



The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring

The Carers Centre LLR - Who Are We?

We support unpaid family carers, in
Leicester,
Leicestershire &
Rutland

We are a registered charity and the only dedicated carers organisation in LLR

Our Services

Information, advice and guidance helpline

Self advocacy and support groups

Mental Health and wellbeing Activities

Respite activities and social groups/events

Information and training sessions

Volunteering service

Together We Care Groups

These groups provide carers with information, advice and a safe space to talk about the issues that matter to them.

At the groups carers can:

- ▶ Meet others to share experiences and ideas
- ▶ Gain the skills and develop confidence to deal with some of the challenges they may face
- ▶ Find out about services for them and the person they care for
- ▶ Learn self-advocacy skills
- ▶ Take part in consultations about new and existing services
- ▶ Find out how to look after themselves and stay well whilst caring for someone



Together We Care Groups (Self Advocacy & Support)

The Carers Centre has 6 Together We Care Groups:

- ▶ **Together We Care Group for Parents/Carers of Children & Young People under 25** (Weekly online, Tuesdays 10-11.30)
- ▶ **Together We Care City** (Weekly, on-line 3 times a month and once a month in person, Fridays 11-12:30)
- ▶ **Together We Care Group North Leicestershire** (Weekly in person in **Loughborough**, Wednesdays 10:30-12:00 for all carers including parent carers)
- ▶ **Together We Care Group North Leicestershire** (3 times a month in person in **Shepshed**, Mondays 2:00-3:30 for all carers including parent carers)
- ▶ **Together We Care Group Rutland** (Weekly in person in **Oakham**, Wednesdays 1:00-2:30 for all carers including parent carers – also hybrid once a month)
- ▶ **Together We Care Group for Working Carers** (Monthly, Zoom, for all carers including parent carers)

What carers have said about the Together We Care Groups

"Meeting nice people, which you don't get when you're stuck at home. It gives you something to look forward to"

"The information you send out is really useful."

"Unless you come to groups like this, you wouldn't have known about the Carers Passport for example - and I've been a carer for years"

"You're not on your own, that's the main thing... I enjoyed it"



"The Listening Event with UHL was really helpful, getting feedback from issues we raised before also shows us what progress has been made"

Examples of topics we cover in the Together We Care Group

- How to access support from Social Care
- How to access support from Health
- Welfare Benefits
- Looking after your physical and mental health
- Dealing with stress
- Reducing fuel poverty

We also regularly invite speakers from partner organisations to the groups e.g. **CAMHS** session on 'Dealing with behaviours that challenge', **School Nursing** session on 'Self-Harm', **Admiral Nurse** session on 'Dementia'.

Consultations with carers e.g. **Step up to Great Mental Health Consultation**

Impact of support from The Carers Centre - Pratima

- ▶ Pratima - Mum to two children with special educational needs - was fairly newly arrived into the country, felt socially isolated and wanted to come to the Together We Care group to meet other parents, find out about services
- ▶ She was also allocated a Volunteer Mentor who was able to speak to her in Hindi and helped her to build new networks
- ▶ She was referred by one of the team to 'Stay and play' sessions at a local Children's Centre so that she could have time out of the house to meet other parents, to Homestart for befriending and to Vitamins for CBT/counselling
- ▶ Having attended the Together We Care group, Pratima gained in confidence to the point where at a Listening Event with the Local MP she felt able to pose a question about her housing situation to the MP

"Before attending the group, I didn't know what to do with my son. Now I feel more confident and more positive. It helps to know it's not only me suffering. Talking to other parents makes me feel energetic".



Impact of support from The Carers Centre - Suzanne

- ▶ Suzanne cares for her partner who has Parkinsons
- ▶ She was referred by a Social prescriber at her GP surgery following a visit to the GP because she was feeling down
- ▶ She joined a Together We Care group at The Carers Centre as well as the Mindfulness and Drama groups
- ▶ Suzanne said she was hoping the groups would help to relieve the impact of the isolation
- ▶ She had recently given up work and felt very 'on her own'
- ▶ She said she had 'lost herself' due to caring



“Since coming to the group, I feel like I’m not on my own now - I know now that other people feel the same way I did. I feel less alone, the group helps you to open up. It makes you realise other people are in the same boat, they are managing so I can too. You come away from the group feeling a lot happier”.

Referrals to The Carers Centre

Many carers do not identify themselves as carers. We therefore encourage professionals to make a direct referral to us for any carers they are in contact with who could benefit from additional support.

We classify a carer as anyone who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without this support.

To refer please contact us by phone, email or our website:

Tel: 0116 2510999

Email: enquiries@thecarerscentre.org.uk

Website: <https://claspthecarerscentre.org.uk/>

Provided you have the permission of the carer, we would simply need you to share the name, email address and phone number of the carer with us and we can then get in touch with them.