

United!



Registered Charity No. 1043956

Issue no. 13 March 2015

The Carers Centre

LEICESTERSHIRE & RUTLAND

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spotlight on Keep Safe Places

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**News from the
Carers Centre**

...And Charles' chat

Spring issue

Letter from the Editor

In this issue we focus on the fantastic efforts that are being made to raise funds for The Carers Centre that help us to continue supporting the carers in our community. Please join in, take part and support our fundraisers, you will find lots of ways that you can participate and have some fun too.

Well, dear readers here we are at last thinking of longer and warmer days and wondering what the rest of the year will bring...

One thing we can be sure of is the continued squeeze on finances whether they are coming from central government or having to make our own household funds go further, which is a massive challenge for carers. Whoever takes power in May, we can be certain that thrift is going to be an ongoing motif. But on the bright side, I have to confess that this 'skint-ness' is having a positive effect on me in an interesting way. I have become a lot less prone to waste, and the desire to buy new stuff simply because its new stuff has pretty much disappeared. I actually don't need that much 'stuff' as it turns out and besides, the old stuff is still functioning, so, it will do nicely thank you. I care not about anyone who gives me a derisory look because I am still happily nattering away on my ancient mobile phone – sneer all you want, I'm saving my coins for the gas bill!

Until the next time, I wish you all a joyful, productive, peaceful and healthy Spring!

Ann Johnson

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

Virgin London Marathon

Sunday 26th April 2015

It is that time again so let's see if we can break last year's magnificent total!

This year, we have five places in the Virgin London Marathon and to fill these places we have found five very enthusiastic marathon runners: Elizabeth Aspden-Mansfield, Jenna Mason, Kaity Grainger, Marie Concannon and Diane Wildbur. The runners are already training extremely hard for the gruelling 26 mile marathon, and raising vital funds for The Carers Centre.

Katy says "As an avid runner, to run the London Marathon is the ultimate achievement. I chose to run for The Carers Centre and raise much needed funds for this amazing charity as a close family member who himself is disabled was a full time carer for his wife and I have witnessed how difficult and lonely being a carer can be. Hopefully I can raise enough money to make a small difference to somebody's life."

All of the runners would be really grateful for your support. If you would like to sponsor them please send cheques (made payable to CLASP) to Nadine Wood at The Carers Centre (address can be found on the back page). Everyone who sends in sponsorship for our incredible runners will be entered into our prize draw for a £40 M&S voucher!

Diane's 1955 Challenge Update

Diane is still running, cycling or swimming her way through her challenge. After her Santa Run in December she is training hard for the following events;

1st March – Coventry Half Marathon

22nd March – Ashby 20km

26th April – Virgin London Marathon

She may even fit in another half marathon in during February. Keep an eye out on our Facebook page for the latest updates!

She is not just training hard but fundraising just as hard, so all of your support would be very much appreciated. Any sponsorship can be sent to The Carers Centre (cheques made payable to CLASP) or visit her Just Giving page. <http://uk.virginmoneygiving.com/DianeWildbur>.

Charles' Chat!

Brave New World...eventually?

Usually by the end of January, we have a good idea of what our financial situation will be for the year and have a 'work in progress' plan for what we intend to do. Also, usually, we know what work will be expected of us from the organisations we're contracted to.

I told you last time that we'd know by now what we are able to offer, and what The Carers Centre would look like in the coming year. It turns out that the situation is still complicated: a recent "procurement" by Leicester City Council has been abandoned, and at this point we're still unsure what this will mean for our existing services. As soon as we're able, we'll let you know!

The only thing we do know is that the very successful partnership with LCPT in providing the Carers Health and Wellbeing Service to NorthWest Leicestershire and Oadby & Wigston led to a new service to be delivered from 1st April covering the whole of Leicestershire County Council's area. The work will transfer to Voluntary Action South Leicestershire from that date.

Many thanks to the excellent team who worked on this project: Andy Souley, Pat Browne and Summayya Kara – and of course, Laura Locket who was an original member of the team. They did a fantastic job that showed the value of working with GPs to help carers.

Tell us...

