

# INFORM

THOSE WHO CARE

SUMMER EDITION 2015



# HERE COMES SUMMER!

Welcome to our summer newsletter, packed full of useful news and information including activities for people with dementia and their carers, help to pay your water bill and self advocacy groups for people with learning disabilities.

Plus, to help you get out and about and make the most of the summer, we've also got news of a free guide to accessible Britain, perfect if you care for someone with a disability.

We have arranged two Carers Summertime Health and Wellbeing Events in the Coalville and Hinckley area. Details of both events are in the newsletter and it would be great to see you there!

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

# CARERS SUMMERTIME HEALTH & WELLBEING EVENTS



Line Dancing  
Laughter Yoga



Complimentary Therapies

Health Related Information Stands

Health Checks

Chair Based Exercises

**FREE Refreshments & Lunch!**



**Thursday 4<sup>th</sup> June 10am - 2pm**

**Hermitage Leisure Centre**

**Silver Street, Whitwick**

**Coalville, Leics LE67 5EU**



**To book a place simply call 0845 689 9510  
or email [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)**

**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

# DO YOU CARE FOR SOMEONE WITH A DISABILITY?

The brand new fifth edition of 'The Rough Guide to Accessible Britain' is now available to view for free online - making it easier for you to get out and about this summer. It's packed with over 200 inspiring ideas for fantastic, worry-free days out, with reviews and hints and tips on some of the UK's best attractions, written by and for disabled people. To make planning your days out simpler, entries are grouped into ten regional chapters, with everything from museums, parks and studio tours, to scenic drives and coastal towns. Every review contains all the access information you need to enjoy your day, including disabled parking, wheelchair access and more.



To download your free copy, or to view the guide simply visit - [www.accessibleguide.co.uk](http://www.accessibleguide.co.uk)

## LET'S TALK - WELLBEING

'Let's Talk - Wellbeing' is a service that provides psychological assessment and treatment for common mild to moderate mental health problems, which will affect 1 in 4 of us at some stage in our lives. It's normal to experience changes in your mood and behaviour at times of stress and emotional upset. Plus, your physical health may also affect your mood and stress levels. If you feel anxious or low, here are some simple tips to help improve your mood:

- **Keep active** - regular exercise can help you feel more positive
- **Get involved** - try not to isolate yourself, meet up with friends or family, or learn something new
- **Relax** - if you're feeling down, make time to relax and unwind. Winding down in the evening can help you to get a good night's sleep and feel more refreshed in the morning
- **Alcohol & Drugs** - if you're already feeling down, alcohol and drugs can make you feel worse
- **Eat healthily** - it will help you feel better and give you more energy

There are times however when a case of the blues can become more serious and lead to depression. If you're having difficulties such as feeling low, anxious or stressed and would like some help, you can discuss this with your GP, who may arrange a referral to the 'Let's Talk - Wellbeing' service. Alternatively, you can refer yourself online at [www.iaptportal.co.uk/ltw.html](http://www.iaptportal.co.uk/ltw.html)



To find out more simply visit:  
[www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing](http://www.nottinghamshirehealthcare.nhs.uk/letstalkwellbeing) or call 01509 630968

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



# DO YOU CARE FOR SOMEONE WITH DEMENTIA?

## DO YOU WISH THERE WERE MORE LOCAL ACTIVITY GROUPS FOR PEOPLE WITH DEMENTIA?

My name is Nina and I live in Thurnby where I care for my mother who has Alzheimers. She still likes to sing, dance, go for walks, play Scrabble and chat. I'm looking for people who are in a similar situation to us, who would like to get together and organise some local events for our loved ones. Maybe there is someone out there who plays the piano and we could organise a sing song, or someone with a great music collection and we could plan a tea dance, or someone who knows some great pubs for a group pub lunch...or maybe you don't know what you have to offer, but you'd just like to be involved? If you think this might be for you, please get in touch with me.

**Call - 07500 833771 or email [ninajrobertson@btinternet.co.uk](mailto:ninajrobertson@btinternet.co.uk)**

Keep reading to find out more about two activities I've already organised - dancing for people with dementia and their carers and a Creative Writing Group for Carers.

