

## Information Sessions

We've organised regular sessions to provide information and advice on a variety of topics as shown below. If you have any suggestions for future topics, please let us know.

All sessions are held in the Meeting Room at The Carers Centre, Unit 19, Matrix House, Constitution Hill, Leicester. Session times are shown below, and the sessions will run for up to three hours.

Please contact Debbie, Debra or Lindsay to book a place on 0116 2510999 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)

Date and times:	Session:
<b>8<sup>th</sup> August 10am</b>	<b>Open session</b> Do you have questions about social care, caring, or any other topic related to your caring situation? Come along and talk to our team in an open session!
<b>12<sup>th</sup> August 10.30am</b>	<b>Personal Independence Payments</b> What is "PIP" and how do you claim for it? How does it work?
<b>12<sup>th</sup> September 10.30am</b>	<b>Wills and Trusts</b> Session covers the importance of writing a will and some of the issues around that. Question and answer session at the end.
<b>14<sup>th</sup> September 10.30am</b>	<b>Carers Assessments</b> What is a Carers Assessment? What can it do for me? How do I get one? How do I prepare for one?
<b>18<sup>th</sup> September 10.30am</b>	<b>Thinking Ahead</b> What will I do in an emergency? What if the person I care for has to go into hospital? What happens if I can't carry on caring? This session concentrates on helping you to find the answers.
<b>20<sup>th</sup> September 10.30am</b>	<b>Mental Capacity: Power of Attorney and Deputyship/Court of Protection</b> Session covers preparing for loss of ability to make decisions, and what to do if the person does not have capacity

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Carers of Leicestershire Advocacy and Support Project  
Registered Charity No: 1043956 • Company No: 2994093 • Patron: Cllr. Manjula Sood MBE  
The Carers Centre is committed to being a quality led organisation providing advocacy, information and support to carers across Leicester, Leicestershire & Rutland.



<p><b>3rd October</b> <b>10.30am</b></p>	<p><b>Relaxation – and how not to avoid it!</b> Session looks at why carers need to relax, what they can do to look after themselves better, and some simple (short) relaxation exercises that really do make a difference!</p>
<p><b>6th October</b> <b>1.30pm</b></p>	<p><b>Relaxation – and how not to avoid it!</b> Session looks at why carers need to relax, what they can do to look after themselves better, and some simple (short) relaxation exercises that really do make a difference!</p>
<p><b>18th October</b> <b>10.30am</b></p>	<p><b>Carers Assessments</b> What is a Carers Assessment? What can it do for me? How do I get one? How do I prepare for one?</p>
<p><b>20th October</b> <b>1.30pm</b></p>	<p><b>Personal Independence Payments</b> What is “PIP” and how do you claim for it? How does it work?</p>
<p><b>25th October</b> <b>1.30pm</b></p>	<p><b>Thinking Ahead</b> What will I do in an emergency? What if the person I care for has to go into hospital? What happens if I can’t carry on caring? This session concentrates on helping you to find the answers.</p>
<p><b>28th October</b> <b>10.30am</b></p>	<p><b>Thinking Ahead</b> What will I do in an emergency? What if the person I care for has to go into hospital? What happens if I can’t carry on caring? This session concentrates on helping you to find the answers.</p>
<p><b>6th November</b> <b>10.30am</b></p>	<p><b>Open session</b> Do you have questions about social care, caring, or any other topic related to your caring situation? Come along and talk to our team in an open session!</p>
<p><b>10th November</b> <b>10.30am</b></p>	<p><b>Carers Rights</b> Does a carer have any rights? If so, what are they and how can carers use them effectively to get the support they need?</p>
<p><b>15th November</b> <b>10.30am</b></p>	<p><b>Personal Independence Payments</b> What is “PIP” and how do you claim for it? How does it work?</p>
<p><b>28th November</b> <b>1.30pm</b></p>	<p><b>Carers Rights</b> Does a carer have any rights? If so, what are they and how can carers use them effectively to get the support they need?</p>