We also need to hear from you! We'd like you to tell us what you think of our services and what you would like to see us provide over the next year or two. Please fill in the enclosed questionnaire and return it to us here. Or you can email me at Charles@claspthecarerscentre.org.uk or call me on 07740403294. Alternatively, you can always write to me at:

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

...and "Thank You"...

Thanks for all the feedback about the December magazine. It was good to know that so many of you found the articles interesting and useful – including those of you who have faced hate crimes, or those of you who have faced difficult decisions over the future care of a loved one. We plan to keep on providing relevant information and useful tips over the coming years.

...Finally...

Next year will be our 25th anniversary year. If you have any memories of that first year of our service, or know someone who may have information to share with us, please get in touch with me!

The Leicestershire Learning Disabilities Partnership Board Carers Group

The Leicestershire Learning Disabilities Partnership Board Carers group meets on the first Monday of the month, except Bank Holidays when it is the second Monday. We meet at County Hall Glenfield from 10 am until 12.30pm.

We have:

- Guest speakers to update the group on services and changes that are likely to affect people who have a learning disability and their families.
- Discussions on topics relevant to the group.
- Links to the Leicestershire Partnership Board which enables the group to take forward any concerns they feel need to be raised.

Anyone who is a family carer of an adult who has a learning disability and lives in Leicestershire is welcome to attend.

Future speakers will be:

13th April Jane Robins – to talk about the Care Act rollout in Leicestershire

11th May Katy Griffiths – to hear carers' views for the Cost Effective Care review

If you need further information please contact

Gill Huddleston on 01162510999

Moving & 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: Tuesday 19th May 2015

Venue: Quaker Meeting House

16 Queens Road, Off Victoria Park Road

Leicester LE2 1WP

Time: 10am -1pm

Refreshments will be provided before and during this session.

For more information or to book a please contact Debbie or Ranjana

Tel: 0116 2510999

enquiries@claspthecarerscentre.org.uk

Carers Asda Christmas Meal, Magna Park, Lutterworth.

Angela Jefferies from Georges Asda organised a lovely Christmas meal for 40 of our carers

The hospitality shown during this event was so overwhelming - From decorating the tables to showing personal attention to all carers at each table. The Staff of George of ASDA served the food while introducing themselves. And talked and sat with Carers during the meal - a lot of fun and laughter was had throughout! Comments from the Carers who attended expressed how grateful they were and how welcomed they felt. This was a massive treat to those who have extreme care situations and rarely have the opportunity to enjoy these kinds of events. A lot of love, care and attention was put into this event and was greatly appreciated by all.

THANK YOU GEORGE OF ASDA FOR YOUR AMAZING GENEROSITY

Fundraising updates

Nadine and Babs would like to thank all the very generous people, from Carers through to Companies, who supported us in 2014. We had a number of Christmas cards with donations enclosed, as well as many small donations over the year from current and former carers. These regular small amounts are so welcome as they help us to keep going and fund projects to raise larger amounts over the year.

It would take up too much space to thank everyone, but a few notable contributors last year were: Mr & Mrs Bedford who donated money in lieu of presents for their wedding anniversary, our Marathon runners and all their sponsors, members of Rothley Park Golf Club, Legal & General, Nutricia Danone, Englass Charitable Trust, customers at Asda, Abbey Lane, the people of Newbold Verdon who were at the Christmas lights switch on, John Lewis who supported us with the fashion and beauty event and Caremark Care Agency in Leicester are planning to raise funds for The Carers Centre by holding a variety of events. Of course, there were many others too! Our thanks go to you all.

Also... our next event:

We all like to have a bit of style in our lives and style at a bargain price is hard to resist. So following up on the success of our John Lewis event we are holding A fashion show and sale event in partnership with SOS Charity Fashion Shows. After the fashion show, you can rifle through the rails of goodies and purchase bargain items from well known high street brands that will be up to 50% off retail price. The date is Friday 8th May 2015. The event starts at 7.30pm and will be held at Holbrook Hall, Holbrook Road, Stonegate, Leicester LE2 3LF.

Tickets cost £5 plus a small donation for tea, coffee, and biscuits. There will be a raffle and other surprises on the night!

