

INFORM

THOSE WHO CARE

Inside...

- How SFC can help YOU
- Carers Assessment
- Assistive Technology
- Warm Home Advice
- Support & Advice
- Carers groups





A carer is a friend or family member who gives their time to support a person in their home, to an extent that the person could not remain at home if this care was not provided.

A carer may receive a carers allowance, but not a wage and the care that they are giving will significantly affect their own life.

Leicesters Hospitals promise to look at how we can help you in your caring role, with consent from the patient, during your time in hospital by:

Identifying Carers on the Wards	Offering Carers an Involvement Form
<ul style="list-style-type: none"> Carers will be offered identification in ward areas; this will alert the clinical teams and promote communication 	<ul style="list-style-type: none"> This will identify areas of support needed by carers Identifying the levels of involvement that carers require
Ensure open channels of communication	Providing Essential Information
<ul style="list-style-type: none"> Involving carers in care and discharge planning Giving carers regular progress updates Ensuring both patient and carer are prepared for discharge home 	<ul style="list-style-type: none"> Information directing carers to support in the hospital, organisations and support groups in the community

- Carers will have open visiting, especially during protected meal times
- Carers will be offered refreshments on the ward drinks rounds
- Carers can use the hospital restaurant at break times
- Information regarding car parking fees, reductions
- Carers will be offered an information leaflet
- Identification sign will be displayed in bed space or in the patient notes
- Stay with Me supports and welcomes a designated family member or carer of patients with dementia to remain in hospital outside of visiting hours, to provide essential reassurance and support

HOW SUPPORT FOR CARERS CAN HELP YOU

Having the right information at the right time can make all the difference when you're looking after someone. Caring can be extremely complicated, whether we're grappling with the benefits system or considering how to fund future care costs.

Each strand is confusing but when all the strands are tangled, it can feel bewildering. The 'Support for Carers' service is free and confidential offering a wide range of support:

A dedicated telephone advice line on:

01858 468543 open Monday to Thursday from 9.00am to 5.00pm and on Friday from 9.00am to 4.30pm.

You can talk to experienced professionals about any aspect of being a carer.

A Telephone Befriending Service specifically for carers

Chat, at a time to suit you, with someone who understands what it's like to be a carer. Whether it's a light-hearted chat or the chance to get it all off your chest we can provide the listening ear.

Call 01858 468543 or email suzy@supportforcarers.org to find out more.

Carers Support Groups

Come along, meet and talk to other carers at local carers' groups throughout the county

www.supportforcarers.org

A website full of useful information and news on a range of subjects.

Get In Touch?

We'd love to hear your news and views for our next newsletter.

Call 01858 468543 or email maureen@supportforcarers.org

**SUPPORT
FOR CARERS**
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Contact Support For Carers

Call **01858 468543**

Email **maureen@supportforcarers.org**

Visit **www.supportforcarers.org**

Please note : calls are charged at local rates
although calls from mobiles may be higher.

VASL
INCLUDE • INVOLVE • ENRICH

Contact VASL

Call **01858 433232**

Email **admin@vasl.org.uk**

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CARERS ASSESSMENT

What is it?

If you look after someone who lives in Leicestershire and you're both over 18, you may be entitled to some support with your caring role through a carer's assessment.

- **A carer's assessment is NOT about testing your ability to care. It's a way of identifying how caring impacts on your life.**
- **It helps to determine what support might be available.**
- **A carer's assessment can be carried out even when the person cared for refuses help or an assessment for themselves.**

How do I apply for a carer's assessment?

You can apply online

<https://www.leicestershire.gov.uk/adult-social-care-and-health/looking-after-someone/what-is-a-carers-assessment>

The form will take about 20 minutes to complete and will ask you questions about you and the person you care for. You'll need an email address to register and you can complete the form yourself or get someone to do it for you.

If you've had a carer's assessment before and were eligible for a carer's personal budget, you can use this online carer's assessment to re-apply.

