

INFORM

THOSE WHO CARE

**SUPPORT
FOR CARERS
LEICESTERSHIRE**

SUMMER EDITION 2013



CARERS WEEK 2013

FREE EVENTS FOR CARERS

Welcome to our summer issue and a new member of our team Jackie Williamson. Inside you'll find a programme of free events for carers around the county, which will run throughout June. We've planned the events as part of Carers Week, which is on from Monday 10th June to Sunday 16th June. We hope you can come along and we look forward to seeing you there!

As you know, Carers Week is a UK-wide annual awareness campaign, designed to improve the lives of carers and the people they care for. The theme of this year's Carers Week is 'Prepared to Care?', exploring how the UK's current carer population is coping, how effectively the Government is supporting the growing number of carers, and whether the wider population is prepared for future caring responsibilities. According to Carers Week, at least 6,000 people become carers every day.

To find out more, please visit - www.carersweek.org

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



BUDDYING SERVICE FOR CARERS

Do you feel isolated because of your caring role?

Would you like to regularly meet up with someone in a similar situation, for a chat?

Would you prefer to chat to somebody nearer your own age?

Would you prefer to talk one-to-one, rather than in a group setting?

If you've answered yes to any of the questions above, our new buddying scheme may be just what you're looking for. The scheme will give you the opportunity to meet up with other carers on a regular basis, for friendship and support. We'll be looking to 'match' carers living in the same area, in similar circumstances, who are free to meet for a coffee and chat.

We understand that caring can sometimes be quite isolating, and it's not always convenient to get to a group that meets on a set date and time. Or, you may prefer to chat to a carer who's caring for someone with the same condition as you are, or to someone nearer your own age.

Having a buddy can give you the flexibility to meet for a chat, at a date and time that suits you both, somewhere convenient like your local café or coffee shop, or garden centre. Best of all, it gives you the chance to talk to someone you have more in common with.

How will the scheme work?

We'll aim to 'match' you with a carer in a similar situation, and invite you both to an initial meeting, so we can introduce you, giving you the opportunity to decide if you'd like to meet up on a more regular basis, or you could start by phoning or emailing each other.

**If you're interested in having a buddy, we'd love to hear from you.
To find out more and get involved call Gurjit or Diane at
Support for Carers on 0845 689 9510.**

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ARE YOU PAYING TOO MUCH COUNCIL TAX?

Did you know that if you, or someone who lives with you, is disabled you may qualify for a reduction in the amount of Council Tax you pay?

The amount of Council Tax you pay is normally decided by the valuation band your home is in. If you qualify for a reduction, you'll be charged at a lower band, saving you money. Even if your home is already in the lowest band, Band A, you could still be entitled to a reduction.



You may qualify for the reduction if:

- You, or a person who lives with you, is disabled
- Your home includes a room other than a bathroom, kitchen or toilet, which is predominantly used by, and is required for, meeting the needs of the disabled person, or
- Your home includes an additional kitchen or bathroom which is required for meeting the needs of the disabled person, or
- There is enough floor space in your home to allow the use of a wheelchair, and the disabled person needs to use the wheelchair within your home.

To find out more, and for an application form please get in touch with the Revenue and Benefit Team at your local District Council.

Blaby District Council - 0116 272 7530

Charnwood Borough Council - 0845 609 1258

Harborough District Council - 01858 828282

Hinckley & Bosworth Borough Council - 01455 238141

Oadby & Wigston Borough Council - 0116 288 8961

Melton Borough Council - 01664 502502

North West Leicestershire District Council - 01530 454545

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Carers' Emergency Response Card Scheme



If you're worried about what would happen to the person you care for if something should happen to you, or you have an emergency, help is at hand.

Leicestershire County Council and the social enterprise for older people, Housing 21, have teamed up to provide a FREE Carers' Emergency Response Service for carers in the county.

The service provides carers with support to help you plan for emergencies, together with a Carers' Emergency Response Card.

The card is the size of a credit card, so you'll be able to carry it around with you.

If something should happen that means you're unable to look after the person you care for, you or someone on your behalf, can call the number on the card and Housing 21 will organise the support you've asked for in your emergency plan.

Alternatively, it will care for your loved one/ friend directly until alternative arrangements can be made (for up to 48 hours or 72 hours over a bank holiday weekend).

