

INFORM

THOSE WHO CARE

AUTUMN EDITION 2013



Welcome to the autumn issue of our newsletter. Inside you'll find all kinds of information on useful support services in the area, together with a round up of carers' support groups.

We're also pleased to say we've had several contributions to our newsletter this month, including articles from The Respite Association and carer Colin Garratt.

Happy reading!

Call : 0845 689 9510 Email : maureen@supportforcarers.org Visit : www.supportforcarers.org

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

Voluntary Action South Leicestershire, The Settling Rooms, St Mary's Place, Springfield Street,
Market Harborough, Leicestershire, LE16 7DR. Registered charity number 1141274

NEW NHS PHONE SERVICE TO LAUNCH THIS AUTUMN



It's recently been announced that the new NHS 111 telephone service in Leicester, Leicestershire and Rutland will launch this autumn.

The new service will be available across England with the aim of making it easier for patients to access local NHS services. The number is for those patients who need urgent medical help or advice, but whose condition isn't life threatening or a 999 emergency.

A rigorous testing programme, covering every aspect of the service, has continued throughout the summer, with a programme of live testing planned for September. The new service will then be rolled out across Leicester, Leicestershire and Rutland before the end of October.

David Sharp, director of NHS England (Leicestershire and Lincolnshire), the body responsible for overseeing the work of the three clinical commissioning groups (CCGs) responsible for launching the new service locally, said:

“We will be closely monitoring performance going forward but we know that the three CCGs have worked hard to understand the concerns of patients and the public in order to ensure a smooth roll-out of the NHS 111 service in Leicester, Leicestershire and Rutland.”

**To find out more about the NHS 111 service
simply visit - www.nhs.uk/111**

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CHOOSE MY SUPPORT THE HELP YOU NEED IN ONE HANDY PLACE

Choose My Support is a website giving people in Leicestershire (and Nottinghamshire) the chance to look at the support services and products available to them, in one handy place online. It aims to give people the choice and control to decide which services and products are right for them in order to help them lead independent lives.

Visit www.choosemysupport.org.uk to find out more.

Who can use Choose My Support?

Anyone is welcome to use the website, so whether you're looking for support for yourself, or for someone else, why not give Choose My Support a go?

The website includes support services and products to help with:

- **Accommodation**
- **Domestic or personal support**
- **Education and training**
- **Health and well-being**
- **Repairs and maintenance**
- **Social activities**
- **Transport.... and much more**

Need help to use the website or get online?

Choose My Support has two training officers, Darshna Naker and Helen Carter, who would be happy to help you use the website. Darshna and Helen can help you with everything from accessing the internet and setting up an email, to finding the products and services that best suit your needs, so you can make the most of Choose My Support.

**If you live in Charnwood, Melton or North West Leicestershire please call
Darshna Naker on 0116 3052766/07920 087839 or email darshna.naker@leics.gov.uk**

**If you live in Oadby & Wigston, Blaby, Harborough or Hinckley please call:
Helen Carter on 0116 3052766/0794 4997445 or email helen.l.carter@leics.gov.uk**

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TIMEBANKING

PUT AN HOUR IN GET AN HOUR OUT

A new project is being launched in Coalville, Lutterworth and surrounding areas, aimed at all members of the community.

The Timebank is a modern day bartering system that can help you get jobs done without money. Timebanks work by people offering their skills in return for time credits, which they can spend when they need help with something.

For example, mow somebody's lawn and in return you could get your ironing done. You could offer to meet someone for a cup of coffee and a chat and in return have someone teach you how to play guitar.

For every hour that you put in you receive one time credit (one hour = one credit) that you then spend on getting things done for yourself. The skill or asset that you offer to other people can literally be anything.

The transactions are arranged by a Time Broker who keeps a record of all the transactions, much like a bank account. The Time Broker also meets with every member to explain the project and asks them 'what can you offer? And what do you want?' Offers and Wants are then put on a website www.timebankleicestershire.co.uk for people to see and respond to.

