



Leicester City Learning  
Disability Partnership Board

## Carers Action Group

The Voice of Carers

**February 2013**



### **Breaking news**

- Carers Centre Forum and Carers Action Group workshop on carers charter- 25<sup>th</sup> March ( see flyer)
- Caring with Confidence Training- see inside
- Mencap Wills and Trusts Event- 17<sup>th</sup> April
- Leicester City Council training for carers includes:
  - How to support people with dementia training - 11<sup>th</sup> March
  - Safe handling of medication training- 13<sup>th</sup> March
  - Carers and benefits training – 11<sup>th</sup> April
  - Positive behaviour training – 25<sup>th</sup> April
  - Healthwatch Leicester (see inside) and leaflet

## **ARE YOU CARING FOR SOMEONE WITH DEMENTIA?**

**Are you finding it hard to cope?**

**Do you struggle to find enough hours in the day?**

**Do you find it hard to communicate?**

**Forget to look after your own health and wellbeing?**

**Do you feel you are not being heard?**

**If so Caring with Confidence could help you!!**

### **Where?**

Age UK (Age Concern)

Clarence House

46 Humberstone Gate

Leicester LE1 3PJ

## Dates for Caring with Confidence

**Tuesday 10:00am - 1:00pm**

Finding your Way 12<sup>th</sup> March 2013

Caring and Coping 19<sup>th</sup> March 2013

Caring and Me 26<sup>th</sup> March 2013

Caring and Communicating 2<sup>nd</sup> April 2013

Caring and Practical Approaches 9<sup>th</sup> April 2013

Caring Day to Day 14<sup>th</sup> April 2013

Caring and Life 23<sup>rd</sup> April 2013

*To find out more, contact Ranjana at The Carers Centre*

*Telephone: 0116 251 0999*

[ranjana@claspthecarerscentre.org.uk](mailto:ranjana@claspthecarerscentre.org.uk)

## **Mencap Wills and Trust Event**

**Wednesday 17<sup>th</sup> April, 6.30pm – 8.30pm**

The Brite Centre, Braunstone Avenue, **Leicester**, Leicestershire,  
LE3 1LE

The free two-hour seminars offer vital, specialist legal advice and give families and carers a much needed opportunity to get answers to those difficult questions - that often make the process seem so daunting.

The Wills and Trusts team provide parents, families and carers with free booklets about writing wills and setting up trusts for the benefit of a loved one with a learning disability.

**To book a place, please contact Gina Collins**

**On 020 7696 6925 or email [willsandtrusts@mencap.org.uk](mailto:willsandtrusts@mencap.org.uk)**

**Please note places at these seminars are always very popular so please book your place as early as possible to avoid disappointment. If you cannot make the event but would like more information, call the team on:**

**Tel: 020 7696 6925**

**Visit: [www.mencap.org.uk/willsandtrusts](http://www.mencap.org.uk/willsandtrusts)**

**Email: [willsandtrusts@mencap.org.uk](mailto:willsandtrusts@mencap.org.uk)**

# **Leicester City Council Training for Carers**

**Book places now**

**How to support people with dementia training**

**Monday 11<sup>th</sup> March 2013**

**10.30 to 2.30**

## **Understand:**

- What is dementia
- How it changes the way people talk, think and behave.
- Why listening and talking to the person with dementia are important
- Your feelings when you look after someone with dementia
- Where to go for help
- “Living Well” with Dementia the national plan

**5 places left**

**To book a place contact Jo Burke, on 0116 2526968 by 22<sup>nd</sup> March**

**Venue for training: 7<sup>th</sup> Floor, A Block, New Walk Centre, Welford Place**

**Lunch will be provided**

**Safe handling of medication training**

**Wednesday 13<sup>th</sup> March**

**12.30 to 2.30**

**A local pharmacy will deliver this 2 hour training to give up to date basic information about safe handling of medication**

**9 places left**

**To book a place contact Jo Burke, on 0116 2526968 by 22nd March**

**Venue for training: 7<sup>th</sup> Floor, A Block, New Walk Centre, Welford Place**

**Bring own lunch**

## **Carers and benefits training**

**Learn about the benefits you are entitled to and how to claim them**

**11<sup>th</sup> April 2013**

**10.30 to 2.30pm**

### **The session will cover:**

- Changes in benefits
- Carers allowance
- Carers benefits if you get a pension
- Working age benefits
- Help with household and utility bills
- Protecting your pension

**13 places only**

**To book a place, contact Jo Burke on 0116 2526968 by the 22<sup>nd</sup> March  
Venue for the training: Training room, 12<sup>th</sup> floor, A Block, New Walk Centre**

**Lunch will be provided**

## **Positive behaviour training**

**Do you look after someone with challenging behaviour with a learning disability, autistic spectrum disorder or dementia?**

**Thursday 25<sup>th</sup> April**

**10.30 to 2.30**

### **Get a better understanding of:**

- The feelings that can lead to behaviour that challenges
- Why communication is so important

### **Learn how to:**

- Support people to reduce behaviour that challenges
- Look for early warning signs and triggers
- Use Calming techniques
- Use ABC charts

This training is replacing the training that was unfortunately cancelled on the 21<sup>st</sup> January due to the snow.

**5 places left**

**To book a place, contact Jo Burke on 0116 2526968 by the 22<sup>nd</sup> March**

**Venue for training: 7<sup>th</sup> Floor, A Block, New Walk Centre, Welford Place**

**Lunch will be provided**



## **Healthwatch Leicester is coming!**

### **Want to have a say on the social care and health services you use?**

#### **Healthwatch is here to listen.**

Starting from 1 April 2013, you will be able to have your say on the services you receive, through Healthwatch Leicester. Whether it's your local dentist or a residential home, Healthwatch Leicester will be there to listen to any comments or concerns you have. Your views will help to improve social care and health services across the city.

Healthwatch will give people and communities a stronger voice to talk about social care and health services. By gathering people's experiences of local services, Healthwatch Leicester will work with residents and organisations to influence how these services are currently run and could be improved.

So if you have a view on the services you receive from your dentist, doctor, home care, hospital, day care, health centre, residential home or anything in between, Healthwatch Leicester will be here to listen!

Want to know more? Visit [www.healthwatch.co.uk](http://www.healthwatch.co.uk)

Healthwatch Road show on the 8<sup>th</sup> March 2013

At the Clock Tower between 10.00 – 3.00 p.m. anyone wanting to find out more can go along.

Healthwatch telephone number will be available in April