To find out more and to see if you qualify for the scheme please call the Carers' Emergency Response Team at Housing 21 on:

0116 255 5122 or alternatively email emc.leicestershire@housing21.co.uk

How will the scheme benefit you?

- You'll feel more supported
- Less anxious about going out
- Have peace of mind that your individual situation is understood
- Emergency care is available 24 hours a day
- The service is free to you and the person you care for
- The scheme is run in partnership with organisations across Leicestershire so it can provide a range of emergency support

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FREE COACH TRIP TO SHAKESPEARE COUNTRY STRATFORD-UPON-AVON



We're arranging a free coach trip for carers, to Stratford-Upon-Avon, or 'Shakespeare Country' as it's well known!

Thursday 18th July

We've arranged two coaches to pick up and drop off carers around Leicestershire:

Coach 1

9am	The Rushes Shopping Centre Bus Stop, Loughborough
9.30am	The Hungry Horse Pub, Little Shaw Lane, Markfield
9.50am	Pizza Hut at Fosse Park, Leicester
10.30am	Hinckley bus station, Waterloo Road, Hinckley
12.00 noon	Arrive Stratford Upon Avon
4pm	Depart Stratford Upon Avon

Coach 2

9am	Bus pull in next to Library, Wilton Road, Melton Mowbray
9.40am	New Greyhound Inn, Market Road, Billesdon
10.10am	Bus pull in outside Indoor Market, Market Harborough
12.00 noon	Arrive Stratford Upon Avon
4pm	Depart Stratford Upon Avon

The coach trip is free and a member of our team will be on each coach, to co-ordinate the day and help you decide where to visit when you get there.

There will be 52 seats on each coach, so to book a place and avoid disappointment, please call us on 0845 689 9510 by Friday 5th July.

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FREE FREE FREE FREE FREE FREE FREE FREE TRAINING SESSIONS FOR CARERS FREE FREE FREE FREE FREE FREE FREE FREE

As we mentioned in our last newsletter, we've welcomed a new member, Darrell Imbert, to the Support for Carers team. Darrell's role is to arrange courses and activities for carers across the county, to provide you with new skills, training and a few hours of 'me time'. As you can see, Darrell's been busy, and we've got lots of great courses for carers coming up across the county.

To find out more about any of the courses below, or if you've got an idea for a course you'd like us to run in the future, please call Darrell on 0845 689 9510.

♥ FIRST AID COURSES

From 10am to 12 noon, run by the British Red Cross

Hinckley	4th June Hinckley Library, Lancaster Road
Coalville	2nd July Coalville Community Resource Centre, Comet Way
Syston	8th July Syston Community Centre, School Street
Lutterworth	15th July One Stop Shop, Gilmorton Road

COMPUTING COURSES

10am to 12 noon, courses run over 4 weeks, 2 hours a week

Week 1	Knowing your computer.
Week 2	Emails.
Week 3	Searching the Internet
Week 4	SKYPE and other applications
Hinckley	Hinckley Library, Lancaster Road Started Tuesday 7th May, will run each Tuesday until 28th May
Lutterworth	One Stop Shop, Gilmorton Road Started Thursday 9th May, will run each Thursday until 30th May
Coalville	Coalville Community Resource Centre, Comet Way Starts Tuesday 4th June, will run each Tuesday until 25th June

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- Loughborough** Loughborough Library
Starts Monday 29th July, will run each Monday until 19th August
- Melton** The Hub Country Park Café
Starts Thursday 1st August, will run each Thursday until 22nd August



'BRING YOUR OWN' LAPTOP, iPad, SMARTPHONE COURSES

10am to 12 noon, courses run over 2 weeks, 2 hours a week

Designed for anyone who wants to know how to get more out of their computing device

- Wigston** 6th June and 13th June at Bassett Community Centre, Bassett Street
- Market Harborough** 26th July and 2nd August at The Settling Rooms, St Mary's Place

✂✂ COMPLEMENTARY THERAPY COURSES

Simple relaxation techniques such as head, hand and foot massage and self relaxation methods

- Melton** 14th June from 11am to 1pm at Carnegie Museum, Thorpe Road
- Hinckley** 20th June from 11am to 1pm at St Francis Community Centre, Tudor Road
- Wigston** 1st July from 10am to 12 noon at Bassett Community Centre, Bassett Street
- Coalville** 10th July from 11am to 1pm at Coalville Community Resource Centre
Comet Way

