

# INFORM

THOSE WHO CARE

**SUPPORT  
FOR CARERS  
LEICESTERSHIRE**

AUTUMN EDITION 2014



**Welcome to the autumn issue of our newsletter.**

Inside you'll find loads of useful information and exciting events and services for carers, including nature walks for people living with dementia and free training sessions for carers.

You'll also find an update on our Carers' Choirs project and a round up of the Carers' Support Groups we run around the county.

**Remember, you can call us for support and advice on:  
0845 689 9510 during office hours.**

**Call : 0845 689 9510 Email : [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org) Visit : [www.supportforcarers.org](http://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

# FREE TRAINING FOR CARERS

The Carers Centre Leicestershire and Rutland is running a range of free training sessions for carers around the county. If you'd like to find out more about any of the training sessions below, or to book your place, please call The Carers Centre on 0116 251 0999.

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## Full day sessions

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### Caring for someone with a Mental Health Condition

Monday 17 November, 10am-4pm, Blaby

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### Caring for someone with Dementia

Wednesday 26 November, 10am-4pm, North West Leicestershire

Wednesday 2 March 2015, 10am-4pm, Harborough

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### First Aid (certificate)

Friday 26 September, 10am-4pm, Hinckley & Bosworth

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## Half day sessions

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### Dealing with Stress

Friday 7 November, 10am-1pm, Hinckley & Bosworth

Saturday 15 November, 10am-1pm, Melton

Monday 2 February 2015, 10am-1pm, Blaby

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### Getting help

Friday 14 November, 10am-1pm, Hinckley & Bosworth

Saturday 22 November, 10am-1pm, Melton

Monday 9 February 2015, 10am-1pm, Blaby

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### Understanding Personalisation

Friday 21 November, 10am-1pm, Hinckley & Bosworth

Saturday 29 November, 10am-1pm, Melton

Monday 16 February 2015, 10am-1pm, Blaby

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**To find out more about The Carers Centre visit**  
**[www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)**

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# Caring With Confidence

A **FREE** support programme for anyone caring for a family member or friend with any condition

**Everyone Welcome**

**Starts Wednesday 1st October 2014, 10.30am - 1.00pm**  
**John Storer House, Wards End, Loughborough**

Complimentary refreshments are provided.

**To book your place or to have a chat about the programme contact  
Pamela or Debbie at The Carers Centre on 0116 251 0999**

## FREE HOLIDAYS FOR CARERS!

The Respite Association helps carers on very limited incomes to take a much-needed break, by funding respite care for the person they care for. They also offer free holidays for carers.

The free holiday scheme was launched in 2013 and has proved really popular. Carers can stay free of charge in one of the Association's two superb static caravans - one of which is at the Richmond Holiday Centre in Skegness and the other in Blackpool, on the North West coast.

The idea of the holiday scheme is to give carers a chance to get a complete break, without the person they normally care for, with a friend or family member for company.

At Skegness, carers can enjoy a free week long break, including access to the holiday centre's excellent facilities and entertainment. All you need to pay for is your food.

The Blackpool caravan is at the Newton Hall Holiday Centre in Staining, just on the outskirts of Blackpool. It's designed to offer carers a peaceful, relaxing break away complete with everything you need, including full central heating.

**To find out more and apply for the scheme  
please visit [www.respiteassociation.org](http://www.respiteassociation.org)  
Alternatively you can call 01775 820 176  
or email [help@respiteassociation.org](mailto:help@respiteassociation.org)**



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The National Autistic Society is running FREE information days to talk to carers and families of people on the autism spectrum about changes in adult social care.

Government reform of adult social care is focused on the 'personalisation' of support, and personal budgets, with the aim of empowering people to choose and control the services they receive. This will affect all those who receive support, whether they pay for it themselves or if it's provided by statutory services.

The information sharing day will cover Community Care (from the basics of what it is to how it can be accessed), The Care Act, Person-Centred Planning, Support Planning, Personal Budgets, Personal Health Budgets, Direct Payments and how personalisation can work for you and the person you care for.

