

Carers Connected

News from The Carers Centre

"A big Hello from all of us here at The Carers Centre!"

"Well, we may not be actually at the centre (some of us are apparently in a field!) but we are all still working together to make sure that there is a service here to provide support for carers.

Do get in touch if there's anything we can help you with.

We look forward to seeing you all really soon - even if it is only in dodgy video shots like these!"



Get in Touch

Fundraising Fun!

Carers Week 2020

Groups & Activities

Volunteers Week 2020

And not forgetting Charles's Chat!



Welcome to our all new Newsletter!

If you need support or advice please remember we are still here to help. Call us on 0116 2510999

Welcome to the trial edition of The Carers Centre new Newsletter, **Carers Connected**.

Unfortunately we are no longer able to fund a printed magazine. It is with a heavy heart we say goodbye to United! We know how much people enjoyed reading it and it was a great way to communicate with carers.

This new newsletter is a first draft so it isn't the final design yet and we want to make sure it works for you. We want to know what you think about how it looks and feels when you read it.

We will be adding lots more pages and would like your ideas about what they should feature.

STOP PRESS!

We've just had two more group sessions confirmed for Carers Week – get in touch if you would like to join in with either one:

HealthWatch wants to hear from you about your experiences with health services.
Monday 8th June 2-4pm

The Alzheimer's Society have offered a session for dementia carers who might be looking for additional support.
Wednesday 10th June 11 – 12

Let us know what you think and give us your ideas by going to this survey

<https://www.surveymonkey.co.uk/r/GQPYKBJ>

Finally, we couldn't let this first issue go by without saying a big THANK YOU to all of the

contributors to the previous newsletter United! and in particular Ann Johnson who acted as our fabulous Editor for many years.

We hope that they'll be back to say hello in future editions but in the meantime we hope you enjoy reading this draft issue of '**Carers Connected**'. Let us know what you think of it so far!

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Carers of Leicestershire Advisory and Support Project
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The Carers Centre is committed to being a quality led organisation providing advocacy, information and support to carers across Leicestershire & Rutland.



Charles's Chat!

Hello there!

It feels very strange welcoming you to a new electronic newsletter from the comfort of my home office! mind at rest, reassuring them

Like many of you, the four walls of home have been the limits of my world for much of the last few months.

The whole team has found itself working from home to deliver a range of services, interspersed by quick shopping trips or strange virtual meetings that remind



some of us older ones of the programme Celebrity Squares!

Hopefully, if we've had contact with you during this time, we've been able to help in some way to lift your spirits or find you the help you need.

This is the first edition of our new, all-electronic newsletter to replace United!

This edition, which was designed by local design company, SomeBrightSpark , contains lots of information about what's happening during Volunteers Week and Carers Week which are coming up soon. You'll see that the theme this year is "Making Caring Visible." Fortunately, as carers, we're used to a challenge - and the lockdown will certainly make it that!

I hope to see you at some of our online events!

Charles

SomeBrightSpark

A massive Thank You to the team at **SomeBrightSpark** for all their hard work putting together this new newsletter template for us.

Their design work has been offered to us with no charge at all and we cannot thank them enough for their support!



Fundraising Fun!

Although we've had to cancel all of our fundraising events we're finding that our services are more needed than ever.

So our amazing volunteers have come up with a whole host of virtual fundraising activities!

To enter everything except the quiz, you can make payment at:

<https://uk.virginmoneygiving.com/TheCarersCentre2020>

A Scavenger Hunt is running all throughout Carers Week.

Lots of fun and only £2 to enter!

Carers Week Raffle.

£1 per ticket. Prizes include a No 7 Gift Set, a Jack Daniels set, jewellery, chocolates, wine.

The Raffle will be launched on the 8th June and drawn on the 14th. The link will be posted on FaceBook closer to the time for purchasing tickets.

Well Done Katy!



A massive Thank You to our Virtual London Marathon runner Katy Grainger, who raised over £700!

She didn't want to let the marathon day go by, so decided to cycle 84.39 kilometres (2 marathons) on a spin bike on her driveway!! Katy has been a massive support to the Carers Centre over the years and we are very appreciative of all her hard work.

Once you have signed up you will be sent the list of items and instructions. A great chance to get the family involved.

The prize is an exciting gift hamper.

To take part email: Nadine@thecarerscentre.org.uk

It's Quiz Time!

Our Carers Week Virtual quiz is at **4pm on Saturday 13th June.**

£3 to enter with prize money based on how many take part.

Click on the link to sign up and search for The Carers Centre:

<https://www.virtualquizevents.com>

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Carers Week 2020



Feeling Creative?

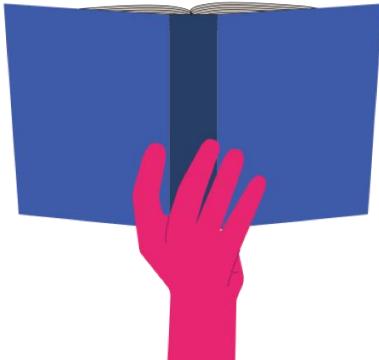
This year, carers across the country are continuing to face new challenges as a result of the coronavirus outbreak. Many people are taking on more caring responsibilities for their relatives and friends who are disabled, ill or older and who need support.