♥ YOGA COURSES

10am to 12 noon, courses run over 4 weeks, 2 hours a week

Designed for beginners, to help improve your strength, balance and flexibility

- Melton** Carnegie Museum, Thorpe End
Starts Tuesday 4th June, will run each Tuesday until 25th June
- Loughborough** Rosebery St. Peters, Storer Road
Starts Tuesday 2nd July, will run each Tuesday until 23rd July
- Wigston** Bassett Community Centre, Bassett Street
Starts Tuesday 29th July, will run each Tuesday until 19th August

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Hinckley	St Francis Community Centre, Tudor Road Starts Tuesday 27th August, will run each Tuesday until 17th September
Syston	Syston Community Centre, School Street Starts Tuesday 24th September, will run each Tuesday until 15th October
Lutterworth	One Stop Shop, Gilmorton Rd Starts Tuesday 22nd October, will then run on 29th October, 12th November and 19th November

SAFER MOVING AND HANDLING COURSES

10am to 12 noon, caring for your back in everyday life including helping a person to stand, walk and sit down and seat to seat transfers

Hinckley	Friday 7th June at St Francis Community Centre, Tudor Road
Wigston	Thursday 27th June at Bassett Community Centre, Bassett Street
Lutterworth	Tuesday 9th July at One Stop Shop, Gilmorton Road
Loughborough	Thursday 18th July at Gorse Covert Community Centre, Maxwell Drive
Melton	Friday 26th July at Carnegie Museum, Thorpe End
Market Harborough	Wednesday 31st July at Methodist Church Hall, Northampton Rd
Syston	Thursday 1st August at Syston Community Centre, School Street

MINDFULNESS COURSES

10am to 12 noon, run by author and teacher Suryacitta, Malcolm Smith over 5 weeks
2 hours a week

MBSR is a clinically proven programme and the benefits can include:
Less anxiety and more emotional resilience, self awareness , improved health and well-being and
'living in the present moment'

Lutterworth	One Stop Shop, Gilmorton Road Starts Wednesday 29th May, then each Wednesday until 26th June
Loughborough	Gorse Covert Community Centre, Maxwell Drive Starts Monday 3rd June, then each Monday until 1st July

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HAVE YOUR SAY ON HOSPITAL CARE



Has the person you care for recently been in hospital at the General, Glenfield or Royal Infirmary? If so, the hospitals are keen to get your feedback, so they can continue to improve things, for both patients and carers.

You can give them your feedback online, by filling in the survey on the hospitals' website, or if you would prefer to complete a paper survey, please call 0116 258 5384.

To find out more and to link to the survey on the hospitals' website please see the story on the Support for Carers website.

supportforcarers.org/news/has-the-person-you-care-for-recently-been-in-hospital-have-your-say



COULD YOU SAVE MONEY ON YOUR WATER BILL?

The rain that falls on roofs, yards, and other parts of your home is called surface water, and in most people's homes, it drains away into the public sewers. Severn Trent includes the cost of removing this surface water in the sewerage charges on your bill. However, in some cases, surface water, or groundwater, may not drain into the public sewer. If your home falls into this category, you may be able to claim for a reduction in your sewerage charges of around 36%, saving you money off your bill.

To find out more, and to apply for a reduction, please visit the Severn Trent website, where you'll be able to download a leaflet including an application form:


<http://www.stwater.co.uk/households/waste-water-and-sewers/surface-water-drainage>

To request a paper copy of the leaflet call Severn Trent Water on 08457 500 500.

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CARERS MONTH 2013 PROGRAMME OF EVENTS

During June we've arranged informal events around the county for carers to come along and talk to representatives from different organisations, and to meet representatives from Leicestershire County Council, who will be listening to carers' views and feeding the information back to County Hall. We're also organising light-hearted quizzes in all areas that we're sure you will enjoy. Free refreshments will be provided and we very much look forward to meeting you.

