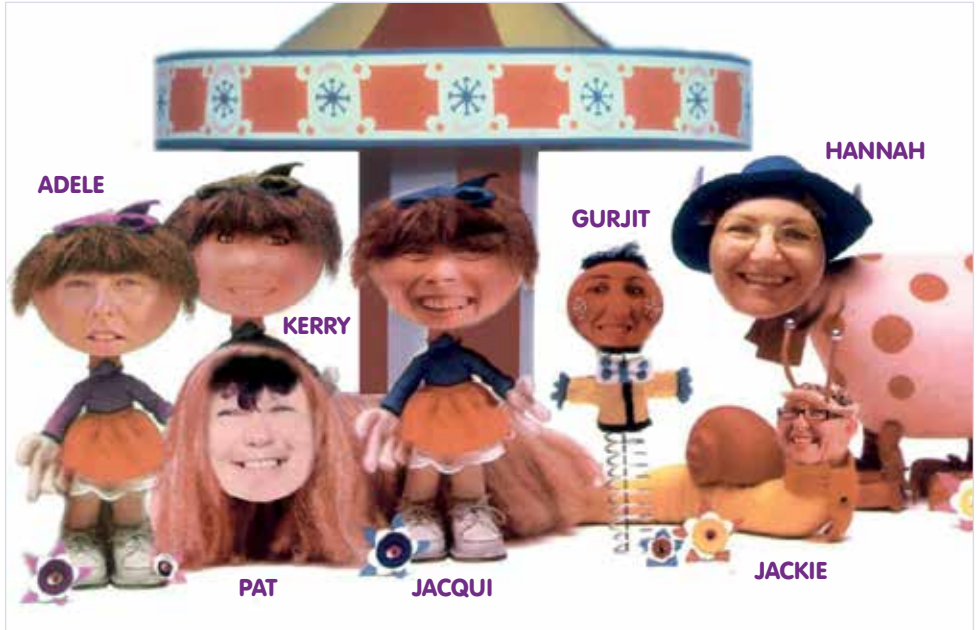


INFORM

THOSE WHO CARE



Welcome to the latest edition of our newsletter

Inside, you'll find loads of useful information, advice and news for carers, from discounts available, to carers' top tips. Happy reading!

Did you know?

VASL, the charity behind Support for Carers, runs many other projects in the Harborough district that you, or the person you care for, may be able to take advantage of.

For example, the Community Champions project which helps to support the isolated or lonely over 60, a mental health project supporting people to make changes to their lives and a social transport scheme that helps those living in isolated areas with little or no public transport to get out and about.

To find out more visit - www.vasl.org.uk or call 01858 433232

Carers in VOGUE

**Give your ears, voice and budget
a treat with the Carers' Choir
performance and fashion show**

Tuesday 21st November 2017

11.00am to 2.30pm

**Elizabeth Park Community Centre
Checkland Road, Thurmaston
Leicestershire, LE4 8FN**

**Including free lunch, refreshments and parking.
Carers and cared-for are welcome.**

11.00 Welcome

11.15 Benefits talk - Maggie Wright (Age UK)

11.40 Carers assessments - Kerry Turnbull (VASL, Support For Carers)

11.50 Break and opportunity to visit stands

**12.15 Choir performance and fashion show - quality preloved
clothing and accessories will be available for bargain prices
to raise funds and awareness for a continued choir**

1.15 Lunch and opportunity to visit stands

2.30 Finish

**To book your place, please call support for carers
on 01858 468543 or alternatively you can
email maureen@supportforcarers.org**

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Leicestershire Carers Choir

Start the season by supporting the wonderful Carers Choir and enjoy their fabulous medley of all-time favourites plus a sprinkling of seasonal tunes

The concert is on Sunday 17th December 2017
Performance 1 – 3 pm

Admission £1 adults (children free) includes refreshments
(Proceeds to support the choir)



shutterstock - 117260383

Lutterworth Youth Theatre
Hall Lane
Lutterworth
LE17 4LN

To find out more and book a place call 01858 468543



Company Registration No. 7517828
Registered Charity No. 1141274

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CARERS' TOP TIPS

Here are some useful suggestions from other carers to help you in your caring role. If you've got a tip you'd like to share, why not email maureen@supportforcarers.org or call us on 01858 468543. (Calls charged at local rates).