For tickets and further information, please call Babs on 0116 251 0999 or 07833 090537

you can also email Babs at
babs@claspthecarerscentre.org.uk

THE BIG CARE SIGN UP

CELEBRITY SIGNING EVENT AND CHARITY AUCTION

What happens when three friends get together? Drinks? Food? Well, in 2013, we organised the first Big Care Sign-Up, which raised money for The Carers Centre, Labelled - For Young Carers, and LOROS. Well, we're doing it all over again...

On Sunday 19th April, 10am-4pm, The Big Care Sign-Up is back, and will be descending on Leicester's Guildhall. All the proceeds will be going to The Carers Centre, and best of all, it's free admission!

On the day, you'll have the opportunity to meet celebrities from TV and Film, get their autographs and have your photo taken with them. You'll be able to take part in our world record attempt at the Largest Single Day Charity Auction of Celebrity Memorabilia. With over 400 lots scheduled for sale (including signed items from Sir Roger Moore, Sir John Hurt, Rebecca Adlington O.B.E., Joanna Lumley, Peter Capaldi, Sandra Bullock, David Tennant and many many more) there's something for everyone. We'll also be holding a raffle for a golf session at the Belfry giant Hamley's Teddy Bear, A bottle of Whiskey, a Harrods Teddy Bear and a Classic British Cinema Stamp presentation pack; and we're inviting people to come along dressed as their favourite movie or TV characters!

We've got celebrities who are so excited to help out, they're announcing themselves before we even get the chance! With our guest line-up so rapidly changing at the moment, it's best to keep checking our website <http://bigcaresignup.wix.com/celebcharityevent>, our Facebook page www.facebook.com/TheBigCareSignUp or follow us on Twitter @BigCareSignUp.

Please bear in mind that all of our celebrity guests are attending subject to work commitments, but so far, we can announce our guests as including:

Virginia Hey (Farscape, The Living Daylights, The Prisoner);

Nathalie Cox (Star Wars: The Force Unleashed, Clash of the Titans, Kingdom of Heaven, Midsomer Murders, Waterloo Road, Holby City, Casualty);

Matthew Dale (Doctor Who, Stella, Far From the Madding Crowd).

Our partners, Tenth Planet Events, are still recruiting celebrities, and together, we're hoping to smash what we raised last time!

Want to help? Well, you can volunteer by getting in touch with The Carers Centre on 0116 251 0999 or email at enquiries@claspthecarerscentre.org.uk, or you can just come along on the day and have some fun!

Can't wait to see you there!

Would you like to become a Health Champion?

If yes, we would really like to hear from you. We are funded by the County Council to recruit and train carers to become a Health Champion. This means using the insight, knowledge and skills that you have developed as a carer to help other carers take care of themselves and to know where they can go if they need some additional support in looking after their own health.

The training is free, will be in a local venue and will provide you with the opportunity to

- Meet other carers
- Share experiences
- Gain insight into the challenges faced by other carers
- Consider how carers can develop coping strategies

It starts in the week commencing 23rd April and if you would like to know more please contact Jonathan Berry (Tuesdays, Wednesdays and Thursdays) on either 07525347269 or jonathan.berry@chlffoundation.org.uk or Melissa Frater (Mondays and Fridays) on 07835453366 or melissa.frater@chlffoundation.org.uk

We will be more than happy to answer any questions or queries that you may have

The Spring Garden

Spring is my second favorite season of the year. The weather gets warmer and all the animals start waking up, followed swiftly by the garden. Those of you who were able to make quiet spot in your garden last year should find it slowly but surely coming back to life. Any shrubs should have buds on them ready and waiting to burst open and any herbaceous plants should also be putting on some new growth.

Well, you might remember that in the winter I gave a review of the year and in it I outlined that whilst it would be good if we got another really nice hot summer, I wasn't going to hold my breath and expect one. Winter was a nice and cold and the gardens needed it. To that end, I thought I would prepare you for two alternative versions of the coming summer – one being wet and the other hot and dry.