Coalville Information Event

Thursday, 6th June 10.30am - 12 noon

Venue: Marlene Reid Centre, 85 Belvoir Road, Coalville, LE67 3PH

Blaby Information Event

Tuesday, 11th June 10.30am - 12.00 noon

Venue: Blaby & District Social Centre, Leicester Road, Blaby LE8 4GQ

Oadby Information Event

Monday, 17th June 1.30pm - 3pm

Venue: Barnabus Centre, St. Pauls Church, Hamble Road, Oadby LE2 4NX

Hinckley Information Event

Tuesday, 18th June 10.30am - 12.00pm

Venue: Hinckley Library (Gallery Area), Lancaster Road, Hinckley LE10 0AT



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Melton Mowbray Information Event

Thursday, 20th June 11.00am - 12.30pm

Venue: Carnegie Museum, Thorpe Way, Melton Mowbray

Loughborough Information Event

Monday, 24th June 2.30pm - 4pm

Venue: Gorse Covert Community Centre, Maxwell Drive
Loughborough LE11 4RZ

Bottesford Information Event

Tuesday, 25th June 10.30am - 12 noon

Venue: Bottesford Village Hall, Belvoir Road, Bottesford, NG13 0BG

Market Harborough Information Event

Thursday, 27th June 1.00pm - 3pm

Venue: Methodist Church, Northampton Road, Market Harborough, LE16 9HE

Coalville Community Celebrating Carers Event

Monday, 10th June 4pm - 8pm

Venue: Coalville Resource Centre, Comet Way, Coalville, LE67 3FS

An event featuring information stands, Bingo, Laughter Workshops, refreshments including strawberries and cream, the chance to meet Alan Young and Filbert Fox of Leicester City Football Club, music and entertainment from Hermitage FM, activities for young people and much more. This event has been organised in partnership with the voluntary sector and Leicestershire County Council.

A Peaceful Day At Ulverscroft Manor

Thursday, 13th June (10.30am - 3pm)

Venue: Ulverscroft Manor, Priory Lane, Ulverscroft, Markfield, LE67 9QB

Cost: £6.50

To include walks around the grounds or golf buggy rides, a lovely home-cooked two-course meal, a fun quiz in the afternoon and hand massages. A lovely day out to relax, make new friends or just recharge your battery.

Please note

Places are limited and booking is essential.



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NEW CARERS' GROUP! BLABY TIME OUT FOR CARERS'

Come and join us for the launch of a new carers' group on Tuesday 11th June from 10.30am to 12 noon at Blaby & District Social Centre, Leicester Road, Blaby, LE8 4GQ.

In conjunction with Carers' Week, our new group will be celebrating its launch with a free, fun event and plenty of extra special biscuits to go with your teas and coffees! It's not a group without you so we really hope to see you there!

The new group will then continue to meet on the 2nd Tuesday of each month, from 10.30am to 12 noon - on 9th July, 13th August, 10th September, 8th October, 12th November and 10th December 2013.



To find out more, and to let us know you'll be coming along, please call Nicola from Support for Carers on 0845 689 9510.

We look forward to meeting you soon!



DAVID'S STORY



We recently received this wonderful story from David Hill, who has cared for his wife Meg since 2006. Many thanks for sharing your experiences with us David, it's much appreciated.

"Over the last 12 months life for my wife and I has become more difficult. Guess what! I was on my own! It seemed nobody cared about David. I realised I could no longer cope on my own. Now my wife has a wonderful gang of carers. My fairy godmother arrived and gave me INFORM from Support for Carers. Suddenly, I have friends, I could email, Skype and get help and advice. Then I was introduced to CareOnLine, my computer knowledge expanded in leaps and bounds, complete with friends and a new hobby - 'Ancestry'.

I would like you all to know that I'm managing very well with my own gang of carers. - Thank you."

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Caring for someone with dementia?

If you're caring for someone with dementia, you may be interested to know that the Alzheimer's Society run a range of support groups around Leicestershire. You're welcome to pop along to your local group whenever you want to, to meet other carers, get advice, information and support and enjoy a cuppa and a chat.

The following groups are running at the moment:

Market Harborough Carer Support Group

Market Harborough Methodist Church, Northampton Road, LE16 9HE
Meets on the 1st Friday of every month from 10am to 12 noon

Loughborough Carer Support Group

Gorse Covert Community Centre, Maxwell Drive, LE11 4RZ
Meets on the 2nd Friday of every month from 1.30pm to 3pm

Melton Mowbray Carer Support Group

Gloucester House, Norman Way, LE13 1JE
Meets on the last Wednesday of every month from 1.30pm to 3pm

Ashby Carer Support Group

Legion House, South Street, Ashby de la Zouch, LE65 1BQ
Meets on the 3rd Monday of every month from 1.30pm to 3pm

Blaby District Drop-in Group

The Pavilion, Sportsfield Lane, Huncote, LE9 3BN
Meets on the 2nd and 4th Thursday of every month from 10.30am to 12 noon

