

## Groups and Activities at The Carers Centre in April

We have a packed programme of activities and events happening in April including:

**Crafty Carers** sessions offering a range of activities including bottle painting, macramé and block printing. This takes place every Thursday online with craft packs sent out to carers at home.

In this month's **Together We Care** (self-advocacy and support) groups, we will be covering a wide range of topics including:

- Learning about aids, gadgets and adaptations that can help you in the home
- Gentle exercise sessions as part of Active April
- Information about inheritance tax and lasting power of attorney
- Tips to reduce your fuel bills
- Information about Chat Autism

Plus much more!

We also have a new '**Together We Care Group**' for **Younger Carers/Student Carers (18-25)**, with a focus on well-being, starting in April meeting at Loughborough University.

### **Understanding Dementia Better - Training session with 'Dementia Adventure'**

Dementia Adventure are a national organisation providing holidays for people with dementia and their carers as well as training. In this session on Monday 10<sup>th</sup> May, they will be talking about supporting someone with dementia and holidays you can access for you and the person you care for (places are limited so contact us to book now).

### **Well-Being Workshop**

We also have our final Well-Being Workshop being delivered by Leicester Museum and Art Gallery on **Mindful Photography** on Friday 14<sup>th</sup> April.

For full details of all our groups and activities, please see our timetable attached or click [here](#).

**COMING SOON – Carers Mental Health and Wellbeing project – 'Caring for Carers'** . We are pleased to announce this new service, which we will be launching soon, to help carers who are struggling to stay well whilst caring. More information about how to access the service will be made available shortly.

## [Carers can now sign up for Carers Active April](#)

Participating carers will be supported and encouraged by CarersUK to take part in any physical activity that works for them, whether that's walking, jogging, yoga or simple exercises around the home and garden. By signing up to Carers Active April, you will receive:

- A Carers Active April Kickstarter pack (quantities are limited, so the sooner you sign up the better!)
- The opportunity to take part in the 'Move Into Spring' movement challenge, running throughout April
- An invitation to the free virtual Healthathon event on 29th April
- Weekly online physical activity sessions throughout April
- Helpful ideas, tips and links during the month

## **Activities, Events and Webinars**

### [New Course for Carers Starting this Thursday \(30<sup>th</sup> March\)](#)

This is a fortnightly online course helping to empower you as a carer and improve your wellbeing. These sessions have previously had much engagement, though you are welcome to leave your camera off, and sit back and listen.

### [The Singing Café](#)

The singing cafe provides meaningful and appreciated social time to many people with dementia, learning difficulties and their carers. It stimulates the brain to enhance the feeling of well-being, which in turn helps good effective communication. Carers get a chance to relax and meet other carers and have a real connection with people in similar positions, it gives them the opportunity to enjoy a shared activity together.

### [Thrive Tea Parties](#)

These provide a safe community space to those that need it by bringing people together and encouraging positive conversation. They are designed to help people with mental health challenges and loneliness and provide a healthy environment for members of the community to eat, drink and meet new people.

## **Financial**

### [Warm and Wise](#)

This service offers a free home energy check, information and advice to Leicestershire residents over the age of 50, to help reduce your energy bills.

### [Disability Grant](#)

Here is a round up of highlights and resources for anyone with a disability, caring for or working with disabled adults or children.

## **Health and Wellbeing**

### [Eating well and good nutrition](#)

We all know that what you eat and drinks plays a huge role in your health and wellbeing. But knowing exactly what to prepare for someone you care for can be confusing, especially if they have complex medical needs. CarersUK has teamed up with nutrition company, Nutricia to support you, offering dietary tips and insights, covering a wide range of conditions.

### [10 Ways To Prioritise Ourselves Every Day As Unpaid Carers](#)

Jill talks us through carer burnout - how to stop it, how to heal and how to reduce the chance of it happening.

## **Mental Health**

### [Emotional Support For Parents Of Children With Life-Limiting Disabilities](#)

Harry's Pals offers support in the form of respite breaks, counselling services and parent support groups for families struggling with their mental health due to a recent diagnosis of a life-limiting illness or disability.

## News & Newsletters

### [Lamp March Newsletter](#)

Included in this update is information about a Charity Pool Tournament, Andy's Leicester Landmarks Walk, "Lamp Saved Me...", Furnley House Summer Ball, 30 miles for 30 years and more.

### [Enter and View of Leicester Royal Infirmary](#)

Healthwatch Leicester, Healthwatch Leicestershire and Healthwatch Rutland undertook Enter & View visits and spoke with patients, their friends, carers, and family members listening to their experiences of accessing emergency services. Their report highlights what patients told them that works well but also where there are problems with the services provided.

### [How Can Technology Help Me as an Unpaid Family Carer?](#)

Technology can help ease the burden of being carer and make it more manageable. There are so many ways, but on the link above are five ways that unpaid family carers can use technology in their caring role

## Respite

### [Live With Another Family - Shared Lives](#)

This is a unique service offering eligible Leicester City residents the choice to receive long-term, respite and day care support in the carer's home.

## SEND - Helping my Anxious Child

A 90-minute workshop delivered online via Zoom for parents of young people aged 8-18 years old to help you better understand anxiety and how it affects children and young people. The workshop will cover a range of strategies to help young people better manage their anxiety.

### Dates for groups:

- Thursday 13 April 6–7.30pm
- Monday 22 May 6–7.30pm
- Thursday 15 June 6–7.30pm

Sign up online: <https://www.cffcharity.org.uk/pc-helping-my-anxious-child>

## Views – Have Your Say

### [Healthy Together](#)

This a service that looks after the health and wellbeing of all children in Leicester under the age of 19. It is delivered by health visitors, school nurses and their teams. This service is currently being reviewed and some changes proposed. Find out what services might be affected and give your views by 9th April.

### [Rutland Carers Experience](#)

A survey has been designed to capture the experiences of carers who are supported by the Carers team, within Adult Social Care in Rutland County Council. To complete the survey, follow the link above.

### [Invitation to help develop a new nursing standards of best practice and care](#)

If you are, or know someone who has used, or who cares for someone who has used, services provided by Leicestershire Partnership Trust, they would like to invite you to help them to create their new and improved nursing care standards of best practice.

#### **Disclaimer:**

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Communication Officer



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Please note, I work flexible part time hours therefore if your query is urgent please contact our helpline on 0116 2510999 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)