Fix a toilet roll to the arm of their commode, so you or the person you care for doesn't have to look around for it.

To make it easy to empty a commode, add around a pint of water and a cap of fabric conditioner before using it. It also smells nice and works better than disinfectant!

If you need to blend food do each element separately, for example, potatoes, carrots, meat so you still get colour on the plate.

Do you go to a carers' support group? Why not swap phone numbers and build new friendships? (a lot of carers lose old friends). Or give another carer a call to see how they are, they may love to chat.

If you need to have a break, do it and don't feel guilty.

If you're self-funding, Attendance Allowance is a non-means tested, non-taxable allowance paid at the lower rate of £55.65 a week for those needing care by day and a higher rate of £83.10 a week for those needing care by both day and night. If the person needing care moves into a residential care home and they are self-funding, their Attendance Allowance should continue.

If you're a carer who looks after the finances of a loved one, my tip would be to review their benefit arrangements regularly. To review any benefit arrangement every two or three years isn't unreasonable. If their circumstances change, you should ask for a review immediately. (The same is true of any benefits you get too!)

If someone offers help, accept it and ENJOY!

Write down everything professionals say during hospital visits and let them see you're doing this.

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When should you call NHS 111?



NHS 111 is the free number to call when you have an urgent healthcare need. It directs you to the right local service, first time. It's available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Call 111 if

- You need medical help fast but it's not a 999 emergency.
- You think you need to go to A&E or need another NHS urgent care service.
- You don't know who to call or you don't have a GP to call.
- You need health information or reassurance about what to do next.

How does it work?

When you call 111 you'll be assessed by fully trained advisers who are supported by experienced nurses and paramedics. They will ask you questions to assess your symptoms (or the symptoms of the person you're calling about) and give you the healthcare advice you need, or direct you straightaway to the local service that can help you best.

If the NHS 111 team think you need an ambulance, they'll send one immediately.

To find out more simply visit - www.nhs.uk

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Safe & Sound

Dementia and the Herbert Protocol



Do you care for someone living with dementia? To help you minimise the chances of them starting to 'walk about' here are some ideas to prevent this - and how you can help the Police if they do.

- Put signs on their doors informing them that they're not an exit - to discourage them from leaving.
- Consider using pictorial references or signs to identify rooms - black writing on a yellow background has been identified as the easiest to understand.
- Inform their neighbours, friends, local shopkeepers and anyone else who has contact with them that they have a tendency to 'walk about'. Ask them to contact you immediately if they're seen out alone.
- Make sure they carry some form of identification and your details (or details of a neighbour) - so someone can be contacted if they get lost. For example, this could be sewn or printed into a coat/jacket or the back of their collar or put into a handbag. Alternatively, they could wear an ID bracelet or necklace.

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- Consider using devices which alert you when doors are being opened. This could involve placing bells over door handles or installing door chimes or pressure/motion sensors.
- Encourage the person you care for to carry a mobile phone with them at all times. If it's switched on and kept inside their pocket, it may help to locate them. Likewise GPS locators can be built into watches or stitched into clothing.
- Consider storing items such as car/house keys and hats and coats out of view as it could reduce their impulse to leave. If they get restless, suggest you take a walk together.

The Herbert Protocol

The Herbert Protocol is a national scheme introduced by Leicestershire Police, designed to reduce the risk to a person with dementia if they go missing. When this happens, it's obviously a very stressful situation for their family, friends and carers, but the scheme will give the Police the best possible chance of finding them as quickly as possible.

How does it work?

The scheme encourages the person with dementia, and the carers and professionals supporting them, to provide vital information by filling in a user-friendly form, with details such as relevant medical information, whether they have access to a mobile phone and/or money, and any places of interest to them. A recent photograph can also be attached to the form.

Once completed, the form can be used as an 'aide memoire' to help the Police if the person with dementia is ever reported missing.

The Police will only ask you for the form in the event the person is reported missing. Please keep it somewhere handy, so it's easily accessible just in case it's ever needed.

