



**The
Carers
Centre**
Leicestershire & Rutland



Carers Connected

News from The Carers Centre

Welcome to our (very belated) November Newsletter!

Unfortunately we've had increased caring, bereavement, illness, shielding and even broken bones affecting our small team recently (all of this with the added complications caused by that little thing called Covid). It's amazing we're still here at all! - but we do apologise for the very late issue.

Our wonderful Volunteers have been supporting us to promote and deliver services and we thank both them and our Trustees for helping out during these difficult times.

This issue is packed full of information as there's a lot going on both here at our virtual Carers Centre, and across the local areas. We hope you find it helpful.

We know that it's even harder for carers at the moment and many people are struggling. Remember, that if you need support please contact us. We are still here for you.

enquiries@thecarerscentre.org.uk or phone 0116 2510999.

A few weeks ago the WOW - Women of the World gave a new award: this one for a **"Man Who Makes a Difference"** Charles was the first recipient of this award which I'm sure you'll agree was very well deserved. For once he was lost for words! Congratulations Charles!!



The Carers
Centre AGM

Hello's and
Goodbyes

Fundraising
News

Groups &
Activities

Carers
Passport

Quite a lot
more...

And not
forgetting
Charles's Chat!

The Carers Centre LLR AGM 2020

Thursday 19th November

1.30 via Zoom

Dear Member,

Annual General Meeting – Thursday 19th November, 1.30pm, on Zoom.

The last few months have been very strange, and have seen the Carers Centre go through a number of changes to meet the challenges that have arisen. We'd like to bring you up to date with developments at the Carers Centre, so on behalf of the Board of Trustees, I am pleased to invite you to our Annual General Meeting, to be held online via Zoom.

This will be a very different meeting to the usual one and I hope that we will have a lively meeting!

I hope you will be able to “come along” online and have your say.

Please contact us via email on enquiries@thecarerscentre.org.uk and we will send you the link to join the meeting. Zoom can be accessed by smartphone, laptop or iPad/tablet. If you need support with this please let us know via email or phone on 0116 2510999

Yours sincerely,

Charles Huddleston
Company Secretary

Charles' Chat



As the Covid-19 situation drags on and continues to disrupt carers' lives, we want you to know we're still here for you and our staff team is working hard to offer the best support we can in very difficult circumstances.

The latest lockdown has disrupted things a bit, but we hope to be able to move to our new premises soon and - eventually - to be able to offer a little more than just online services.

I'm writing this a few days before Diwali, so I hope everyone celebrating Diwali this year is able to enjoy the celebrations in safety.

Charles

Hellos & Goodbyes.....

Firstly, a HUGE welcome to **Jane Reynolds & Sue Willis** who join our Self Advocacy & Support project. They have both got amazing skills and lots of experience and are looking forward to meeting with carers and working alongside them to develop these projects.

It's a fond farewell to both **Sonia Bray and Phil King** who are stepping down from their posts as Chair and Vice Chair of our Board of Trustees.

Sonia has been involved with The Carers Centre for almost 25 years in a range of different roles and laid much of the groundwork for where our charity is today. We simply can't express loudly enough how much we appreciate all she has done to support local carers over the decades. We're very thankful that Sonia has agreed to stay on as interim Chair until we have the position filled so this isn't actually a full goodbye – she's not getting away quite yet!

Phil has also been an active supporter and Trustee for 9 years and is stepping down to concentrate on his role as Leader of Market Harborough District Council which is keeping him very busy, particularly recently! Phil's experience has helped steer us through tricky times and we thank him for his time, energy and commitment.

And finally we say goodbye to **Gill** and it's difficult to sum up how much she will be missed. Gill's knowledge and experience along with her tireless commitment has made huge differences to carers lives over many years. We wish her well for the future and hope that she might finally get some much needed rest - knowing Gill that's not likely though! See over the page for a message from Gill....

A message to carers from Gill

Dear All,

I have formally resigned from the Carers Centre with effect from 30th November this year, due to ill-health. I want to thank everyone for the support and help they have given to me over the years.

Trying to help family carers has been really important to me. I started off at the age of 11 as a family carer and have continued to be one ever since.

I realised how important it was to support family carers when my youngest son was born with autism. Working with other carers to obtain services for people with autism, made me realise that no matter what services we negotiated for, if carers were not supported properly then there could still be major problems for the person they were caring for.

