



**The
Carers
Centre**
Leicestershire & Rutland



Carers Connected

News from The Carers Centre

Welcome to our special edition for Carers Rights Day 2020!

The theme for Carers Rights Day 2020 is '**Know Your Rights**'

Carers who participated in a recent survey for the Carers Trust have said in overwhelming numbers that they are not getting enough support from the social care system for their caring role shown in the newly released report : *A Few Hours a Week to call my own* .[Carers trust report](#)

The survey results point to how central government cuts leading to the closure of local services is putting unbearable pressure on unpaid carers who are now providing the vast majority of care in the community.

Unpaid family carers say years of government neglect is pushing them into poverty, exhaustion and despair with almost two thirds of unpaid carers (64%) saying they do not receive enough support. See the results here [Carers Trust survey](#)

This Carers Rights Day, we want to empower carers with information and support, so they can feel confident asking for what they need when they talk to service providers.

So if you need advice about your rights and entitlements please contact us here at The Carers Centre 0116 2510999.

**Carers Rights
Day 2020**

**Know your
Rights**

**Check your
benefits**

**Practical
Support**

**Connect with
Carers**

**Contact us to
find out more**

Looking after someone? *Know your rights.*



Most of us will provide unpaid care for someone who is older, disabled or seriously ill at some point in our lives. Taking place on Thursday 26 November, Carers Rights Day brings together organisations from across the UK to reach out to carers with information, advice and support.

This year's theme is **Know Your Rights**. The COVID-19 pandemic has impacted every aspect of caring, affecting carers' access to support and

services, and their physical and mental health. Many are caring for the first time, while those who've been caring for a while are facing greater challenges and pressures than ever before. It's never been more important for carers to be informed and know their rights

Being a 'carer'

Many people do not know they are a carer and simply see themselves as a husband or wife or sister or son or parent or friend or relative.

On Carers Rights Day we want to help people to be recognised as carers and understand how they can find support that can help them to cope with their caring role and the impact it has on their lives.

If you know someone who is looking after a loved one, please let them know that they are entitled to support.

Sometimes we all need a listening ear and the time to have a cuppa and a friendly chat.

There are lots of people happy to listen as well as help, so do get in touch if you need to talk through your situation or you wish to join one of our groups.



Find out about your Rights & Entitlements



To help you know what you are entitled to, you can read the latest **Looking after someone guide** from CarersUK, which gives carers the full picture of the practical and financial support available to them every year.

You can download the guide [CarersUk guide](#)

Here are three important steps CarersUK recommend you take to begin to find out what you are entitled to and learn about your rights:

Check your benefits entitlements



Get a benefits check

Carer's Allowance is known as the main benefit for carers. But not everyone is eligible to claim it, so it's a good idea to arrange a benefits check to see what financial support you may be entitled to.

There are often benefits that carers simply are not aware of.

You can also use the Turn2us benefits calculator yourself to complete a check.

As well as the calculator, the **Turn2us website** turn2us.org.uk has some great sources of help and advice.

CarersUK has also has help and advice on the range of benefits and financial support you may be entitled to

<https://www.carersuk.org/help-and-advice/financial-support>

The Carers Centre are not a specialist financial service but we can talk to you about what your options are and provide information about where to go for additional help.

If you're not sure where to start call us to check **0116 2510999**

Unit 19, Matrix House, 7 Constitution Hill, Leicester LE1 1PL
T: 0116 251 0999 F: 0116 251 3514 E: enquiries@clasptheacarerscentre.org.uk W: www.clasptheacarerscentre.org.uk



Carers of Leicestershire Advocacy and Support Project
Registered Charity No: 1043956 • Company No: 2994093 • Patron: Cllr Manjula Sood MBE
The Carers Centre is committed to being a quality led organisation providing advocacy, information and support to carers across Leicester, Leicestershire & Rutland.



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Find out about practical support available

You may need practical support to help you care, like short breaks, equipment to help make caring easier or information about local groups that can help.

All carers are entitled to a carer's assessment from their local council which could lead to you receiving extra support from social care services to help with caring. The assessment will look at how caring affects your life, including your physical, mental and emotional needs, and whether you are able or willing to carry on caring.

Contact your local council social services department for a carer's assessment or visit carersuk.org/assessment for more information.

We highly recommend you prepare for the assessment beforehand to make sure you are able to provide details of all the care you provide and the impact it has on you and your life.

Talk to us if you need help or aren't sure where to start.

Carers Centre support

We offer a range of practical and emotional help for carers. From our phone advice line to support groups or activities, we are here for carers and will help wherever we can.

We can assist you to understand your rights and entitlements to help you to access the support you need when you need it.

As well as group support we also run training and information sessions on a wide range of useful topics including:

- First Aid,
 - Moving & Handling,
 - Relaxation,
 - Planning ahead,
 - Understanding Dementia,
 - Wills & Trusts,
 - Planning to pay for care
-and many more.

Tell us what you need

We are always trying to meet the needs of carers so if there is a topic you would like training on or information about, please let us know and we'll do what we can.

Phone 0116 2510999

Email enquiries@thecarerscentre.org.uk



Connect with other carers

Caring can be isolating.

When we're looking after someone, it's not always easy to find people who really know what caring is like and are able to give us help and understanding.

Many carers also find online forums a huge source of support – a place where you can share what's on your mind, anytime of the day or night, with other carers who understand what you are going through.

Our **Self Help & Advocacy groups** meet twice a week and provide a safe and welcoming space for carers to come together and share experiences of caring and ideas of how to deal with different situations.

The group is led by an experienced advocate and offers information and support for all carers.

- **Every Tuesday at 1pm for carers of people aged under 18 years.**
- **Every Friday at 11am for carers of people aged over 18 years.**

Contact us for information or details of how to join the groups:

0116 2510999 or email enquiries@thecarerscentre.org.uk



• Carers Cuppa

- Sometimes all we need is to spend some time not thinking about caring and everything it entails. Our weekly **Carers Cuppa & Time 4 Me** sessions are all about relaxing and having a chat and maybe a laugh or two with other carers!

- **Mobilise**, a national charity supporting unpaid carers also runs virtual Carers Cuppa sessions weekly mobiliseonline.co.uk/

- The **CarersUK Forum** is an online community of carers and is available to Carers UK members 24 hours a day, 365 days a year. A few words from a fellow carer who understands what you're going through can be a lifeline. <https://www.carersuk.org/forum>

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