To find out more and download a form simply visit the Leicestershire Police website:

<https://leics.police.uk/advice-and-information/victims-witnesses/advice-carers-people-dementia>

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FREE FREE FREE FREE FREE CINEMA TICKETS FOR CARERS

If you care for someone with a disability who loves going to the cinema, why not enjoy a film together?

The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA). It gives disabled cinema-goers a complimentary ticket for their carer (or the person going with them). The CEA Card is free, but you'll need to pay a £6 administration fee (to help the UKCA cover the cost of running the scheme). Around 90% of cinemas in the UK accept the CEA Card. To check if your local cinema is one of them, simply ask them or check online at www.ceacard.co.uk

Who's eligible?

The eligibility criteria are updated from time to time, but currently, people who receive one of the following benefits are eligible for a CEA Card:

- **Disability Living Allowance (DLA)**
- **Attendance Allowance (AA)**
- **Blind Persons Registration**
- **Personal Independence Payment (PIP)**
- **Armed Forces Independence Payment (AFIP)**

Please note: the CEA card is only available to people aged 8 years or older because of limitations placed on cinemas by their local licenses.

How to apply

You can pick up an application form from any participating cinema or print one from the CEA Card website at www.ceacard.co.uk (choose the Full Postal Application option). You can then submit your completed application, including your photo ID, eligibility document and a cheque or postal order for £6 by post to CEA Card, PO Box 199, Deeside, CH5 9BW. You can also apply online at www.ceacard.co.uk - simply follow the instructions given.

Visit: www.ceacard.co.uk | Call: 01244 526 016 | Textphone: 18001 01244 526 016

UK call centre. Calls charged at standard UK landline rates. Office hours: 9am to 5pm Monday to Friday, excluding Bank Holidays.



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CARER'S CREDIT ARE YOU ELIGIBLE?

Carer's Credit is designed for those of working age who are caring for others for 20 hours or more a week and do not qualify for Carer's Allowance. If you're not working full time, these credits can fill gaps in your National Insurance record - helping to bolster the amount of State Pension you will receive.

Signing up for Carer's Credit for a year means you could receive over £200 extra a year in State Pension when you retire.

Currently only 11,000 people have signed up for the credit, which contributes to their National Insurance record, yet around 200,000 are thought to be eligible.

The credit helps carers to continue to build the amount of State Pension they will receive - so they can protect their future State Pension, while carrying out their caring responsibilities.

It is straightforward to apply and doesn't cost anything. There is nothing to lose by signing up and money to gain for the future.

You can get the form by contacting the Carer's Allowance Unit on 0345 608 4321 (Monday to Thursday, 8.30am-5pm).

Alternatively you can download a copy online by going to: www.gov.uk/government/publications/carers-credit-application-form

The form includes a Care Certificate

Ask a health or social care professional to sign it for you.

Where to send your form...

**Carer's Allowance Unit
Mail Handling Site A
Wolverhampton WV98 2AB**

Make sure YOU don't miss out!

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When someone dies a practical guide

When someone dies there are many practical issues that need to be sorted out. If you were the person who was closest to the deceased, a lot of the responsibility may fall to you. This can be very overwhelming, especially when you will probably be dealing with many strong emotions at the same time.

Some people appreciate having lots of practical tasks to do when they're bereaved, while others find that they just can't cope in the immediate period after losing a loved one. Ask family and friends for help and don't try to cope with everything on your own.

What happens first?

Before a death can be registered, a doctor will need to issue a medical certificate giving the cause of death. In hospital, the hospital doctor will give you:

- The certificate in a sealed envelope addressed to the Registrar of Births Deaths and Marriages.
- A notice explaining how to register the death.
- If the cause of death is not clear the coroner will carry out an investigation before issuing a death certificate.

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The death should be registered in person by one of the following (in order of priority):

- A relative who was present at the death.
- A relative present during the person's last illness.
- A relative living in the district where the death took place.
- Anyone else present at the death.
- An owner or occupier of the building where the death took place and who was aware of the death.
- The person arranging the funeral (but not the funeral director).

If none of these options are possible, contact the Register Office for advice. You must take the medical death certificate with you, as the death can't be registered until the registrar has seen this. If possible, you should also take the person's NHS medical card and birth and marriage certificates.