The hot one first... I'm sure I don't need to remind you all to water your plants when the weather gets hot, but over watering can be just as hazardous to your plants as under watering. Now, I'm not saying you need to measure out every drop, but knowing the difference between just enough and too much can make or break your garden. The trick to perfect watering is to get the ground wet, making puddles is too much (unless it's a new plant, like a tree or anything with a good root base you've just planted then it's fine) even if the ground is dry and cracked, getting it wet will do. Not all plants like being out in the full sunlight, so, any that you are planting to prepare for summer need to be put in the right place. Almost all plants you can buy will have a tag on them telling you whether they like full sun or not. If it doesn't, then ask who ever you're buying it from and they should be able to tell you.

Wet Summer... This time you will have far too much water and so will need to find a way to get rid of as much of the excess as you can. Spiking the ground with a garden fork will help create channels the water can flow down and help with drainage. If you wanted to, you could also add something to the soil, such as sand or perlite. Both can be found in any garden centre. Now you are all ready for whatever this coming summer will do. You should all know the usual spring drill by now anyway - clearing any remaining leaves, digging beds and so on.

If you would like more hints and tips or professional work doing to your garden call HORTIS on 07719308901 or email gardeningwithhortis@gmail.com

Did you know? The risks of inheriting while on benefits...

You may think that leaving your assets to a family member or friend who is struggling to get by on benefits is a good thing to do, however, your kind actions could have unforeseen implications.

If that person's benefits are what is known as 'means-tested', then leaving them a sum of money on your death could see their benefits slashed or cut off completely.

"Some benefits are means-tested. In other words, the amount of income and capital that you have can affect your eligibility. Capital includes savings, investments and property other than your own home."

(Source: Age UK)

This is not an ideal scenario and would seem to defeat the object. There are, however, ways around most issues in life and this is no exception. With careful planning, your Last Will and Testament can be drawn up to include a discretionary trust which can hold assets for your chosen beneficiaries. The way the trust works is quite simple; money or other assets are held in the trust and used for the benefit of your chosen beneficiaries but, because they are not paid the money outright, the inheritance does not form part of their estate and, therefore, does not affect their means-tested benefits.

This trust is extremely flexible and can be used for a variety of reasons, such as safeguarding assets from divorce or bankruptcy.

Richard delivers free information talks on Wills, Trusts & Powers of Attorney at The Carers Centre, and is readily available for other community groups. He also offers free consultations in the comfort of your own home. Call Richard Lockwood of Collective Legal Solutions on (0116) 2432200 or (0771) 2298779 for further details.

Changes...

Most of us say we don't like change. Yet it happens all the time: we're changing every second of every day and so is the world around us. Most of the changes are so small we don't really notice them. I don't recall when I changed from the young man I once saw in the mirror to someone closely resembling Santa!

It's the pace of change we don't like. And big changes are coming to us all. The Care Act 2014 is one example: from April 1st it gives Carers equal standing in the law to the people they care for. It means that the local authority has a legal duty to make sure they receive the services they are entitled to, depending on eligibility. Carers can be charged for these services, but Leicester City Council and Leicestershire County Council have announced that carers will not be charged for services during 2015/16. After that, they don't know.

Other changes are less positive. The worst of the "austerity cuts" will hit over the coming 3-4 years. As services are already reducing, and many people believe that social care is already chronically underfunded, it's hard to see where more cuts can come from.

As the cuts have fallen, carers have taken on more pressure. We've seen this in many cases.

So, as I see it, there are two questions:

1. Will the Care Act reverse this trend? It's doubtful, because the financial situation is still the same.
2. Will the coming General Election bring about a government with a different view on austerity? So far, the vast majority of political parties seem wedded to the austerity approach, with minor differences in presentation. So it's not very likely.

The French have a saying that means: "The more things change, the more they stay the same." The French are very wise.

Caring with Confidence is a FREE programme for anyone caring for a family member or friend, with any condition.

Programme

Finding your Way Wednesday 22nd April 2015	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.
Caring and Coping Wednesday 29th April 2015	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.
Caring and Communicating Wednesday 6th May 2015	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 13th May 2015	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.
Caring and Life Wednesday 20th May 2015	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.
Managing Stress Effectively Wednesday 27th May 2015	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!