We know that carers need to be recognised for the difficulties they are experiencing, respected for all they are doing, and provided with information, support and understanding.

So during Carers Week, we're coming together to help:

Make Caring Visible.

<https://www.carersweek.org/>



Crafty Carers will be sending out an electronic resource pack on **Wednesday 10th June** for all those who would like to try out some arty activities.

Make sure you send us photos of your works of art and we will do a special photo feature in our next newsletter!

Contact Nadine on: 0116 2510999 or email Nadine@thecarerscentre.org.uk

Singing for Fun!

Kyle, singing tutor from Musical Memory Box, was due to run singing sessions for carers when the lockdown happened. She's moved her singing groups online for now and for **Carers Week** has kindly offered a special introductory session exclusively for carers on:

Friday 12th June at 1.30pm

If you would like to take part, get in touch and we'll send you the details:

nadine@thecarerscentre.org.uk or phone us on **0116 2510999**

Groups & Activities

First Aid session

Steve, our fabulous First Aid Trainer, has kindly offered to deliver a virtual **Basic First Aid for Carers** training session via a Zoom video group.

Steve will send out resource packs and information before the session so that you can follow all the instructions at home.

Tuesday 9th June at 10 -1pm

If you would like to join the Basic First Aid session, please contact us to sign up by phone: **0116 2510999** or email enquiries@thecarerscentre.org.uk

Carers Cuppa

Join us for a virtual 'Carers Cuppa' where we'll be there to chat about anything that comes to mind!

Have a cup of tea (other drinks are available!) and a biscuit whilst enjoying a catch up with other carers and Carers Centre staff.

Friday 12th June at 11am

Please contact Nadine for the 'Zoom' invite by emailing nadine@thecarerscentre.org.uk or phone us on **0116 2510999**

Self-Help Group

Gill and Charles will be launching the first virtual Self Help Group on **Thursday 11th June at 11am**

The first session will be a casual group with lots of opportunity to chat and figure out how the Self Help Group will run for the near future. As ever, we want to ensure that the topics and issues discussed are led by carers so the launch will focus on looking at what things YOU want the future group sessions to explore.

It'll take a bit of getting used to for all of us, so we want to make sure that there is plenty of support available for anyone who wishes to get involved.

If you would like to take part let us know by email: enquiries@thecarerscentre.org.uk or phone 0116 2510999





VOLUNTEERS' WEEK

Hi, my name is Phil.

The volunteering I do is mainly with fund raising. Once a month I help with a collection at Glenfield hospital, where we meet lots of people, sharing info about our organisation while collecting money, which is great. We also have Carers Week where I love to go into supermarkets, with our buckets, again talking to customers, we raise lots of money during the week.

The Carers Centre is so important, it's only until you care for someone, you understand what its like, and the only support you really get is from people like the Carers Centre, that is why I volunteer for them. We all need support now and then, and its with people like them, that helps to get us through day by day.

There is always someone who needs support.

Here at The Carers Centre we really value the contributions our volunteers make. Many of our amazing team are also caring for someone and give their time to us despite often not actually having much spare time for themselves!

We couldn't manage without all their efforts and during Volunteers Week we want to make sure they know how much they mean to The Carers Centre.

So we want to say a **HUGE
Thank you**

to all of our wonderful volunteers – whether you give one hour a week or ten, your contribution makes such a difference to carers across Leicester, Leicestershire & Rutland.



Hi, my name is Steph, I've been volunteering with The Carers Centre since 2017. I'm a past carer, so I thought it'd be nice to meet others in similar situations and also to get me out the house. I enjoy meeting different people.

I love volunteering with The Carers Centre because I feel happy and love to help others, by giving advice, as I've been in a similar situation. The Carers Centre is like my second family. I love it because I'm spending time with the most fabulous

people and also helping people at the same time. I love meeting people from various backgrounds. I feel like I've been volunteering for a lot longer than I have because it's so enjoyable.

Volunteering gives me a great sense of self worth and I feel I'm helping others, and passing on my own advice from my experience.

That's why I love volunteering with them as we're a team and we all understand each other.

Hi, my name is Debra! I've been volunteering for about 8/9 years. The last 5 years have been with The Carers Centre. When the opportunity came up to volunteer for The Carers Centre I decided it would be good to give something back as TCC had and continue to support me as I have been a full time carer for over 20 years.

I love my volunteering. It has helped me in many ways. I now have a new group of friends. I have learnt new skills. Most of all it has helped me build my confidence so much so that I applied for a position at TCC and was successful. I also get a buzz knowing that I am helping others. I know I'm giving something back, not only to TCC but to society, it is very satisfying.

I would encourage others to try volunteering, you have nothing to lose and a lot to gain.

If you would like to find out more about volunteering for The Carers Centre, please contact Nadine, Volunteer Coordinator on 0116 2510999 or email: nadine@thecarerscentre.org.uk