Younger People With Dementia (YPWD) Evening Group

Braunstone Civic Centre, 209 Kingsway, LE3 2PP
Meets on the 3rd Monday of every month from 7pm to 8.30pm

Younger People With Dementia (YPWD) outings (under 65s)

Monthly as arranged

Poppies Café Syston

Syston Community Centre, School Street, LE7 1HN
Meets on the 1st Monday of every month from 10.30am to 12 noon

Melton Dementia Café

The Edge, Dalby Road, Melton Mowbray, LE13 0BQ
Meets on the 1st Wednesday of every month from 10.30am to 12 noon



To find out more please call:

The Alzheimer's Society
Leicestershire & Rutland Locality
on 0116 231 1111 or 0116 231 1114 or email
Leicestershireandrutland@alzheimers.org.uk

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

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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. Please note - in August the group will meet on Monday 19th August from 2.30pm to 4.00pm.

Please contact Gurjit 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.

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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.

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. Please note - there will be no group in June as we have joined up with the Hinckley group for a larger event.

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. Next meetings on 20th June, 11th July (lunch out) 15th August (Samworth Centre).

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.
Next meeting 25th June 23rd July, 27th August.

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 Tuesday 25th June from 10.00am to 11.30am and Thursday 15th August from 10.00am to 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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NEW PILOT LAUNCHED

CARERS HEALTH & WELLBEING SERVICE

The Carers Centre (LeicesterShire & Rutland) is working alongside Leicestershire Community Projects Trust on a pilot project to identify carers in Oadby & Wigston and North West Leicestershire, so they can get the help and support they deserve. Many people don't recognise themselves as carers, and as a result, they remain hidden and unsupported. This can lead to the carer's health suffering, and in the worst cases, a breakdown in the caring situation.

Mike Hagiioannu, Services Development Director at LCPT, said:

“We are looking forward to seeing what this collaboration is capable of achieving. Our new team is already working with GPs in these areas to identify and help carers to receive a wide range of support more quickly and more effectively, improving their own health and well-being, and preventing a caring crisis. Already we are beginning to see good results from the work the team has done.

This is a pilot project which will run to the end of March 2014, and we believe it will demonstrate the need for similar services across the whole county.”

The team are:

Summayya Kara (both areas)

Laura Locket (Oadby & Wigston)

and Andrew Souley (North West Leicestershire)

Contact the team on:

0116 251 0999 or wellbeing@claspthecarerscentre.org.uk

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



MENTAL HEALTH RESPITE SCHEME

Do you live in Blaby, Oadby or Wigston?

**Do you care for someone with
mental ill health?**

Do you need a break?

If you feel overwhelmed with your role, as a carer of someone with a mental health diagnosis, and find there's just no 'me' time for any leisure, or simply escaping for a breather once in a while, then mental health respite could be for you.

Lots of carers of mentally unwell people feel they can't take a break for themselves, because they're worried the person they care for won't be able to cope in their absence, which is where respite comes in. Respite would involve a support worker, from Crossroads for Carers, coming into your home to sit with the person you care for whilst you take that break.

The person you care for will need to agree to this, and it's entirely up to them if they'd like to do any activities with the support worker, or if they'd prefer the support worker to just be there, in case they need any support.

Do you qualify for the scheme?

If the person you care for is under a secondary mental health team, and an initial assessment of your situation shows you could benefit, then you should be eligible for support.

**To find out more, or if you have any questions, please call
Nicola Tate-Bohannon at Support for Carers on 0845 689 9510.**

Unfortunately, this service does not extend to carers of people with dementia.

A community dementia respite service is provided by Age UK - 0116 299 2240.

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DeMontfort Hall

Two tickets for the price of one!

A carer told us recently that she got two tickets for the price of one at DeMontfort Hall, because she's a carer for her husband, who is disabled. According to DeMontfort Hall's website, disabled patrons can buy two tickets for the price of one on selected shows.

You'll need to supply the Box Office with proof of status to apply for two for one tickets, but once you've registered, you'll be able to buy two for one tickets for 18 months, without having to supply proof each time.

**To find out more, please call
the Box Office on 0116 233 3111**

**There's plenty coming up at the venue, including theatre, classical music
pop music, comedy and children's shows.**

If you know of any other similar deals for carers, please get in touch with us and we'll include them in our next newsletter.

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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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