



## Monthly Bulletin

**Hello and welcome to the first monthly Bulletin from Carers Trust East Midlands in Lutterworth and surrounding areas. The bulletin is designed to give information to as many Carers as possible in an efficient and cost effective way. Please feel free to print off or distribute to as many Carers as you can, and if you have any information that you wish to be included, please get in touch.**

### **Lutterworth Carers Coffee Morning**

As part of our ongoing commitment to support as many Carers as we can, a Coffee Morning group is being developed for Carers living in Lutterworth and surrounding areas. Every second Wednesday between 10.30am and 12.30pm at the One Stop Shop, Lutterworth



**We also run a drop-in information and advice service for Carers out of the One Stop Shop – every Tuesday 10am – 4pm**

### **Gym Access for Carers**

We have been able to access gym memberships in Lutterworth and Market Harborough especially for Carers. Simply register your details and book through us. We can send one Carer a day. We have one membership across the gyms but by allowing us to share this amongst different Carers more people can benefit from releasing stress on the treadmill or taking a relaxing swim.

We also have an opportunity to set up a similar scheme in Hinckley – contact us if you are interested!



### **Who Are We?**

The Carers Trust was formed in 2012 with the merger of Crossroads Care and The Princess Royal Trust for Carers. Working in partnership with the Carers Trust is Northamptonshire Carers, who have a track record of supporting Carers south of the county border. Recently we were offered the opportunity to take up office space at the One Stop Shop, which allowed us to provide a more convenient service to Carers in the north of Northamptonshire close to the border, as well as Carers in Lutterworth and surrounding areas.

Due to council funding, currently we are able to offer the following services to Carers in Leicestershire:

- Monthly Coffee Morning
- Tuesday Drop-in Service
- Gym Access
- Carers Support Line



More services will be announced in due course and may include Sitting and Young Adult Carer services

Carers living in Northamptonshire or caring for someone in Northamptonshire are able to access a wider range of support from us – please get in touch to discuss.

**We are currently working on a feasibility study exploring future support for Young Adult Carers (15-25) in the area – if you want to discuss this, please get in touch.**

**As this is a new service, please contact us if you wish to discuss how our services can support you:**

General Enquiries: **0330 119 2142**

Carers Support Line: **0330 119 2144** (Mon-Fri 9.30-4pm)

Email: [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org) Website: [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org)

Northamptonshire Carers are based at 123 Midland Road, Wellingborough, Northants, NN8 1 LU

**One Stop Shop Office: Wycliffe House, Gilmorton Road, Lutterworth, Leicestershire, LE17 4DY**