To join or for more info contact:
Lynne Brydon-Graham on 0116 305 7558 or email
Lynne.Brydon-Graham@leics.gov.uk
or timebank@leics.gov.uk

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This article has been
kindly written by:
The Respite Association



Are you a carer? If so, we might be able to help you

The Respite Association is a small but growing national charity (registered in May 2001) formed by a group of individuals who had all had personal experience of the need for respite care provision. We recognise that unless the carer is looked after they will eventually become exhausted and unable to continue to provide the vital support that they are giving to their loved one(s).

The charity does not provide carers, it simply provides funding toward the cost of a temporary carer. Obtaining the services of a professional carer can be very expensive and it is by helping to meet this sort of cost that we will hope to give assistance. The type of situation in which we will consider providing funding is very varied, the following are just some examples:

- **Funding for a carer to come in once a week for four hours over a three-month period in order that the mother of a child with autism could have a break to go shopping.**
- **Funding a carer for one day a fortnight for three months, for a wife with an elderly husband who needs constant attention due to a heart condition.**
- **Funding a week's residential care whilst a carer husband had a week's break with some friends, thereby recharging his batteries.**

We are now able to offer some free holidays to carers (not the cared for) at our super static caravan, which is sited at Richmond Holiday Centre in Skegness. Applications for the 2014 season (2013 full) will be accepted as from November 1st 2013. Our application procedure is as simple and straightforward as we can make it whilst ensuring that our money is well spent. Forms for Respite Break Grants and the separate one for the Free Skegness Holidays can be downloaded from our website or we can mail one to you.

If you think The Respite Association can help you, or someone you know, please get in touch:

The Respite Association, 102 High Road, Moulton Nr Spalding, PE12 6PD

Call: 01406-373163 Visit: www.respiteassociation.org

Email: help@respiteassociation.org

The Respite Association is a Registered Charity – 1086598

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Do you care for someone with M.E/Chronic Fatigue Syndrome or Fibromyalgia?

The M.E/C.F.S and FM Support Group (formerly known as the Harborough District M.E Support Group) is the local area contact group for anyone suffering from M.E (Myalgic Encephalomyelitis) C.F.S (Chronic Fatigue Syndrome) or FM (Fibromyalgia) and their carers.

The group told us:

"We're often the first point of contact when someone is newly diagnosed and feeling very vulnerable and isolated.

At present, we meet once a month in Market Harborough to discuss issues and offer friendly support in a sociable, informal environment.

As M.E/C.F.S and FM are misunderstood chronic diseases, very few people in the wider community appreciate or understand their debilitating nature, and even though M.E/C.F.S is acknowledged by the World Health Organisation as a neurological disease, both it, and Fibromyalgia, have little on-going research.

Symptoms are often severe, and people may not be able to hold down a paying job or enjoy much of a social life.

If you're a carer for someone, or know of anyone with this disease, please feel free to come along and have a chat with us. The meetings are extremely informal and friendly. We meet on the first Wednesday of the month at 11am for an hour or so. The venue may change so please get in touch with us for further details.

We're a small group at present, but we want to keep going as we provide support, friendship and information to vulnerable people, who by the nature of these diseases feel isolated, and our members come from as far as Leicester, Rugby, Lutterworth, Desborough and Maidwell to get to meetings."

To find out more call Gill Blowers on 07854976606 or email Gill Blowers or Vanessa Dorey at harboromefm@gmail.com

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Leicestershire Autism
Information Hub

Do you care for an adult with autism?

The Leicestershire Autism Information Hub (LAIH) launched on May 1st this year, providing a one stop shop of comprehensive and up to date information and support for adults with autism and their carers, in the Leicester, Leicestershire and Rutland areas.