**The next family information sharing day will be on:**

**8th October 2014**

**10am (for a 10.30am start) until 2.30pm**

**At - The Brite Centre, Braunstone Avenue, Leicester, LE3 1LE.**

Refreshments and lunch will be provided

**For more information and to book a place please contact**

**Rachel Ashton - Call: 07442498012**

**or Email: [Rachel.ashton@nas.org.uk](mailto:Rachel.ashton@nas.org.uk)**

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# FLEXIBLE WORKING FOR CARERS

A change in the law means more carers have the right to request flexible working. The recent changes mean that all employees who have worked for the same employer for 26 weeks or more, have the right to request flexible working. Until now, the right was available only to certain parents and carers. Some carers, such as those caring for a non-family member who didn't live with them for example, were denied this right.

It's estimated that around 100,000 more carers will have the right to ask for flexible working arrangements, enabling them to manage both work and caring responsibilities. Research has shown that flexibility from an employer makes a big difference in terms of helping the carer, reducing stress and ill-health in the workplace and increasing productivity gains for employers.

Requests can cover changing hours, times or places of work. Flexi-time or part-time working are just two examples of working patterns that can constitute flexible working. Employers can only refuse requests for certain specified reasons and should deal with requests in a reasonable way. It's a good idea to check your contract of employment, to see what flexible working options your employer provides.

## To find out more visit:

[www.carersuk.org/help-and-advice/work-and-career/your-right-to-flexible-working](http://www.carersuk.org/help-and-advice/work-and-career/your-right-to-flexible-working)

# The Care Act 2014

The Act sets out the circumstances where a local authority has a duty to meet an adult's care needs. It also creates the first ever entitlement to support for carers. When someone has eligible needs but has financial means greater than the means test, they would not normally be entitled to local authority arranged support. The Act makes a significant change to the current legal duty on local authorities to meet needs regardless of their finances although in practice self-funders are generally told by local authorities to organise and pay for their own care. Under the Care Act 2014 a person will be entitled to have their needs met when:

- the adult or carer has "eligible" needs,
- the adult's established home is there and one of the following five situations apply to them.
- there is no charge for the type of care and support they need;
- the person cannot afford to pay the full cost of their care and support;
- the person asks the local authority to meet their needs;
- the adult does not have mental capacity and has no one else to arrange care for them;
- when the cap on care costs comes into force, their care and support costs have exceeded the cap (applies to adults only).

## To find out more about how this will affect you as carers visit websites below

- [www.carersuk.org/for-professionals/policy/policy-library/care-act-2014](http://www.carersuk.org/for-professionals/policy/policy-library/care-act-2014)
- [www.gov.uk/government/publications/care-act-2014-part-1-factsheets](http://www.gov.uk/government/publications/care-act-2014-part-1-factsheets)

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# CARERS' TIPS

This page features top tips for carers, kindly sent in to us by other carers in Leicestershire. We hope you find them useful and please let us know if you have any tips you'd like to share.

To help empty a commode add about a pint of water and a cap of fabric conditioner before use. It smells nice, is better than disinfectant and makes it easier to empty afterwards.

If you need to blend food do each bit separately i.e. potatoes, carrots and meat so you still get colour on the plate.

Fix a toilet roll to the arm of your commode so you don't have to look round for it.

Try to look nice yourself, you're still a person.

Carers must do their best to join carers' groups or other helpful groups run by charities for example. They're a great source of information and useful tips.

Write down everything professionals say during visits to hospital and let them see you're doing this.

To give us your hints and tips simply call us on 0845 689 9510 or email [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)

Alternatively, you're welcome to bring them along to any of our Carers' Support Groups. Find out more about these on pages 8-10

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# Keep Safe Places

Helping people feel safe when they're out and about in Leicester and Leicestershire

Keep Safe Places are places that help people feel safer when they are out and about in the community, knowing there is somewhere to go for help if they need it. The scheme is known all over the UK and it aims to help people feel confident and safe. Anyone can go to a Keep Safe Place, if they feel unsafe, upset, scared or just need some help.

**To find a Keep Safe Place near you visit**  
**[www.leics.gov.uk/keepsafeplaceschemes](http://www.leics.gov.uk/keepsafeplaceschemes)**



## What will happen at a Keep Safe Place?

If you're out and about and you feel like you need help or support for a few minutes...

You can go to a...



Keep Safe Place, it will be easy to see from the sticker in the window.



