, and do some fundraising for us, please contact Nadine on [nadine@thecarerscentre.org.uk](mailto:nadine@thecarerscentre.org.uk)

## **A successful fundraising coffee morning in Coalville**

On Saturday 19th April the Coalville Labour Club on Bridge Road opened its doors and became the '£1 Café'.

The event was a good opportunity for people to get together, socialise and chat over a cuppa and it also helped Jacque raise money towards her London Marathon target in aid of The Carer's Centre.

A special thank you must go to all who helped, washing up, collecting rubbish, clearing tables, serving drinks, selling cakes, and helping to set up by moving furniture . Thanks must also go to Ron and Sylvia Lilley who spent the whole morning selling and folding tickets. Without a whole team effort this event would not have happened.

Many thanks again to the Coalville Labour Club who donated the use of the hall, to the Hermitage Radio in Coalville who promoted the event, and to Nadine and Charles for coming along to promote the work of The Carer's Centre.

In total with the sales of cake and raffle tickets, a total £480 was made...a tremendous amount! It could not have been done without support from those that attended and those who helped.

## **Caring with Confidence**

A FREE popular and essential support programme for anyone caring for a family member or friend, with any condition.

Coming to Hinckley

Caring for a chronically ill or disabled loved one can have a huge impact on your own health and wellbeing. Many say they feel isolated, experience feelings of being unable to cope, are unsure where to go for advice and support or feel they are not being heard. Others say they would like the chance to meet others in a similar situation.

Caring with Confidence can help with these problems and is held in a relaxed and friendly environment with two facilitators who are themselves carers.

The programme runs over five weeks so come to as many sessions as you can.

Everyone welcome!

10.00am – 1pm

St. Francis Community Centre, Tudor Road, Hinckley,  
Leicestershire LE10 0EQ

Complimentary refreshments are provided.

To book a place, please contact Ranjana or Debbie at The Carers Centre 0116 251 0999

Caring with Confidence Programme

Managing Stress & Life Thursday 9th June 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 find valuable time for yourself!

## INFORMATION SESSIONS

As part of our new contract with Leicester City Council, we've been asked to organise regular sessions to provide information and advice on a variety of topics. If you have any suggestions for future topics, please let us know.

All sessions will be held in the Meeting Room at The Carers Centre, Unit 19, Matrix House, Constitution Hill, Leicester.

This block of sessions will start at 10am and run for up to 3 hours. We'll look at other times for later sessions depending on interest.

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

Date:	Session:
Thurs 9th June	Speaking Up For Yourself! How to prepare for an assessment and present your case.
Wed 15th June	Managing Stress
Thurs 16th June	Relaxation – and how not to avoid it! Session covers simple techniques to improve relaxation and reduce stresses
Tues 5th July	Carers Rights Your rights as a carer. Includes information about Carers Assessments
Tues 12th July	Personal Independence Payments What is “PIP” and how do you claim for it? How does it work?
Tues 19th July	Wills and Trusts (provisional) Session covers the importance of writing a will and some of the issues around it. Question and answer session at the end

Date:	Session:
Tues 26th July	Mental Capacity: Power of Attorney and Deputyship/Court of Protection (Provisional) Session covers preparing for loss of ability to make decisions, and what to do if the person does not have capacity
Tues 2nd August	Preparing for a Carers Assessment What do I need to think about? What would help me?
Tues 9th August	Safeguarding Adults (Provisional) Session covers how the law affects carers and the people they care for – making sure that people are protected

## **PREPARED TO CARE WITH CONFIDENCE**

### **Caring with Coping Tuesday 7th June**

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 Tuesday 14th June** 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 find time valuable time for yourself!

### **Caring and Communication Tuesday 21st June**

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 Tuesday 28th June**

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 Tuesday 5th July**

Invites you to take 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 Tuesday 12th July 2016**

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

Venue:

AGE U.K., Clarence House, Humberstone Gate, Leicester LE1 3PJ

Contact Ranjana or Pam on 0116 251 0999 or email

[enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk) Time: 10pm- 1pm

## **Letter from a Carer**

I felt I just had to write this letter to say how beneficial the Caring with Confidence course has been to me while being a Carer for my Mum who has Alzheimer's, which has progressed quickly over the last year. It was not only lovely to meet other carers for a chat and share our experiences, frustrations and difficulties, but also to learn valuable information and tips on how to cope with issues when caring on a day to day basis and feel that you are no longer struggling on your own. The staff on this course were fantastic and I shall be forever grateful for what I learnt and for their help and support. I have just started some voluntary work for the Carer's Centre as I would like to give something back for the support I received last year, which is still ongoing.