The registrar will ask you for the following information:

- The date and place of death.
- The full name of the person and their last address.
- The person's date and place of birth.
- The person's occupation and, in the case of a woman who was married or widowed the full name and occupation of her husband.
- If the person was still married, the date of birth of their husband or wife.
- Whether the person was receiving a pension or other social security benefits.

When you have registered the death, the registrar will give you a certificate for you to give to the funeral director or whoever is arranging the funeral. This allows the burial or cremation to go ahead. The registrar will also give you a form to send to the Department for Work and Pensions (DWP), to allow them to deal with the person's pension and benefits.

The death certificate is a copy of the entry made by the registrar in the death register. You may need several copies of the certificate as it is needed to deal with money or property left by the person, including dealing with the Will.

Who to inform?

Following a bereavement it is important that the affairs of the deceased are all settled. If left unchecked, outstanding bills, benefits and credit cards can add unwelcome pressure and stress during a difficult time.



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“Tell us Once” Service

In the past, a grieving relative may have had to spend hours on the phone, often having to repeat the same information to different departments and organisations. The “Tell us Once” service means you only need to tell the government once of the bereavement and you won't have to send a copy of the death certificate in the post. The service will notify local and central government services of the death on your behalf, including:

- HM Revenue and Customs (HMRC) - to deal with tax and cancel benefits.
- Department for Work and Pensions (DWP) - to cancel benefits, e.g. income support.
- Passport Office - to cancel a passport.
- The local council - to cancel housing benefit, council tax benefit, a Blue Badge inform council housing services and remove the person from the electoral register.
- The Driver and Vehicle Licensing Agency (DVLA) - to cancel the deceased's driving licence.

How to use the “Tell us Once” service

Once you have registered the death, the registrar will tell you about your options for using “Tell Us Once”. These are:

In person - by making an appointment with your local authority bereavement adviser.

By phone - the registrar will give you the phone number.

Online - your registrar will give you a unique Tell Us Once log in number.

Other useful information

- When someone dies: A step-by-step guide to what to do
Age UK guide (Call 0800 169 6565).
- Money Advice service - provides information about dealing with money after a death in their 'When Someone Dies' advice (Call 0800 138 7777).
- Final Fling - a website dedicated to end of life decisions (Call 0141 423 1618).
- Patient Information Centre has a range of easy to read mental health self help guides available to download for free. (Call 0191 223 2545).



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2 FOR 1 THEATRE TICKETS FOR CARERS AT DE MONTFORT HALL

De Montfort Hall is Leicester's largest entertainment venue and it's home to everything from ballet and classical music, to theatre, comedy, family events and pop concerts. So you'll be glad to know the venue also runs a 2 for 1 Carer Scheme - giving disabled patrons two tickets for the price of one (on selected shows) if they're in receipt of one of the following:

- Middle or Higher Care Component of the Disability Living Allowance/Standard or Enhanced Daily Living Component of the Personal Independence Payment.
- Higher Mobility Component of Disability Living Allowance/Enhanced Mobility Component of the Personal Independence Payment.
- Certificate of Visual Impairment.
- Letter from their hospital or doctor confirming that they're disabled (this must be the original letter and not a photocopy).
- Attendance Allowance (Disability Living Allowance for patrons over 65).

How to register with the scheme

You'll need to supply the Box Office at De Montfort Hall with proof of status as above (financial information can be removed) to register for the scheme. Once you've been accepted onto the scheme, you'll be able to buy two tickets for the price of one for 18 months - before having to supply proof again. To find out more please call the **Box Office** on **0116 233 3111**.

Wheelchair users

If you care for someone who uses a wheelchair, please inform the Box Office when you book your seats, so you can be allocated an appropriate position.

Blue Badge Parking

Blue Badge holders can park in the front entrance of the Hall free of charge by booking one of the 19 disabled access spaces in advance - directly through the Box Office. Spaces will be held up to 30 minutes before the show begins and then released on a first come, first serve basis.

To find out more, simply call 0116 233 3111, email dmh.tickets@leicester.gov.uk or visit www.demontforthall.co.uk

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Carers' Support Groups

Charnwood District

Loughborough Time Out For Carers Group

meets at Gorse Covert Community Centre, Maxwell Drive, Loughborough, LE11 4RZ on the 4th Monday of the month from 2.30pm to 4.00pm.