At a Keep Safe Place, you will find someone who is helpful and friendly.

They will ask you what you need.

You can tell them what would help you.

The staff at a Keep Safe Place can:

Call a family member • Call a carer • Call the Police • Offer you a safe place  
Offer you a place to calm down and wait until any situation is over.

If you have a Keep Safe Card\* remember to show the member of staff.

\* Always remember to carry your Keep Safe Card.

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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.**

### The Group - formerly called Snowdrops is not only changing its name but now has a brand new home.

"We support families, carers and loved ones of adults who use drugs, alcohol or other substances and aim to help carers through the turmoil that addiction can bring to families, such as family breakdown, violence, lost futures and bereavement." - **VASL support worker Marion Lewin**

"We are moving on August 6th to 'The Carpenter's Arms', Wharnccliffe Road, Loughborough."

If you are caring for an adult or are a family member, or friend of someone experiencing addiction or who are in recovery you are welcome to come and join The Group's confidential meetings on the first Wednesday of every month 7pm-8:30pm in The Stable Room.

**For more information contact: Marion Lewin at VASL (Voluntary Action South Leicestershire) [mlewin@vasl.org.uk](mailto:mlewin@vasl.org.uk) or ring 0845 689 9510.**

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# 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.**

## Blaby Time Out For Carers

meets the 2nd Tuesday of the month at Blaby & District Social Centre, Leicester Road Blaby LE8 4GQ from 10.30am to 12 noon.

**Call Jackie Williamson from Support for Carers on 0845 689 9510**

# 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 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.**

## Time Out for Carers Group

meets on every 3rd Thursday of the month from 10.30am to 12.00 noon in The Cottage (building in front of the Village Hall) on Station Road, Broughton Astley, LE9 6PT

**Call Jackie Williamson from Support for Carers on 0845 689 9510**

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# Hinckley & Bosworth District

## 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.**

## Melton District

### Melton Carers' Support Group

meets on the second Thursday of each month at 11am at the Carnegie Museum Thorpe End, Melton Mowbray, LE13 1RB.

**Call Diane from Support for Carers on 0845 689 9510.**

### Bottesford Time Out For Carers Group

meets on the 4th Tuesday of the month at The Rutland Arms, 2 High Street Bottesford, NN13 0AA (in the restaurant) from 10.30am - 12 noon.

**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 Monday 29th September from 10am to 11.30am.**

**Please call Gurjit from Support for Carers on 0845 689 9510.**

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

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# **WE ARE HOLDING A MINDFULNESS FOR CARERS**

5 week course

at

Gorse Covert Community Centre  
Maxwell Drive, Loughborough LE11 4RZ

Monday 17<sup>th</sup> November, Monday 24<sup>th</sup> November,  
Monday 1<sup>st</sup> December, Monday 8<sup>th</sup> December and  
Monday 15<sup>th</sup> December

**10am – 12noon**



**The course is FREE to carers and brings:**

- **Reduction in anxiety**
- **Emotional resilience**
- **Self awareness**
- **Improved health and well-being**
- **Living more in the present moment**

To book a place on the course or to find out more please call us on  
0845 689 9510 or email [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)

# Make friends with a book

A new, free group at Wigston Library,  
Bull Head Street, Wigston



Every Wednesday, 10.30am – 12.30pm

A place to relax, a chance to make new friends, and a new way to enjoy shared reading. There is no pressure to read or talk, you can simply drop in, sit down and relax as you listen to a good story or poem. And it's free!



For further information call  
0116 305 3689 or e-mail  
[nicolabennison@thereader.org.uk](mailto:nicolabennison@thereader.org.uk)

[www.thereader.org.uk](http://www.thereader.org.uk)





# Autumn Walks in Leicester

Do you care for someone living with dementia who would like to join in a gentle guided walk in a nature setting?

Dementia Adventure in partnership with Leicester City Council are running free walks in Leicester's parks and Aylestone Riverside area every Tuesday and Thursday at 11am throughout September and October.

Led by a specially trained leader, these walks are friendly, informal and all about enjoying the outdoors and nature, so that those living with dementia and their carers can enjoy an outdoor experience with all the benefits that brings.