## Dancing for the memory impaired and their carers

Come and enjoy gentle dance and movement every fortnight on: **Wednesdays from 2.15pm to 3.45pm at St Denys Church Parish Centre, Church Road, Evington, LE5 6FA** - with a cup of tea afterwards. Suitable for people with mild to moderate levels of dementia and all fitness levels. Wheelchair accessible venue. We ask for a minimum donation of £2. Next dates are 27th May, 10th June and 8th July. (No group on 24th June).

## Creative Writing Group for Carers

Why not take time out from your caring role and nourish yourself through writing? Whether you're a beginner or an experienced writer, it's up to you what you write about. You could write about your experiences as a carer, or get right away from it, by writing a story, poem, play or blog... it's entirely your choice. The group meets once a month on **Wednesdays** (fortnightly from September) **from 2pm to 4pm at St Denys Church Parish Centre, Church Road, Evington, LE5 6FA**. We're a friendly and supportive group where you can just pick up a pen and see what happens! We ask for a minimum donation of £2. Next dates are 20th May, 3rd June and 1st July. You're welcome to come when you can.

---

**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

# CARERS SUMMERTIME HEALTH & WELLBEING EVENTS



Line Dancing  
Laughter Yoga

Complimentary Therapies

Health Related Information Stands

Health Checks

Chair Based Exercises

Carers Choir

**FREE Refreshments & Lunch!**



**Tuesday 16<sup>th</sup> June 10am - 2pm**

**Hinckley Leisure Centre**

**Coventry Road**

**Hinckley, Leics LE10 0JR**



**To book a place simply call 0845 689 9510  
or email [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)**

**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.



# HELP WITH PAYING WATER BILLS THE WATERSURE SCHEME



If you're on certain benefits and have to use a lot of water, either for medical reasons, or because you have three or more children under 19 in full-time education living with you, you could get help to pay your water bills, through the Watersure scheme. To apply for the scheme, you also need to have a water meter, or be waiting to have one installed. If you're eligible to get help through the scheme, your water bill will be capped. This means you won't pay any more than the average metered bill for the area your water company deals with. In some cases, your normal metered bill could be less than your company's Watersure cap. If this applies to you, you won't qualify for the scheme. You can ask your water company what their cap is, if you want to check this before applying.

## Which benefits do you need to be on?

Either you, or someone you live with, must get one of the following benefits:

- **Universal Credit**
- **Housing Benefit**
- **Income Support**
- **Income-based Jobseeker's Allowance**
- **Working Tax Credit**
- **Child Tax Credit (except families in receipt of the family element only)**
- **Pension Credit**
- **Income-related Employment and Support Allowance**

If you're applying for medical reasons, you'll automatically qualify for Watersure, if you, or someone you live with, has one of the following medical conditions (and you receive one of the benefits listed previously)

- **desquamation (flaky skin disease)**
- **weeping skin disease (eczema, psoriasis or varicose ulceration)**
- **incontinence**

---

**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

- abdominal stomas
- renal failure requiring dialysis at home - although you won't qualify for Watersure if you're already getting a contribution to your water costs from the NHS
- Crohn's disease
- ulcerative colitis

You can also apply for Watersure if you, or someone you live with, has another medical condition which means using higher than average amounts of water. However, your water company will ask for details from your GP and you'll also need a doctor's certificate, which you have to pay for.

## How to apply

You'll need to fill out a form from your water company, and supply evidence that you're eligible for the scheme, such as a copy of your awards notice for a benefit.

**If you're with Severn Trent Water, you can call them about the Watersure scheme on 08457 500500.**

---

# SPEAKING FOR MYSELF HAVE YOUR SAY

Speaking for Myself supports people with a learning disability in Leicestershire to speak up for themselves. They run self-advocacy groups in Loughborough, Melton Mowbray, Market Harborough, Wigston and Hinckley and Bosworth - which are free to attend. These self-advocacy groups are groups of people with a learning disability who meet to talk about problems, and make plans to make things better. Together, the groups have also put together a magazine, by and for people with learning disabilities, about how they stick up for themselves, and help solve each other's problems. Speaking for Myself also has regular training events where people with learning disabilities can learn how to run meetings, raise money and speak up for themselves. The scheme is Lottery Funded. To find out more:

**Call: Laura Shepherd, Self Advocacy Facilitator  
Speaking for Myself on 07740 042085**

**Email: [Laura.Shepherd@thera.co.uk](mailto:Laura.Shepherd@thera.co.uk)**

**Visit: [www.speakingformyself.org](http://www.speakingformyself.org)**

---

**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

# THE CARER'S ASSESSMENT FROM 1<sup>ST</sup> APRIL 2015

The Care Act on 1 April 2015 has given family and other informal unpaid carers the same rights to assessment and support as people who need social care support. . Anyone who provides care and feels they might benefit from some support is entitled to an assessment. As is the case for an individual receiving care, the local authority will make a determination as to whether the carer has eligible needs based on a nationally-set threshold.

## What is a carer's assessment?

A carer's assessment is a way of identifying what effect being a carer has on you and your life and your needs as a result of this. An assessment provides you with an opportunity to discuss with a worker from Adult Social Care how things are for you at the moment and what support you might need. It will look at how caring affects your life, including your physical, mental and emotional needs and whether you are able and willing to carry on caring. It will also help you to get advice, support and information that may assist you with your caring role.

The assessment is not about judging your ability or the way in which you carry out your caring role.

If the person you care for gets support from Adult Social Care, any needs you have as a carer should be taken into account in their assessment (this is called a combined assessment). If the person you care for does not want Adult Social Care support, or is not eligible for it, you can choose to have a separate assessment as a carer.

## What help and support can carers get?

The support given following the carer's assessment could include

- **Information**
- **Specialist advice and support groups**
- **Training about relevant topics to help you to manage caring**

Depending on the level of support you provide, and the impact this has on you, you may be entitled to more formal support, in the form of money from Leicestershire County Council Adult Social Care to buy support (a direct payment) to make your life easier or improve your health and wellbeing.

- **A break from caring, using the money to pay for a substitute carer**
- **Gym membership and leisure classes to relieve stress**
- **Computers and training courses to aid starting or returning to paid work**
- **Help with domestic routines such as gardening and housework**

---

**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



The carer could also be eligible for the Carer's Allowance. For more information, including the Carers Allowance claim form, go to [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance).

## What areas will the carer's assessment cover?

The following areas should be covered and if any of them aren't discussed, make sure you raise them yourself if they are relevant:

- **your caring role**
- **your feelings and choices about caring**
- **your health**
- **your work**
- **other family commitments**
- **what you enjoy doing to relax**
- **planning for emergencies i.e. a contingency plan**

## Checklist for preparing for the carer's assessment

Before the assessment, sit down and think about your role as a carer. Be honest about the effects that caring for your relative has on your life.

Without support, will you struggle to provide the care that your relative needs? Don't feel that it is your responsibility to provide all the care that your relative needs or feel guilty if you can't do it all. In many cases, it is better for trained professionals to carry out certain tasks - they have the time and energy to dedicate to the job. You might not have this if you are also juggling work and/or a family.

## Before the assessment think about the following

- **Will you be able to talk freely if your cared-for relative is present?**
- **Do you want or are you able to carry on caring for your relative?**
- **If you are prepared to continue, is there anything that could make life easier?**
- **Without support is there a risk that you might not be able to continue caring for your relative?**
- **Do you have any physical or mental health problems, including stress or depression that make your role as a carer more difficult?**
- **Does being a carer affect your relationships with other people, including family and friends?**
- **If you have a job, does being a carer cause problems?**
- **Would you like more time to yourself so that you can sleep, take a break or enjoy some leisure activity?**
- **Would you like to do some training, voluntary work or paid work?**

You can get an assessment even if the person you're looking after doesn't get help from us.

---

**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

# What you need to do

This assessment can be completed in two ways:

## By yourself

This means you are able to complete the form by yourself, or with help from those who know you best (this could be family members or friends). Once you have completed the form please return it to the Customer Service Centre in the envelope provided and you will be contacted by the Adult Social Care Team.

## With support

If you need support to complete the form, a worker from Support for Carers or other voluntary organisations can help you to fill it in and submit it. You can fill in the form or you can ask the worker to write down what you tell them.

# What will happen next

A worker from the Adult Social Care Team will receive your assessment and contact you by phone to discuss this, or they may need to arrange to visit you at a convenient time to talk about your assessment.