Starting at Age UK, Leicester

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, 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!

Bring a friend or a family member if you think they could also benefit.

Starts Wednesday 22nd April 2015

10.00am – 1pm

Age UK, Clarence House, Humberstone Gate, Leicester LE1 3PL

Complimentary refreshments are provided

To book your place or to have a chat about the programme, please contact Ranjana or Debbie at The Carers Centre

0116 251 0999

Where is your nearest Keep Safe Place?

Keep Safe Places are spaces that can welcome and reassure you if you feel need of a safe place while out and about in town centres across Leicester, Leicestershire and Rutland. Staff at a Keep Safe Place can offer you support and reassurance if you feel unsafe, vulnerable or upset. They can also make a call on your behalf to a carer, family member or the emergency services.

The scheme has been developed by Leicestershire County Council in partnership with Age UK Leicester Shire and Rutland, Leicestershire Police and local community safety partnerships.

A network of shops, libraries and cafes including Age UK shops offer Keep Safe Places that can provide you with a safe haven if you are visiting a town centre and feel like you need help or support. They can be identified by the 'We are a Safe Place' stickers in their windows.

Keep Safe Places can be found in Leicester city centre, Blaby, Glenfield, Braunstone, Market Harborough, Lutterworth, Oadby, Wigston, Hinckley, Loughborough, Birstall, Syston, Melton, Coalville and Oakham. For more information on where to find a Keep Safe Place in your area, contact your local council, library or police station or visit: www.leics.gov.uk/keepsafeplaceschemes

When you go into a Keep Safe Place the staff will ask you for some details so that they can help you. The easiest way to do this is with a Keep Safe Card that you can keep in your purse or wallet.

The Keep Safe Card has important information about you on it including your name, who to contact in an emergency, what medicines you take, what difficulties you have and how you like to communicate to make sure the most appropriate help can be provided if you are taken ill or feel unsafe.

On the card you will also find the Police contact numbers if you need to speak to them because something has happened. The Police, Ambulance and Fire and Rescue Services all know about the card and will look to see if you have one if there is an emergency.

If you or someone you know who lives in Leicester, Leicestershire or Rutland would benefit from a Keep Safe Card you can get one free from your local police station, council office or Keep Safe Place.

For more information email: damion.nickerson@leics.gov.uk or visit: www.leics.gov.uk/keepsafecard

Social Care, Health changes and Funding

The National Autistic Society is running FREE information days to talk to carers and families of people on the autism spectrum about changes in adult social care.

Government reform of adult social care is focused on the 'personalisation' of support, and personal budgets, with the aim of empowering people to choose and control the services they receive. This will affect all those who receive support, whether they pay for it themselves or if it is provided by statutory services.

The information sharing day will cover community care (from the basics of what it is to how it can be accessed). The Care Act, Person-Centred Planning, Support Planning, Personal Budgets, Personal Health Budgets, Direct Payments, and how personalisation can work for you and the person you care for.

The next family information sharing day near you will be on:

24th of April 2015 - 10am
(for a 10.30 start) until 2.30pm

At the The Brite Centre, Braunstone Avenue, Leicester LE3 1LE

Refreshments and lunch will be provided

For more information and to book a place please contact

Rachel Ashton

Tel: 07442498012 or Email: Rachel.ashton@nas.org.uk

Leicester City Parent Carer Forum

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

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

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

Salads with a Twist

It's time to forget the notion that salads are just Lettuce, Tomatoes and Cucumber...

Salad Paysanne

1 bag of mixed salad leaves
6 cherry tomatoes
4 Soft poached or soft boiled egg
150g Gruyère or Edam cheese
100g French beans
5 Tbsp of salad dressing
2 slices of thick cut bread
100g of lardons or thick cut bacon
1 Tin of new potatoes

Method

Place the salad leaves into a bowl along with the new potatoes. Cook the beans until just cooked, when cold, cut into small pieces. Cut the cheese into cubes, add to salad bowl. Toast the bread then cut into cubes, keep to one side and keep warm. Cut the tomatoes into half add to salad bowl

Cook off your lardons or bacon (cut into strips) Keep warm. Add the warm ingredients to the bowl then add the salad dressing and mix together. Plate up your salad and place the soft boiled eggs on top of your salad and serve.