The hub includes information about services across Leicester, Leicestershire and Rutland from local authorities, organisations and charities. New information and events are being added all the time so it's well worth checking the website regularly.

Laura Clark is the hub's manager and she's responsible for maintaining the website and making sure that information is kept up to date, as well as developing local user forums and working with support groups across the region.

Sarah Sanders is the hub's coordinator, and as well as supporting Laura with the online information service, she will also be developing an employment service, which will involve working with local employers to identify employment opportunities for adults with autism, as well as providing autism awareness training for employers and other local organisations.



The hub is a partnership project between Leicestershire County Council the National Autistic Society and local support groups such as The Monday Club.

To find out more please visit the hub at www.laih.org.uk

**A telephone helpline is also available on 0808 800 0125 from 10am to 12pm and 2pm to 4pm Monday to Friday (excluding bank holidays)
Or alternatively you can email enquiry@laih.org.uk
Follow the hub on Twitter @LeicsAutismHub**

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COURSES FOR CARERS

SEPTEMBER - DECEMBER 2013

We're running a range of FREE courses for carers around Leicestershire until December.

Simply take a look at the courses below and if there's something you fancy joining in with, please call:

Darrell Imbert on 0845 689 9510
or alternatively email darrell@vasl.org.uk
to book your free place.

September

Tues 10 September - Yoga, Hinckley St Francis
Tues 10 September - Beadcraft, Hinckley Library
Wed 11 September - First Aid, Oadby
Mon 16 September - Arts & Crafts, Coalville
Mon 16 September - Beadcraft, Market Harborough
Tues 17 September - Yoga, Hinckley St Francis
Tues 17 September - Beadcraft, Hinckley Library
Thurs 19 September - First Aid, Hinckley St Francis
Mon 23 September - Arts & Crafts Wigston
Mon 23 September - Beadcraft, Market Harborough
Tues 24 September - Yoga, Syston
Mon 30 September - Beadcraft, Market Harborough

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October

Tues October 1 - Yoga, Syston
Mon October 7 - First Aid, Loughborough St Peters
Tues October 8 - Yoga, Syston
Mon October 14 - Arts & Crafts, Lutterworth
Mon October 14 - Mindfulness, Market Harborough
Tues October 15 - Yoga, Syston
Wed October 16 - Mindfulness, Hinckley St Francis
Wed October 16 - Therapeutic Writing, Loughborough
Thurs October 17 - First Aid, Melton Mowbray Carnegie Museum
Mon October 21 - Arts & Crafts, Hinckley
Mon October 21 - Mindfulness, Market Harborough
Tues October 22 - Yoga, Lutterworth
Wed October 23 - Mindfulness, Hinckley St Francis
Wed October 23 - Therapeutic Writing, Loughborough
Fri October 25 - First Aid, Shepshed
Mon October 28 - Mindfulness, Market Harborough
Tues October 29 - Yoga, Lutterworth
Wed October 30 - Mindfulness, Hinckley St Francis

November

Mon 4 November - Mindfulness, Market Harborough
Tues 5 November - Arts & Crafts, Melton Mowbray
Wed 6 November - Mindfulness, Hinckley St Francis
Thurs 7 November - Complementary Therapy, Ashby de la Zouch
Mon 11 November - Mindfulness, Market Harborough
Tues 12 November - Yoga, Lutterworth
Tues 12 November - Therapeutic Writing, Melton Mowbray
Wed 13 November - Mindfulness, Hinckley St Francis
Tues 19 November - Yoga, Lutterworth
Tues 19 November - Therapeutic Writing, Melton Mowbray
Fri 22 November - Arts & Crafts, Syston
Mon 25 November - Arts & Crafts, Shepshed

December

Tues 10 December - Arts & Crafts, Ashby de la Zouch
Tues 17 December - Arts & Crafts, Loughborough

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Carers Trip to Stratford Upon Avon

As part of our Carers Week celebrations we organised a carers trip to Stratford upon Avon in July. Greggs (the bakers) kindly donated part of the cost, which we used towards hiring two coaches. 52 carers joined us on the trip and we have had some really positive feedback from them, saying how much they enjoyed the trip and how much they benefitted from the day out. We were also very fortunate to have great weather and lots of sunshine! Some carers used the opportunity to do some sight seeing, others enjoyed a boat trip or headed for the shops and some simply relaxed in deck chairs by the river.