Carole

## **City Carers Self-help Group**

The aim of the group is to support family carers to deal with paperwork in a group setting where we can help each other by sharing ideas and talking about our situations.

By talking together we can help each other to look at what is needed to complete the paperwork and for family carers to feel more confident and supported.

This is also a good way to meet other carers and help each other tackle forms such as Carers Self-Assessments, although you are welcome to come along if you have other forms you want support with.

The Carers self-help group will have an advocate available to support the group.

We will be meeting at: The Carers Centre, Unit 19  
Matrix House, 7 Constitution Hill, Leicester, LE1 1PL

Meeting dates and times:

June:

**Time:** 11am-1pm

**Dates:** Friday 3rd, Friday 10th, Friday 17th, Thursday 30th

July:

**Time:** 11am-1pm

**Dates:** Friday 8th, Friday 22nd, Thursday 28th

August:

**Time:** 11am-1pm

**Dates:** Thursday 4th, Thursday 18th, Friday 26th

September:

**Time:** 11am-1pm

**Dates:** Friday 2nd, Friday 16th, Friday 23rd, Thursday 29th

Call Debbie or Gill on 0116 2510999 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk) for more details.

With almost 100 people enjoying a cuppa, a cake (lots of cake!) information, a chat and so much more it was a great day.

## **The Carers Centre's 25th Anniversary Carers Cuppa**

The event began (appropriately) with everyone being offered a cup of tea or coffee as soon as they arrived - never have I seen so much crockery on display outside of a china department! As the beverages flowed and cakes and biscuits were nibbled, guests made the most of the event by catching up with old friends and meeting a few new ones. Charles Huddleston warmly welcomed everyone and was able to surprise and delight some people who have been, and still are very dear to us at The Carers Centre. Our Chairwoman Sonia Bray, Founder and past Centre Manager Pat Durrant and our longest serving volunteer Margaret Kerridge were all presented with Carer's Champions award. Sonia reminded us that out of all of the National Carers Centres Leicester was undoubtedly closest to her heart. Pat gave an emotional thank you to all those who have helped The Carers Centre over the past 25 years from its humble beginnings. Margaret was also delighted to be given her award.

Councillor David Houseman spoke about how Leicestershire are supporting their carers. Deputy Leicester City Mayor, Councillor Rory Palmer said he believed that, "caring is a human thing... it's about real people, and understanding the impact caring has on their lives..." Liz Kendal, MP also joined us and shared some thoughts about an underfunded NHS and how flexible working hours might help working carers.

She has promised to take the comments and questions she received on the day back to her colleagues at the Department of Work and Pensions. She did agree that caring has always been undervalued and that a policy of giving carers more support would prevent the long term cost of the NHS dealing with health issues that many long term carers may face having to cope with.

On a less serious note... The Carers Cake Off was a celebration of excellent baking. Wonderful cakes were baked and donated by

Babs Marson; Helen Proctor; Janet Walker; Roger Smith; Richard Lockwood and Jenny King.

Babs was the well-deserved winner with her delicious and gluten free lemon drizzle cake – which I was fortunate enough to sample before it was rapidly devoured by appreciative guests. Helen Proctor came a close second with some rather scrumptious cupcakes. All of the entries were of a high standard. The bakes were happily consumed by all who could tolerate the sheer indulgence of so many cakes. A special mention must go to Joyce Shorley for creating the fabulous 25th birthday cake – quite amazing and beyond delicious!

The event ended with music, song and socialising. This was a wonderful celebration for an incredible organisation and the amazing people who have kept it going.

Here's to another 25 years of caring!

### **A personal thank-you from Charles...**

The carers cake off thanks!

I'd just like to add my thanks to those volunteers who helped out at the "Cake Off" –and if I miss anyone, I'm sorry...it was a very hectic day!

Jaishree Unadkat   Phil Cox

Sue Ingle   Alexia Vandervaeren

Malc Jelley   Lindsay Slater

Helen Proctor

Thanks also to the whole staff team. You're truly incredible!

Special mention: Ann Johnson, who edits United!, also assisted at the "Cake Off", and Tracy Coleman provided photography on the day. Singers Lizzy Rushby and Chris Conway provided the entertainment – although I admit their choice of songs made me feel old!

## **Leicester City Parent Carer Forum**

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?

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.