Pulled Pork with Red Cabbage

1 large red cabbage
2 small red onions
2 small apples
200g beetroot
5 Tbsp of red wine vinegar
2 Tbsp of honey
2 Tbsp olive oil
50g chopped walnuts
750g pork shoulder joint
1 large glass of fresh orange juice

Method

Place the pork into a pre-heated oven (140 C) and cook for 3 to 4 hours until it comes apart just using a fork. Thinly slice the cabbage and add to a bowl. Slice the beetroot, onions and apple to the same size as the cabbage, add to bowl. Place the vinegar, honey, oil and orange juice into a clean jam jar and shake until well mixed. Add this to the bowl and mix well. This will keep up a week in a fridge. Remove the pork and pull it apart using 2 forks then mix into the salad.

Sprinkle the walnuts over the top of your salad and serve.

Aubergine, Courgette and Bean Salad

2 small aubergines
2 courgettes
115g of flageolet beans Tinned or dry
1 garlic clove crushed
115g baby plum or cherry tomatoes
2 spring onions
2 tbsp of olive oil
1-2 tbsp lemon juice.

Method

Cut the Aubergines and Courgettes into strips approximately $\frac{1}{4}$ inch lengthwise. Brush with oil and grill them for 2 to 3 minutes a side or until tender. Drain the beans (if using dry beans soak over night then bring to a boil, boil for 10 minutes then on simmer for 40) Add a little oil to a frying pan then add the beans, the garlic and sliced spring onions, add the tomatoes and heat through. Before removing from the heat, add a little of the lemon juice and salt and pepper.

Add all the ingredients to a bowl and mix well and add seasoning to your taste.

Lentil and Spinach Salad

225g puy lentils
400g fresh spinach
1 tsp lemon juice
1 Tbsp red wine vinegar
4 to 5 Tbsp of salad dressing
3 spring onions finely chopped
1 yellow bell pepper sliced
1 chopped clove of garlic

Method

Rinse the lentils then cook with plenty of water for 35 to 40 minutes, drain and put to one side.

In a deep frying pan cook the onions till soft then add the garlic and peppers. Cook for 4 to 5 minutes. Add the lentils to the pan then stir in the spinach. Cook over a low heat until the spinach has wilted. Add the lemon juice and remove from the heat. Add the salad dressing and red wine vinegar then season to taste and serve.

2015 dates:

Wed's - March 18th - Barnes Heath House

Wed's - April 15th – Barnes Heath House

Wed's - May 20th - Barnes Heath House

Wed's - June 17th - Barnes Heath House

Wed's - July 8th - Barnes Heath House

Wed's - Sept 16th - Barnes Heath House

Wed's - Oct 14th - Barnes Heath House

Wed's - Nov 18th - Barnes Heath House

Wed's - Dec 16th - Barnes Heath House

Forum meetings are from 10.00am to 1.00pm

Transport for meetings can be arranged if required.

Refreshments are provided and lunch provided from 12.30 to 1.00.

Telephone: 07582197173

Email: leicesterparentandcarersforum@live.co.uk

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

Like us - The Carers Centre is now on Facebook!

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

Drop in at The Carers Centre

The Carers Centre welcomes visitors every Tuesday between 9.30 and 12.30. This is a chance to get some general information about who we are and what we do. We are always glad to see you but please remember if you need to have more advice that is specific to your situation or if you want to talk to an advocate please call us on 0116 251 0999 so that we can make an appointment for you. We look forward to seeing you!

Carers Social Group Diary Dates

Date	Venue
Monday 30th March 2015	The Good Earth Restaurant 19 Free Lane, Leicester LE1 1JX
Monday 27th April 2015	Newarke Houses Museum The Newarke, Leicester LE2 7BY

Support us with Phoenix Trading

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

contact Babs on babs.marson@gmail.com
telephone: 0783 309 0537 or 0116 251 0999

Contact Information

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