## **Kath Pyke, East Midlands based Project Leader with Dementia Adventure said:**

**"Sometimes people need a special invitation to either visit somewhere new or look at how much a place has to offer through fresh eyes. Research shows that spending time in nature and the outdoors can be especially calming for people living with dementia, with all the sights, sounds and smells. It's also an opportunity for a carer to spend time in a lovely place, find out new things and meet new people."**

Although Dementia Adventure asks people to register in advance, they always keep a few spaces available in case people simply want to turn up on the day and find out what the walks are all about. All walks are designed for use by wheel chair users and have access to toilets and shelter. You're welcome to bring along a drink and a sandwich to enjoy afterwards.

The Leicester walks are part of a national programme generously supported by the People's Postcode Lottery.

**Call Dementia Adventure to find out more and book your free place on 01245 230661 or 07531 215 918 or email [kath@dementiaadventure.co.uk](mailto:kath@dementiaadventure.co.uk)**

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# MUSIC TO YOUR EARS!



Our two carers' choirs are in great voice and are working hard towards performances later this year. In October, our Hinckley and South Wigston choirs will each host informal open house rehearsals where family and friends can pop in to see the hard work in action. The two choirs will then merge for a gala concert in December.

It's not too late to join in the fun. If you're a carer looking after a relative or friend on a regular basis then why not take a break and be a part of a truly uplifting project? You don't need to have any experience of singing or reading music. Choir members are guided through the music step-by-step and are given CDs so they can rehearse between sessions. The choirs meet on a Tuesday afternoon on a fortnightly basis and are learning a wide range of songs in different styles. Most recently, our carers have been singing the beautiful 'May It Be' from Lord of the Rings and a lively gospel-style song called 'Gonna Rise Up Singin.'

## Carers' Choir Musical Leader, Alex Reffell, said:

**"Our choir members are learning a broad spectrum of songs. They are eager to learn, are rapidly growing in confidence and are embracing singing in harmony. Our December concert will feature an eclectic mix of songs from well-known pop songs right through to wonderful pieces you may not have heard before."**

In recent months, the carers have also been submitting poems either about the choir or about their role as a carer. The aim is to take parts of the poems to form two songs (one upbeat number and one ballad) that the choirs will perform at the December concert. Here is an extract from one of the poems:

*Who cares for the carers? We all know very well.  
Who cares for the carers? It's S.F.C.L (\*S.F.C.L = Support for Carers Leicestershire)*

*They decided to start a choir, oh what a wonderful thing.  
Now some of us carers can really start to sing.  
We practice all our scales and that is no surprise.  
Before we even start that it's gentle exercise.*

*Now we're relaxed and tensions gone.  
We're eager to learn a brand new song.*



If you're a carer who fancies getting together with other carers to have a good sing, why not get in touch? We are also looking for a couple of volunteers who are strong singers to help support the carers' choirs.

**To find out more call Alex Reffell on 0845 689 9510  
or email [alex@supportforcarers.org](mailto:alex@supportforcarers.org)**

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# COULD SHARED LIVES HELP YOU?

The Shared Lives service is run by Leicestershire County Council and is designed to support a wide range of people including adults with learning disabilities, older people, adults with mental health conditions, adults with physical and sensory disabilities, adults with dementia and adults with drug and alcohol dependency.

Shared Lives services include long term support, short breaks and daytime support and are all about households sharing their lives, families, home, interests, experience and skills with people who need some help and support to live their lives to the full.

The person is welcomed as a member of the family and supported by a Shared Lives Carer who is checked, approved, trained and monitored by the Shared Lives Service.

Shared Lives focuses on what the person wants and needs to live their life and fulfil their ambitions. It's highly personalised and is delivered by local people in their own communities, using their homes as a base.

**To find out more please visit [www.leics.gov.uk/sharedlives](http://www.leics.gov.uk/sharedlives)**

**You can also call Leicestershire County Council on:  
0116 305 9240 or email [sharedlives@leics.gov.uk](mailto:sharedlives@leics.gov.uk)**



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# KEEP UPDATED



**Like us on** 

Find new friends online and keeping up to date.

**Follow us on** 

@support4carers follow all our latest news.

 **JS:**

pat.sfc  
diane.sfc

gurjit.sfc  
jacqui.sfc

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## Useful numbers for carers

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**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**

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