Call Support for Carers on 01858 468543.

Oadby & Wigston District

Oadby & Wigston Time Out For Carers Group

meets at The Salvation Army, Lady Smith Road, off Saffron Road, Leicestershire LE18 4UZ on the 3rd Thursday of the month from 2.30pm to 4.00pm.

Call from Support for Carers on 01858 468543

Blaby District

Blaby District Time Out For Carers

meets the 2nd Tuesday of the month at Whetstone Parish Council Offices, Cemetery Road, Whetstone, LE8 6LL from 10.30am to 12 noon.

Call Support for Carers on 01858 468543



Help is always at hand

You're always very welcome to get in touch with us via phone, email or in person. The Support for Carers office and telephone advice line is open from Monday to Thursday from 9.00am to 5.00pm and on Fridays from 9.00am to 4.30pm.

Call: 0845 689 9510 (calls charged at local rates)

Email: maureen@supportforcarers.org

Like us: Facebook

Follow us: [@support4carers](https://www.facebook.com/support4carers)

Skype us:

[pat.sfc](https://www.skype.com/user/pat.sfc), [gurjit.sfc](https://www.skype.com/user/gurjit.sfc), [diane.sfc](https://www.skype.com/user/diane.sfc), [jacqui.sfc](https://www.skype.com/user/jacqui.sfc)

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Harborough District

Carers' Break Group

meets on the 4th Thursday of the month from 1.30pm to 3.00pm at the Methodist Church (opposite the Market Hall), Northampton Road, Market Harborough, LE16 9HE.

Call Support for Carers on 01858 468543

Knit & Natter Group

meets at The Angel Hotel, High Street, Market Harborough, LE16 7AF on the 3rd Thursday of each month from 1.30pm to 3.00pm.

Call Support for Carers on 01858 468543

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 Carol on 01455 553335

Harborough Mental ill Health Carers' Support Group

meets 2nd Wednesday of each month 6.30pm - 8.30pm at the Methodist Church Northampton Road, Market Harborough in the "upstairs room".

Call Support for Carers on 01858 468543

Hinckley & Bosworth District

Time Out For Carers Group

meets at St. Francis Community Centre, Tudor Road, Hinckley, LE10 0EQ on the 3rd Tuesday of each month from 10.30am to 12 noon.

Call Support for Carers on 01858 468543

Earl Shilton Carers Support Group

meets at Greenacres Garden Centre, Ashby Road, Stapleton, LE9 8JE on the 3rd Wednesday of every month from 10.30am to 12.00 noon.

Call Maureen on 01455 846360 or Marlene on 01455 844878 or Support for Carers on 01858 468543

Hinckley Carers Group

2nd Tuesday of each month, Barwell Community House LE9 8FB
Drop in from 7.00pm to 8.30pm

Contact Kerry Smith for more information on 07947949721

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Melton District

Melton Carers' Support Group

meets on the second Thursday of each month at 11.00 am to 12.30pm at the Carnegie Museum, Thorpe End, Melton Mowbray, LE13 1RB.

Call Support for Carers on 01858 468543

Bottesford Time Out For Carers Group

meets on the 4th Tuesday of the month at The Rutland Arms, 2 High Street Bottesford, NN13 0AA (in the restaurant) from 10.30 am to 12.00pm.

Call Support for Carers on 01858 468543

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 Support for Carers on 01858 468543

Ashby de la Zouch

Carers Group

meets at Ashby de la Zouch library, North Street, Ashby de la Zouch, LE65 1HU

Call Gurjit at Support for Carers on 01858 468543 for dates

Carers Group

meets at Castle Medical Centre , ashby de la zouch
1st Thursday of month 11.00am to 12.30pm

Call Jayne Buxton 01530 414131

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 01858 468543. We can give new groups help, support and advice to set up free of charge.

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SINGING FROM THE ROOFTOPS

Whether you're a pop star in the making or just warble a tune in the shower, Leicestershire Carers Choir is for you! Join other carers for free, friendly, uplifting fortnightly choir sessions.