You don't have access to a computer?

Support for Carers can assist with the completion of your Carers Assessment, simply call us on 01858 468543.

If the person you are caring for lives in another County, you can still apply for a Carers Assessment but will need to speak to the Adult Social Care Team in that County.

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ASSISTIVE TECHNOLOGY

Assistive technology is electronic equipment that can support your safety and independence in your own home.

Lifelines (community alarms)

A lifeline - also known as a community alarm - is an emergency response system to enable you to live independently, knowing that help is at hand if you need it. The alarm is connected to a 24 hour monitoring centre which will charge you a monthly subscription fee.

Support for Carers can refer you to First Contact Plus who will direct you to your local provider.

Technology to help with dementia

If someone you know is living with dementia, there are products available from NRS healthcare.

For example:

- **Calendar clocks**
- **Memo minders - e.g. to remind someone to take medication or put a chain on the door**
- **Locating devices**
- **Door and bed alarms**

Call **0345 121 8111** or visit **www.nrshealthcare.co.uk** to obtain information on the above.

Again, Support for Carers can refer you to First Contact Plus for advice on Assistive Technology.

Wheelchairs

You'll need to speak to your GP or health care professional for a referral for a mobility assessment or to the wheelchair service.

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Your first place for health and wellbeing advice in Leicestershire



For information and advice on staying healthy and independent in Leicestershire visit

www.FirstContactPlus.org.uk

Step 1 Visit www.FirstContactPlus.org.uk

Step 2 Find information and advice on improving your health and wellbeing

Step 3 Contact a member of the team if you need more help - [click the 'self-referral' button](#)

Step 4 Start your journey to a healthier future

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Carers' Support Groups

Charnwood District

Loughborough Time Out For Carers Group

meets at Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ on the 4th Monday of the month from 2.30pm to 4.00pm.

Call Support for Carers on 01858 468543

Oadby & Wigston District

Oadby & Wigston Time Out For Carers Group

meets at The Salvation Army, Lady Smith Road, off Saffron Road, Leicestershire LE18 4UZ on the 3rd Thursday of the month from 2.30pm to 4.00pm.

Call Support for Carers on 01858 468543

Blaby District

Blaby District Time Out For Carers

meets the 2nd Tuesday of the month at Blaby and Whetstone Boys Club Activity Centre, Warwick Road, Whetstone, LE8 6LW from 10.30am to 12 noon.

Call Support for Carers on 01858 468543



Our Telephone Befrienders really do care!

If you'd like a telephone befriender, please call Support for Carers and we'll arrange for someone to call you and help to brighten up your life.

Call: 01858 468543 or alternatively email: befriending.sfc@vasl.org.uk

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Harborough District

Carers' Break Group

meets on the 4th Thursday of the month from 1.30pm to 3.00pm at the Methodist Church (opposite the Market Hall), Northampton Road, Market Harborough, LE16 9HE.

Call Support for Carers on 01858 468543

Knit & Natter Group

meets at The Angel Hotel, High Street, Market Harborough, LE16 7AF on the 3rd Thursday of each month from 1.30pm to 3.00pm.

Call Support for Carers on 01858 468543

Lutterworth & District Carers' Support Group

meets at Hazeland Court Residential Lounge, Guthlaxton Avenue, Lutterworth on the 4th Wednesday of each month from 7.00pm to 9.00pm.

Call Carol on 01455 553335

Harborough Mental ill Health Carers' Support Group

meets 2nd Wednesday of each month 6.30pm - 8.30pm at the Methodist Church Northampton Road, Market Harborough.

Call Support for Carers on 01858 468543

Hinckley & Bosworth District

Time Out For Carers Group

meets at Mary Forryman Centre, St. Peter's Catholic Community Centre, Leicester Road, Hinckley, LE10 1LW. on the 3rd Tuesday of each month from 10.30am to 12 noon.