2016 dates:

Wed's - June 15th - Barnes Heath House

Wed's - July 13th - Barnes Heath House

Wed's - Sept 14th - Barnes Heath House

Wed's - Oct 12th - Barnes Heath House

Wed's - Nov 16th - Barnes Heath House

Wed's - Dec 14th - 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](mailto:leicesterparentandcarersforum@live.co.uk)

Facebook: [https://www.facebook.com/](https://www.facebook.com/LeicesterCityParentCarersForum)

LeicesterCityParentCarersForum

## **Meet Kirsteen**

Hello all, I wanted to introduce myself to all the readers of United as I'm the newest member of the team here at the Carers Centre. My name is Kirsteen (McVeigh) and I have recently taken on the new role of 'GP Partnership Worker' covering all of Leicester City's GP Surgeries.

My first week was great fun as I was able to attend both the Induction training day for volunteers and the 25th Anniversary celebration 'Carers Big Cuppa'. This gave me the perfect opportunity to meet with many of the carers and volunteers that have been involved with the Carers Centre over the last 25 years. It was a fabulous event and wonderful to hear peoples stories and views about caring.

As part of the project, I will be working closely with GP surgeries across the city to deliver a service that provides information, training and advice for surgery staff, outreach sessions for carers and involvement with Parent Participation Groups. This work aims to identify and communicate with carers, offering support and guidance at an early stage or at least before situations escalate and a possible crisis occurs.

I've worked in many roles over the years, mainly in the areas of what we now call 'Early Intervention', such as family support, social care, community education, information and guidance and youth/ children's work. I strongly believe in working in a preventative way that provides people with the information and support they need to enable them to live their lives as they would like to.

My (not so secret) passion is getting people involved in decision making that affects their lives and the community around them – after all who knows better what is needed from a service and how it should be delivered than the people who actually use that service?! Sounds so obvious doesn't it - but we still regularly hear about carers not being involved in assessments and the decisions being made by professionals or even being ignored altogether.

I'm sure that the GP Partnership Service (City) will help health

professionals to begin to understand some of the issues carers face on a daily basis and why it's so important to make sure they've got the information and support they need, when they need it.

If I didn't get a chance to meet you at the 25th Anniversary event, then I hope to see you at another event or training session soon. Do come and say hello and if you've any suggestions about the project, please let me know – all ideas are very much welcomed!

Kirsteen

## **Are you a family carer of an adult who has caring needs living in Leicester?**

We know that family carers in general can be very busy people who have very little “me” time.

There have been many changes happening both locally and nationally over the last few years which have affected family carers and people they care for.

It is hard to become involved in a group when there are so many caring responsibilities. It can feel that there is very little time for anything else. But, one of the difficulties of not becoming involved is that it is easy to feel isolated and it can feel that things are happening to you, rather than with you.

Even if you joined our group we cannot promise that we can stop some of the these things happening, but as a group it is easier to raise issues and concerns about what is affecting family carers and the people they care for.

### **Leicester Carers Forum**

Gives family carers a chance to find out what is happening in Leicester about issues around caring

It gives carers a chance to get together to discuss concerns and raise issues with services

It gives carers an opportunity to meet other carers

The dates of the next meetings are as follows:

Thursday 7th July 2016

Topic to be confirmed.

Wednesday 19th September 2016

Topic to be confirmed.

Wednesday 9th November 2016

Topic to be confirmed.

Where we meet:

The Carers Centre Unit 19, 4th Floor, Matrix House,  
7 Constitution Hill, Leicester, LE11PL.

Time: 10:30am to 12:30pm

Call Debbie or Gill on 0116 2510999  
for more details

## **Are you a family carer of an adult who has a learning disability living in Leicestershire?**

Family carers of a person who has a learning disability have often had 18+ years of caring before the person they care for becomes an adult and requires adult services to support them. Once the person who has a learning disability becomes an adult we know that some carers can be caring for an additional 40+ years.

There have been many changes happening both locally and nationally over the last few years which have affected family carers and people who have a learning disability. As a group, it is easier to raise issues and concerns about what is affecting family carers and people who have a learning disability.

Leicestershire Learning Disability Partnership Board Family Carers sub-group.

We are all family carers of an adult who has a learning disability. The sub-group is part of the Leicestershire Learning Disabilities Partnership Board. The Family Carers group's role is to raise the awareness of issues affecting carers of adults and young people in transitions who have a learning disability to the Leicestershire Learning Disability Partnership Board and where appropriate, other relevant services.

We normally meet on the first Monday of the month, although this occasionally has to change due to bank holidays or unforeseen circumstances.