Tuesdays, 12:45pm to 14:45pm, Lutterworth Youth Theatre Academy

No auditions or prior experience needed. We sing contemporary songs in a relaxed atmosphere, and our experienced leader will have you singing in harmony with others in no time. We stop for coffee and a chat halfway through. The choir is open to male and female unpaid carers aged 18+.

Get involved, contact Support for Carers on 01858 468543

We're fundraising to keep the choir running at the moment so if there's anything you can do to help please don't hesitate to get in touch or donate via Just Giving.



Would you like to improve your computer skills? Does the internet scare you?

If you'd like to know more about using the computer or have a computer, laptop, iPad, tablet or smartphone that you're not sure how to use or improve on your existing knowledge, we can help. We can support carers on a one to one basis in your home or in a group to learn how to :

- carry out basic computer tasks
- securely look at websites
- use Skype, Facebook, Facetime,
- access a range of information through the internet
- shop online
- send e-mails
- use useful websites and apps and much more.



Are you considering buying a computer or IT device but not sure and would like to try a device before making your mind up, we can support with that as well. If you're interested in having a digital or would like to know more, contact Gurjit at Support for Carers on 01858 468543

SUPPORT FOR CARERS LEICESTERSHIRE
Contact Support For Carers
Call **01858 468543**
Email **maureen@supportforcarers.org**
Visit **www.supportforcarers.org**

Please note : calls are charged at local rates although calls from mobiles may be higher.

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INCLUDE • INVOLVE • ENRICH
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DO YOU CARE FOR SOMEONE WHO CAN'T GET TO THE OPTICIANS WITHOUT HELP?

Specsavers Healthcall provides eyecare services to those who are unable to visit a high street opticians unaccompanied, due to physical or mental disability. Enabling you to take advantage of the offers and high standards of care provided, without having to go into a store.

Eligibility for a free NHS home eye test is dependent on certain criteria. You may qualify for a free NHS eye test at home if you're unable to visit an optician unaccompanied, due to physical or mental disability and are any of the following:

- aged 60 or over
- registered blind or partially sighted
- diagnosed with diabetes or glaucoma
- considered to be at risk of glaucoma, as advised by an optician
- aged 40 or over and your mother, father, brother, sister, son or daughter has been diagnosed with glaucoma
- receiving benefit (Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance or Pension Credit Guarantee Credit)
- entitled to, or named on, a valid NHS tax credit exemption certificate
- on a low income and named on a valid HC2 (full help) or HC3 (partial help) certificate
- eligible for an NHS Complex Lens Voucher (your optician can advise you on this)

To find out more and book a visit:

Call - 0800 198 1135

Visit - www.specsavers.co.uk/home-eye-tests

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REMEMBER YOU'RE IMPORTANT TOO!

Top tips to look after yourself as a carer

Listen to your favourite music and sing along.

Give yourself five minutes a day or three times a week on your own and have a cuppa.

Catch up with friends or family by phone or in person.

Go for a walk in the fresh air.

Take time to read or watch your favourite TV programme.

Step out of your routine and do something different.

Choose something that's good for YOU!



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Have you had a Carers Assessment in the last year?

Anyone who provides care and feels they might benefit from some support is entitled to an assessment.

What is a carer's assessment?

A carer's assessment is a way of identifying what effect being a carer has on you and your life and your needs as a result of this. An assessment provides you with an opportunity to discuss with a worker from Adult Social Care how things are for you at the moment and what support you might need. It will look at how caring affects your life, including your physical, mental and emotional needs and whether you are able and willing to carry on caring. It will also help you to get advice, support and information that may assist you with your caring role.

The assessment is not about judging your ability or the way in which you carry out your caring role. If the person you care gets support from Adult Social Care, any needs you have as a carer should be taken into account in their assessment (this is called a combined assessment). If the person you care for does not want Adult Social Care support, or is not eligible for it, you can choose to have a separate assessment as a carer.

What help and support can carers get?

The support given following the carer's assessment could include:

- Information
- Specialist advice and support groups
- Training about relevant topics to help you to manage caring

Depending on the level of support you provide, and the impact this has on you, you may be entitled to more formal support, in the form of a one-off payment from Leicestershire County Council Adult Social Care or a personal budget to buy support to make your life easier or improve your health and wellbeing. This could be:-

- A break from caring, using the money to pay for respite care.
- Gym membership and leisure classes to relieve stress.
- Computers and training courses to aid starting or returning to paid work.
- Help with domestic routines such as gardening and housework.