Despite my spinal cord injury, severe liver problem and heart issues, I still feel that supporting carers is essential, I couldn't manage without mine. Family carers are the front line in caring as well as the vanguard. We need the specialist support, but family carers are just as crucial, sadly I personally feel the support they give is frequently undervalued, under supported and underfunded.

I may be ending my paid employment with the Carers Centre but after a short break I hope to be back as a volunteer working with partnership boards and carers - so I don't intend to be gone too far for very long!

I hope to see you all really soon so it's not quite a goodbye yet!

Gill x

We are saving a proper farewell for Gill until next year but in the meantime if anyone would like to send Gill a message please send them through enquiries@thecarerscentre.org.uk and we will make sure these are passed on.

Self Advocacy & Support Groups

Every month our Advocacy Worker works in partnership with carers to develop a programme of group sessions that cover the topics and issues that affect them most. Gill has been running the group and is very pleased to be soon handing over her role as Senior Advocacy Worker, to the safe hands of our newest member of staff, Sue Willis.

The Self Advocacy & Support Groups run on two days every week which are changing days to meet requests from carers.

From December onwards, the groups will take place on:

- **Tuesday 11 - 1pm - Carers of under 18's**
- **Friday 11 – 1pm - Carers of Adults**

All carers are welcome to attend either group. Contact us on **0116 251099** or email enquiries@thecarerscentre.org.uk



Acute & Maternity Consultation

The Acute Hospitals & Maternity Services consultation is being run by the three NHS clinical commissioning groups (CCGs) in Leicester, Leicestershire and Rutland – Leicester City CCG, West Leicestershire CCG, and East Leicestershire and Rutland CCG.

The Carers Centre want to ensure that local carers have the opportunity to have their say about the proposals that may affect them. We are offering two Group Video Sessions where the proposal information can be viewed and discussed with other carers.

These will take place on Zoom:

- **Tuesday 24th November at 11 - 1**
- **Friday 4th December at 11 – 1**

If you would like to take part in the consultation discussion groups please contact us on **0116 2510999** or email enquiries@thecarerscentre.org.uk to receive the Zoom link

If you wish to take part in the consultation exercise and are unable to join the group sessions, there are a number of other ways in which people can find out more and have their say. These include an **online survey and one to one phone surveys**.

Versions of the consultation document can be made available in other languages, and are in easy read, video and large print. The full consultation document and questionnaire survey are available on the website: www.betterhospitalsleicester.nhs.uk

Christmas Appeal



This year our services are needed by carers more than ever and we have been supporting people with everything from money & welfare advice to self advocacy groups, mindfulness, training, crafts and even some singing! We know how appreciated these services are from all the great feedback we receive.

However our fundraising efforts have been severely affected by Covid and this has left us, as with many other charities, facing challenging times.

This year we know things are hard for everyone and many families are struggling with financial worries.

But if you are thinking about making a charitable donation this Christmas, maybe as a different kind of present for friend or family, please do remember The Carers Centre.

All donations can be made to us at our virgin giving page

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=ChristmasAppeal&pageUrl=5>

We'll let you know details of how to 'Light up our Tree' and Christmas ecards very soon!

Amazing Fundraising!

Leicestershire Golf Club

When the Leicestershire Golf Club asked us here at The Carers Centre if we would like to be their Charity of the Year for 2020, none of us could have imagined what kind of a year this would end up being!



However despite having to cancel their events and even closing down the course and club house during lockdowns, they have persevered with their fundraising efforts - members have even managed to run a socially distanced half marathon round the golf course in October!

We can't thank the Captains; Graham and Jane, as well as all the club members enough for sticking with us during these difficult times.

We look forward to thanking them in person on behalf of our carers – albeit probably virtually!!

This great ebook by **Dale Church & Grace Haddon** was published to raise much needed funds to help us deliver services for carers.



The book smashed its target of £150 and raised a fantastic £254! Thanks Dale & Grace for all your hard work. If you would like to read the book please use the link below to donate.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=W14CLiceicster&pageUrl=1>



Information Sessions & Talks

Every month our team arranges for speakers and trainers to deliver talks and presentations for carers on a variety of useful or interesting topics. We thank our partners who have agreed to deliver these and are very pleased to provide three new sessions:

- **Tuesday 17th November – 11am**

Cleaning with essential oils - an exciting opportunity to find out which oils you can use to create your own cleaning products

- **Tuesday 8th Dec – 11am**

Carol from Hope Hospice will present a talk on their charity and how we have been working together to support carers

- **Tuesday 15th Dec – 11am**

Coping with sight loss- first hand experience of someone with sight loss and how he has turned negatives into positives.