We arrange our meetings so that one month we have a business meeting where we can raise issues that affect family carers of adults or young people in transitions who have a learning disability in Leicestershire, and the following month we have speakers to update us on what is happening locally.

We meet at Leicestershire County Council, County Hall, Glenfield from 10:00 am to 12:30 pm. If you go to reception they will tell you which room we will be in.

If you would like to become involved please contact Gill on 0116 2510999 and she will be able to tell you when we will next be meeting and what we will be covering at the next meeting.

## **Are you living with heart failure?**

Do you care for a family member with heart failure?

Your advice and experience are needed!

Researchers at De Montfort University are looking at how to support people with heart failure and their family caregivers better. In particular they want to try offering 'mindfulness' sessions to give people new ideas and skills to cope with the everyday stresses in life. As part of the planning for the research, they want to talk to people with heart failure and/or their family caregivers to get their thoughts and advice about this idea. Could you help?

What is involved?

If you have heart failure, or are a caregiver\* someone with heart failure, you are invited to attend an informal meeting to meet with the researchers, who will tell you more about the project and get your thoughts. They want to know if you think mindfulness might be useful, and how to avoid any problems which might stop people attending the sessions.

The meetings will last about an hour, and will take place at Glenfield Hospital in Leicester. Refreshments will be offered, and reasonable travel costs will be covered, plus £15 in recognition of you giving up your time. There will be one meeting for caregivers and one for people with heart failure, and dates and times will be arranged to suit participants.

(\* A caregiver could be a partner/spouse or other family member e.g. daughter, whoever is most involved or affected, either practically or emotionally.)

I'm interested – what do I do now?

If you would like to attend a meeting, or want to find out more, contact Jaqui Long (0116 250 6538, [Jaqui.long@dmu.ac.uk](mailto:Jaqui.long@dmu.ac.uk)) or Wendy Padley (0116 201 3917, [wpadley@dmu.ac.uk](mailto:wpadley@dmu.ac.uk)) in the School of Nursing and Midwifery at De Montfort University.

Everything you've always wanted to know about barbequing - Well, almost!

Now that summer is here (we hope) it's time to get out and enjoy our gardens. These are a few ideas and tips to help you have an enjoyable, burnt offering free, no undercooked dangerous food free barbeque.

Some delicious ideas...

The best BBQ's are not just meat feasts but have many dishes and courses.

Try cutting French bread at an angle toasting it on the bars of the BBQ then adding some Smoked Salmon (trimmings) topped with a little sour cream and a grind of Black pepper.

Or Tomatoes with Mozzarella cheese, or Boiled egg (peeled) chopped with chopped Gherkin.

In fact any topping you like can be placed onto your bread.

You can BBQ vegetables to use in a salad or just as a side.

Remove the stalks of Bell peppers and cut into quarters, place the flesh side onto the BBQ for a few minutes then turn onto the skin side all you are looking for is the caramelized black lines on the peppers. Cut Baby Gem lettuces into quarters and place cut side down onto the BBQ once again you are looking just to caramelize lines in the lettuce. Cut an aubergine into half inch thick slices, sprinkle over with salt and leave for about 10 minutes, wipe off the salt then place on the BBQ to once again achieve those black caramelized lines. Peel Onions and cut in half place cut side down on the BBQ cook for around 4 minutes. Cut all of your vegetables into roughly the same size and place in a bowl with peeled chopped tomatoes and a few cooked new potatoes. Sprinkle over with whatever salad dressing you prefer.

You could also grill Halloumi cheese and mix with the salad. This makes a great starter or a vegetarian main.

I love to get a chicken and use a pair of kitchen scissors cut along both sides of the backbone, with this removed flatten the chicken and cook as shown in 'hot tips' (this will take around 1 hour) When cooked place it bone side down for about 4 minutes then turn onto the skin side for another 3 to 4 minutes. Chop the chicken into good sized lumps and serve.

I do the same with boned out Lamb Shoulder although it takes longer in the oven up to 1 and a half hour to 2 hours. Check that it is cooked then cook on the BBQ for about 5 minutes a side. Pork roast are a little fatty but if you trim off most of the fat and cook in the same manner there is nothing better.

Make up skewers mixing whatever type of meat with new potatoes (cooked until just done)

Peppers and onions. Cook off in the oven and then onto the BBQ.

I wrap my chicken breast in bacon as chicken is a very lean meat, pre cook then cook until the bacon is nice and crispy.

Desserts can also be cooked on a BBQ

Wrap a Banana with a couple of cubes of dark or milk chocolate in several layers of tin foil cook until the tin foil has almost blackened. Cut into the foil and enjoy the contents.