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What areas will the carer's assessment cover?

The following areas should be covered and if any of them aren't discussed, make sure you raise them yourself if they are relevant:

- your caring role
- your feelings and choices about caring
- your health
- your work
- other family commitments
- what you enjoy doing to relax
- planning for emergencies i.e. a contingency plan

Checklist for preparing for the carer's assessment

Before the assessment, sit down and think about your role as a carer. Be honest about the effects that caring for your relative has on your life.

Without support, will you struggle to provide the care that your relative needs? Don't feel that it is your responsibility to provide all the care that your relative needs or feel guilty if you can't do it all. In many cases, it is better for trained professionals to carry out certain tasks - they have the time and energy to dedicate to the job. You might not have this if you are also juggling work and/or a family.

Before the assessment think about the following:

- Will you be able to talk freely if your cared-for relative is present?
- Do you want or are you able to carry on caring for your relative?
- If you are prepared to continue, is there anything that could make life easier?
- Without support is there a risk that you might not be able to continue caring for your relative?
- Do you have any physical or mental health problems, including stress or depression that make your role as a carer more difficult?
- Does being a carer affect your relationships with other people, including family and friends?
- If you have a job, does being a carer cause problems?
- Would you like more time to yourself so that you can sleep, take a break or enjoy some leisure activity?
- Would you like to do some training, voluntary work or paid work?

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What you need to do:

This assessment can be completed in two ways:

By yourself

This means you are able to complete the form by yourself, or with help from those who know you best (this could be family members or friends). Once you have completed the form please return it to the Customer Service Centre in the envelope provided and you will be contacted by the Adult Social Care Team.

With support

If you need support to complete the form, a worker from Support for Carers or other voluntary organisation can help you to fill it in and submit it. You can fill in the form or you can ask the worker to write down what you tell them.

What will happen next:

A worker from the Adult Social Care Team will receive your assessment and contact you by phone to discuss this, or they may need to arrange to visit you at a convenient time to talk about your assessment.

Adult Social Care will

- Provide you with information and advice
- See what is available within the community to support you
- Decide if you are eligible for care and support from Adult Social Care
- Help you to make your own support plan that will assist you in your caring role

For more details, contact:

Support for Carers on 01858 468543

Or alternatively download the form from:

<http://asch.leics.gov.uk/carers-assessment>

<http://asch.leics.gov.uk/adult-social-care-and-health/information-carers>

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Safe and simple locking cooker valve



When you care for a vulnerable person, such as someone with dementia or autism, we understand you may wish to put extra safety measures in place.

The locking cooker valve is a simple solution, which helps vulnerable people retain their independence while keeping them safe at home.

Most of us are (or will be) affected by dementia or autism, directly or indirectly through those we care for. Cadent is supporting people living with these conditions with a simple and free offer that has potential to make a huge difference.

Locking cooker valves provide an extra layer of safeguarding, supporting people living with these conditions to maintain independence and stay in their home. Our engineers fit the valve, at no cost, to the pipes which feed the cooker or hob. We then give a set of keys to a carer, who can turn the gas supply on or off.

We've been busy promoting the initiative, working with charities and organisations associated with dementia care. These have included the Alzheimer's Society, local authorities up and down the country, front-line social workers and occupational therapists, and fire and rescue services. The feedback from these organisations has been extremely positive, with referrals increasing by the day.

**To find out more visit www.cadentgas.com/lcv
call Cadent Gas on 0345 8351111 or alternatively
email box.customersafeguarding@cadentgas.com**

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Find new friends online and keeping up to date.

Follow us on **twitter**

@support4carers follow all our latest news.

skype us:

pat.sfc gurjit.sfc jacqui.sfc

Useful numbers for carers

Leicestershire County Council - Adult Social Care

0116 305 0004

Carers Direct

(Calls are free from UK landlines & mobiles or you can request a free call back)

0300 123 1053

NHS 111 (Health advice & reassurance 24 hours a day, 365 days a year)

111

Age UK

0800 169 6565

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