Here are just some of the comments we've had from carers:

"Fabulous to meet up with other carers"

"(The trip) gave me the time to evaluate things going on in my life"

"Enjoyed having some me time and gave me time to do things I don't normally get a chance to do"

"I don't go out on my own and have today so this has given me the confidence to do things on my own"

"Nice to be given a treat without having to worry about the cost"

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Brass band reminiscences

by Colin Garratt

"I have been a carer for 13 years but still carry on with one of my hobbies, namely playing a cornet and being involved in the brass band movement.

I started playing at the age of nine, being taught by my grandfather Tom Garratt. I joined my first band when I was 11, the 'Hugglescote and Ellistown Silver Prize Band'.

I played with this band until 1966, then moved to Shepshed, and at the end of 1966, joined 'The Hathern Band'. In those days, 'Hathern' was a 4th Section Band and over the years it has improved, until this year it qualified for the Championship Section.

In the 1970s, I took a break from playing. On my return I played with several bands including 'The Ratby Band', 'The Coalville Town Band', now renamed 'Ibstock Brick', and the 'Stanton-under-Bardon Band', but I have been involved with 'Hathern' from 1966 to 2013 and ongoing!

With a break of approximately five years, I am now aged 72 and still enjoy playing.

Recently the 'Concert Band' played a concert in Hathern Village and themed it as a 'Film Music Evening', with a great selection of popular music with everyone in fancy dress. Some of the audience were in fancy dress as well! In all my years in banding, it was probably the best concert I have ever done."

Many thanks to Colin Garratt for sharing his story with us. If you've got a hobby you'd like to tell other carers about, why not send us your story for the next issue of the newsletter?

Email Jacqui@supportforcarers.org or call us on 0845 689 9510
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Carers' Support Groups

Charnwood District

Loughborough Time Out for Carers Group

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

Call Gurjit from Support from Carers on 0845 689 9510.

Loughborough Well-Being Group

meets at John Storer House, Wards End, Loughborough, LE11 3HA on the 1st Thursday of the month from 1.30pm to 3.30pm.

Call Joanne Clarke on 01509 631 782.

Shepshed Well-Being Group

meets at Charnwood Road Community Centre, 47a Charnwood Road, Shepshed, LE12 9QE on the 3rd Tuesday of the month from 2.00pm to 4.00pm.

Call Joanne Clarke on 01509 631 782.

Sileby & District Group

meets at Soar Bridge Inn, 29 Bridge Street, Barrow upon Soar, LE12 8PN on the last Thursday of the month from 12 noon to 2.30pm.

Call Joanne Clarke on 01509 631 782.

Oadby & Wigston District

Oadby & Wigston Time Out for Carers Group

meets at the Salvation Army, Ladysmith Road, off Saffron Road, South Wigston, LE18 4UZ on the 2nd Thursday of the month from 1.30pm to 3.00pm.

Call Gurjit from Support for Carers on 0845 689 9510.

Blaby District

Caring Friends Group

meets at Palmers Garden Centre café, St John's, Enderby, LE19 2BS on the 1st and 3rd Tuesday of the month from 10.30am to 12 noon.

Call Alan Hooton on 0116 284 1982.

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Blaby Time out for Carers (New Group)

Meets the 2nd Tuesday of the month at Blaby & District Social Centre, Leicester Road Blaby LE8 4GQ from 10.30am to 12 noon. Next meeting 10th September.