Pineapple rings dried on kitchen paper then sprinkled with brown sugar, cooked for a couple of minutes each side. Best with Vanilla ice cream. In fact most hard fruits can be grilled then served with ice cream or just cream.

## HOT TIPS

Firstly, never cook over flames. If you have a charcoal BBQ light it a good 30 minutes before you want to use it. Wait until the coals are light grey in colour and then use the BBQ. If using a gas BBQ wait until the bars are hot, never place anything onto a cold BBQ

Always remove as much fat as you can from your meat. Place whatever meat you are using in a roasting tray on a wire rack, so any fat drops away from the meat. Cover with Tin foil and cook in an oven set no more than 100 degs. You want to completely cook the meat but without any colour. Check as you would normally do

by pricking it and checking if the juices run clear.

When the meat is cooked through you can place it on the BBQ this way you get the BBQ flavour, the caramelized lines but the meat never burns or is underdone.

Don't be tempted to use BBQ sauces as these are very high in sugar and will burn black long before the meat is cooked. If you want to use a sauce then apply it after you have cooked the meat on the BBQ or coat the meat then place on the BBQ for a minute each side but no more. Remember that the sauce will stick to the bars of the BBQ and will need to be cleaned before you cook anything else.

## **Should I rely on Enduring Power of Attorney?**

In the last edition of United we looked at a real life enquiry around the issue of sideways disinheritance that resulted in a number of subsequent telephone calls and home visits.

One such enquiry was very interesting indeed:

My client had taken advantage of my free consultation service and wanted to ascertain whether the Will and Enduring Power of Attorney that she had made some years ago were still valid documents.

On inspection, my client's Will was all fine and would have delivered her initial wishes quite adequately. However, I did raise a concern that as the Will had been written with a gift-over clause and should her daughter die before her, it may have meant that her disabled grandson could have inherited a not insignificant sum of money, and be lacking in the capacity to be able to deal with it. As we have discussed in the past, this could easily be sorted with the use of a simple discretionary trust arrangement within the Will.

My real concerns lay within the Enduring Power of Attorney document (EPA).

For clarity, an EPA is the predecessor to Lasting Power of Attorney (LPA), and for those of you who have this 'old style' power of attorney arrangement, you can be rest assured that a correctly attested, dated and witnessed document should be fit for the purpose it was intended.

In this case my client's EPA document had been signed and witnessed correctly on the donor's page, but she had appointed her husband as her attorney who had sadly passed away a short while ago.

However, my client pointed out that she was relying on the fact that in addition to her late husband being appointed as her attorney the EPA also provided for her son and daughter to be able to act on her behalf, but on inspection of the papers I noted that neither child had actually signed the document and the appointment of all three attorneys was in fact a joint appointment, (meaning decisions

could only be made by all three) therefore rendering the document void.

Thankfully my client does not currently suffer with illness or mental incapacity and she is able to put her affairs in order by creating a fully registered Lasting Powers of Attorney to replace the ineffective EPA, thus allowing her chosen attorneys (the two adult children in this case) to be able to act on her behalf, in the event that she could not do so for herself in the future.

All's well that ends well, but this could have been a very different scenario – If my client had not been blessed with good health or had been involved in an accident rendering her unable to make decisions then given that there would have been no power of attorney in place, we may well have been discussing an application to the Court of Protection instead.

If you, or a loved one have 'old style' enduring powers of attorney please do get them checked for accuracy – and if you don't have one please consider making a Lasting Power of attorney. It could be the most important and useful document you make.

For further information and advice on Wills, Trusts and Lasting Power of Attorney do give me a call on 0116 243 2200 or mobile 0771 229 8779. I am delighted to offer free, no obligation consultations and if you wish, a review of your current arrangements in the comfort of your own home at a time to suit.

## **The Carers Centre Birthday Bash!**

### **Market Harborough 24th June**

Local Market Harborough group, The PTA Band, are holding a Birthday Bash at Market Harborough Methodist Church on 24th June to celebrate The Carer's Centre's 25th Birthday.

The band covers rock hits from throughout the 60s to the present day, so come and enjoy the music and your favourite tunes – dancing optional! This event promises to be entertaining, lively and a lot of fun! The evening starts at (provisionally) at 7.30. Don't miss out – come and join us – tickets are only £5 for what promises to be a brilliant evening!

Contact The Carers Centre on 0116 251 0999 enquiries@  
thecarerscentre.co.uk

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

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