## Adult Social Care will

- Provide you with information and advice
- See what is available within the community to support you
- Decide if you are eligible for care and support from Adult Social Care
- Help you to make your own support plan that will assist you in your caring role

# For more details...

**Simply contact Support for Carers  
on 0845 689 9510**

**Download the form from:  
[www.asch.leics.gov.uk/carers-assessment](http://www.asch.leics.gov.uk/carers-assessment)**

**Or visit:  
[www.asch.leics.gov.uk/adult-social-care-and-health/information-carers](http://www.asch.leics.gov.uk/adult-social-care-and-health/information-carers)**

---

**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

# A CARER'S STORY

**We were recently sent this story by one of our carers, Sue, so we thought it would be good to share it with other carers through our newsletter.**

I am the mum of a delightful 20 year old young man with moderate learning and physical difficulties. Don't get me wrong - he has been a nightmare at times. I could write a book about all the trials and tribulations I have had raising him so far and I am sure many others feel the same way. But now at last I have a reasonably well adjusted young man who loves going to college three days a week and participates in some sports with the help of his Support Workers. Cooking his own food and getting him in the shower is still a major battle but hey - no one is asking for perfection.

## **My problem is, what next?**

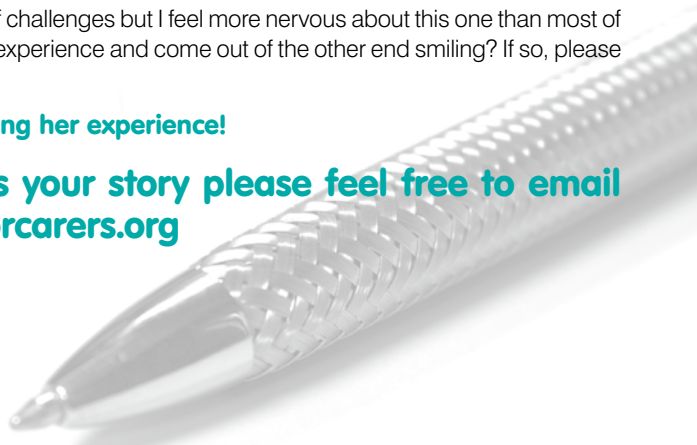
My daughter, two years his younger, is off around the world, making friends and trying to decide on her future. We are best friends, forged through adversity so I know we will always be close when she leaves home. My son has to go somewhere somehow at some point. But how?

My social worker is very supportive but I feel the next stage is a problem to be solved rather than a glimpse into an exciting new future. I hate the thought of sending him to live in a house with 2 or 3 strangers. He desperately wants to socialise but finds it hard to make friends and keep them. What if he gets picked on? Left out? Cannot cope but is too embarrassed to tell me? I feel the need to control the process, to make sure it all goes smoothly, but I also know it is time for me to let go.

This is just the latest in a long line of challenges but I feel more nervous about this one than most of the others. Have you had a similar experience and come out of the other end smiling? If so, please let me know how it's done!

**Many thanks to Sue for sharing her experience!**

**If you'd like to tell us your story please feel free to email [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)**



---

**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

# 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 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.**

---

**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

# 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

### Blaby Time Out For Carers

meets the 2nd Tuesday of the month at Blaby Civic Centre, 22-24 Leicester Road Blaby, Leicester 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 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 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**

### 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 in the "upstairs room".

**Please call Nicola on 0845 689 9510**

---

**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

# 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**

## 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 0845 689 9510**

**Please note we are changing venue from August onwards.**

# 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.**

# Ashby de la Zouch Carers Drop In

**Next meeting - Monday 8th June from 10.00am to 11.30am at Ashby de la Zouch library, North Street, Ashby de la Zouch, LE65 1HU**  
**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.**

---

**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

# CHAIR BASED EXERCISE



Fridays

2.30-3.30pm

£2.50

Blaby & District Social Centre

Leicester Road

Blaby

LE8 4GQ



For more information please contact Blaby District Council Health and Leisure Services on 0116 2727703, Email [leisure@blaby.gov.uk](mailto:leisure@blaby.gov.uk) or visit the Blaby LSA Website on [www.sportblaby.org.uk](http://www.sportblaby.org.uk)

# 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** JS:

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](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