Call Support for Carers on 01858 468543

Earl Shilton Carers Support Group

meets at Greenacres Garden Centre, Ashby Road, Stapleton, LE9 8JE on the 3rd Wednesday of every month from 10.30am to 12.00 noon.

Call Maureen on 01455 846360 or Marlene on 01455 844878 or Support for Carers on 01858 468543

Hinckley Carers Group

2nd Tuesday of each month, Barwell Community House, LE9 8FB. Drop in 7pm to 8.30pm.

Contact Kerry Smith for more information on 07947949721

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Melton District

Melton Carers' Support Group

meets on the second Thursday of each month at 11.00 am to 12.30pm
at the Carnegie Museum, Thorpe End, Melton Mowbray, LE13 1RB.

Call Support for Carers on 01858 468543

North West Leicestershire District

Coalville Carers' Support Group

meets at the Marlene Reid Centre, 85 Belvoir Road, Coalville, LE67 3PH
on the 1st Thursday of the month from 10.30am to 12 noon.

Call Support for Carers on 01858 468543

Ashby de la Zouch

Ashby Carers Group

Meets at Castle Medical Centre, Ashby de la Zouch on 1st Thursday of the month
from 11am - 12.30pm

Call Jayne Buxton 01530 414131

**To find out more about any of the Carers' Support Groups above
or if you would like to set up a group near you, please feel free to
get in touch with us on 01858 468543.**

**We can give new groups help, support and advice to set up free
of charge.**

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SPICED CARROT & LENTIL SOUP

Ingredients

- 2 tsp cumin seeds (grinded)
- 1 tsp coriander seeds (grinded)
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated
- 140g split red lentils
- 1litre vegetable stock
- 125ml milk



Method

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds, coriander seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices. Serve with warmed naan breads.

Nutrition

kcal	Fat	Saturates	Carbs	Sugars	Fibre	Protein	Salt
238	7g	1g	34g	0g	5g	11g	0.2g

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Warm homes



- Q: Are you experiencing high energy bills?
- Q: Do you ever struggle to heat your home?
- Q: Is your home energy efficient?
- Q: Are you concerned that the health of you and your family is being affected by a cold or damp home?

We offer free help and advice to make your home as warm and healthy as possible.

Call us now on 0116 305 4286



Leicestershire
County Council

FREE WARM HOMES SERVICE HELPS KEEP ENERGY BILLS AFFORDABLE

In the last year, Leicestershire County Council's Warm Homes Service has provided over 1000 Leicestershire households with free, impartial advice to help them stay warm at home and keep their energy bills down. Many of these households have benefited from support switching energy supplier, saving on average £233 a year, with the highest saving for a single household being £1,341 a year! Residents can also benefit from:

- help understanding boiler and heating controls
- help making sense of confusing energy bills and bill discounts
- support accessing grants, benefits, energy discounts and debt relief
- energy efficiency advice
- referrals to other relevant services and much more....

As the temperature drops outside, it is more important than ever to ensure your home is safe and warm. If you, or someone you know, would benefit from advice contact the Warm Homes Service on 0116 305 4286.

The Warm Homes service is run by Leicestershire County Council's First Contact Plus team, visit www.firstcontactplus.org.uk for information on local health and well-being support.

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KEEP UPDATED



Like us on **facebook**

Find new friends online and keeping up to date.

Follow us on **twitter**

@support4carers follow all our latest news.

skype us:

hannah.sfc, kerry.sfc, gurjit.sfc
sheneice.sfc, suzy.sfc, jacqui.sfc

Useful numbers for carers

Leicestershire County Council - Adult Social Care

0116 305 0004

Leicestershire County Council - Adult Social Care Emergencies (Out of Hours)

0116 255 1606

Carers UK

020 7378 4999

NHS 111 (Health advice & reassurance 24 hours a day, 365 days a year)

111

Age UK

0800 055 6112

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