Call Jackie from Support for Carers on 0845 689 9510

Harborough District

Carers' Break Group

meets at the Bower House, 32 Coventry Road, Market Harborough, LE16 9BZ on the 4th Thursday of each month from 1.30pm to 3.00pm.

Call Support for Carers on 0845 689 9510.

Knit & Natter Group

meets at Bower House, 32 Coventry Road, Market Harborough, LE16 9BZ on the 3rd Thursday of each month from 1.30pm to 3.00pm.

Call Support for Carers on 0845 689 9510.

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 Val on 01455 283387.

Hinckley & Bosworth District

Hinckley & Bosworth Carers' Group

meets at the Community House, Peggs Close (off Candle Lane), Earl Shilton, LE9 7BP on the 4th Thursday of each month from 10.30am to 12 noon.

Call Jacqui from Support for Carers on 0845 689 9510.

Time Out for Carers Group

meets at Hinckley Library (meeting room), Lancaster Road, Hinckley, LE10 0AT on the 3rd Tuesday of each month from 10.30am to 12 noon.

Call Jacqui from Support for Carers on 0845 689 9510.

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Melton District

Melton Carers' Support Group

meets monthly at the Carnegie Museum, Thorpe Way, Melton Mowbray on Thursday mornings at 11.00am.

Call Diane from Support for Carers on 0845 689 9510.

Bottesford Time Out for Carers Group

meets monthly at 10.30 to 12 noon at Bottesford Village Hall, Belvoir Road, Bottesford.

As from Tuesday 24th September the Bottesford Time Out Group will be meeting at The Rutland Arms, 2 High Street, Bottesford NG13 0AA (in the restaurant) on the fourth Tuesday of the month.

Call Diane from Support for Carers on 0845 689 9510.

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 Gurjit from Support for Carers on 0845 689 9510.

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 0845 689 9510. We can give new groups help, support and advice to set up free of charge.

You're also welcome to come along to our drop-in session for carers at:

**Ashby de la Zouch Library
North Street, Ashby de la Zouch, LE65 1HU
on Thursday 17th Oct from 10.00am till 11.30am.**

Please call Gurjit from Support for Carers on 0845 689 510.

Pop in and have a chat with us and say hello to other carers who may live near you.

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**Are you
affected by
the drug or
alcohol related
behaviour of a
family member
or a friend?**



The GROUP has been set up to support people who care for adults affected by substance misuse. Caring for family members or friends can bring up many issues such as stigma, illegality, personality changes, fear for the person you care for and feeling you have no control over their situation. The GROUP aims to offer tools for dealing with behaviours, knowledge of drug and alcohol misuse, help with information about legal rights, the chance to take time out, care for your own wellbeing and share experiences with other carers in a similar situation and a space to say what you need to say.

There are currently groups running in Harborough, Melton Loughborough and Hinckley.

To find out more please call us on 0845 689 9510.

BUDDYING SCHEME FOR ASPERGER'S CARERS

We've recently linked up four carers in the county who care for young adults diagnosed with Asperger's Syndrome. The carers have all agreed to share their contact details so they can get in touch via phone, text, email or for face-to-face meetings, to offer support, advice and maybe some social outings with carers sharing similar issues.

If you would like to join this group or you care for someone with a specific condition and would like to link up with other carers in a similar situation please call us on 0845 689 9510.

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Follow us on **twitter**

@support4carers follow all our latest news.

skype us:

pat.sfc
diane.sfc

gurjit.sfc
jacqui.sfc

Useful numbers for carers

Leicestershire County Council - Adult Social Care

0116 305 0004

Leicestershire County Council - Adult Social Care Emergency Team

0116 255 1606

NHS Carers Direct

(Calls are free from UK landlines & mobiles or you can request a free call back)

0808 802 0202

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

0845 4647

Age Concern

0800 169 6565

Call : **0845 689 9510** Email : maureen@supportforcarers.org Visit : www.supportforcarers.org

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