Carers Cuppa, a game & some fun!

Join us for a cuppa and some fun whilst taking a break from your caring role.

- **Tuesday 24th November - 7pm – 8.30pm**

Body Shop at Home Christmas Party. Have some fun and help raise a few £'s for The Carers Centre whilst buying treats for friends, family or even yourself!

- **Thursday 10th December – 11am**

Remember **Play your Cards Right?** Join us and try your hand at this fun cards game!

- **Monday 14th December – 11am**

It might be a bit of a weird one this year but that's all the more reason why we should have some Christmas fun! We'd love you to join us for our **Christmas Party!**

Evening social sessions

Every Monday evening, 6.30 – 8.30 our amazing volunteers are running a fun Bingo session.

Plus due to many requests, additional nights on:

- Wednesday 11th Nov @ 6.30 – 8.30 - It's Quiz time!
- Wednesday 2nd Dec @ 6.30 – 8.30 – Beetle Drive
- Wednesday 16th @ 6.30 – 8.30 – Scattergories



Carers caring for Carers: Staying Well Together

This project is in its second year now and is going from strength to strength! Carers are the ones who decide what they want to do and, wherever possible, we find specialists to run the activities as either taster sessions or longer term programmes.

In November we've got some 'old favourites' like Mindfulness and Singing as well as a few new suggestions with a Bach Flower session and Drama taster on the timetable. Chairobics is on every other Wednesday and will be a gentle exercise session.

If you fancy joining one of our sessions and trying something new or have ideas and suggestions for the project, please contact us on **0116 2510999** or email enquiries@thecarerscentre.org.uk or jo2@thecarerscentre.org.uk

November & December Group activities

Wed 18th Nov, 2nd Dec & 16th Dec
@ 10.45 - 12
'Chairobics'

Wed 25th Nov @ 10.45 – 12
Drama Taster

Mon 7th Dec @ 10.45 – 12
Mindfulness

Wed 9th Dec @ 10.45 – 12
Intro to Bach Flower remedies

Thurs 10th Dec @ 10.45 – 12
Singing with Kyle

funded
through



East
Midlands



Carers Passport

The **Carers Passport** is being launched across Leicester, Leicestershire & Rutland and will provide unpaid carers with an identification card which can be used in the community.

This could include anywhere from hospitals to supermarkets and can help people to recognise you as a carer who is providing essential support to someone, and therefore may need extra help or support whilst out in the community. You can wear it round your neck or keep it on a phone or in a pocket so you can show it if you want or need to identify yourself to others.

For more information about the **Carers Passport** contact the numbers shown below. Or you can contact us at The Carers Centre on **0116 251 0999** if you need additional support.

Please note:

The Carers Passport is available for adult carers of supporting someone aged over 18 years in Leic' shire & Rutland. In Leic' City it is available for adult carers supporting someone of any age.



Leicester City - AgeUK: 0116 222 0538
Leicestershire – VASL: 01858 468543
Rutland – Carers Team: 01572 722577

Crafty Carers

When you're caring for someone it can be hard to find some 'me' time and take part in activities and hobbies that you enjoy.

We're pleased to announce that our popular Crafty Carers group will be offering weekly sessions from January!

Our current Crafty Carers have chosen what arts activities they want to try next year but there's still plenty of room for more ideas. If you fancy joining in please contact us on **0116 2510999** or email nadine@thecarerscentre.org.uk

We will send out packs with all the materials you need to get crafty!

Thursday 26th Nov 11am
Upcycling Bottle Tops

Thursday 17th Dec 11am
Christmas Fun & Exhibition



Here's a few fabulous examples from our latest drawing session led by our (very talented) volunteer, Dominyka.



We received this wonderful email from a Crafty Carer recently and wanted to take the opportunity to say, thanks right back! Hearing this makes all the hard work worthwhile and our team was really uplifted and touched by your comments.

"After yesterday's group I am sending you this email to say how much this means to me being involved in crafty carers and all the other groups being run by the carers centre. It has been a life saver really being able to not only see other people on zoom but talk to people as well when I'm feeling a bit low i always feel happier once in group or being part of something.

It gives both myself and sometimes my husband something to look forwards to in this lockdown I dread to think how we would have got through it all without the friendship and care from all in our zoom chats thank you from the bottom of my hearts" Mrs A Carer

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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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