

**Summary of Carers' Week 2023 programme of events**

This paper summarises activities available to people in Leicestershire during Carers' Week 2023, which runs from 5-11 June.

**Leicestershire County Council**



# Carers Event

Recognising and supporting carers in the community

**Monday 5 June 10:00 to 13:00**  
**County Hall - Council Chamber**

**10:00 to 10:30:** Registration and refreshments

**10:30 to 10:45:** **Opening** from Councillor Christine Radford: Lead Member and Jon Wilson: Director of Adults and Communities to present

- o recognising and valuing our carers
- o LLR Carers Strategy progress: our achievements to date

**10:45 to 11:00:** **VASL:** Gurjit Sangha, Tony Conlin and Mayor of Oadby Wigston: Rosemary Adams

- o Support and offer for adult carers:
  - o Carers Assessment
  - o Carers Passport
  - o Local support groups/ activities

**11:00 to 11:20:** **Guest speaker:** Colleen Smith

**11:20 to 11:35:** Comfort break and refreshments

**11:35 to 11:55:** **Promoting Carers Health and wellbeing: Health check screening:** Tracey Cockburn and Sonia Lear

- o carers MOT, weight management and stop smoking service

**11:55 to 12:15:** **Promoting Carers Health and wellbeing: Active together** Emily Booth

- o find ways for carers to get carers more active
- o resources offers in their areas/ communities

**12:15 to 12:30:** **Mindfulness session:** Dr Adele Pacini, Open University - PhD, DClInPsy, C.Psychol, FHEA

**12:30 to 12:45:** **Promoting Carers Health and wellbeing Importance of Mental Health:** Mikhail Foster: Strategic Lead and Launch of the carers pack: Louise O'Reilly: Communications & Engagement Manager and Emily Coates (Lamps)

**12:45 to 13:00:** **Q & A, Thank you and closing remarks** - Inderjit Lahel Assistant Director: Strategic Commissioning

**13:00 onwards:** **Lunch**



Recognising, valuing  
and supporting carers  
in Leicestershire

- **Monday 5 June** Carers Event at County Hall (see previous page).
- **Tuesday 6 June** 10am – 11am – Mindfulness Sessions for Carers at County Hall.  
<https://www.eventbrite.co.uk/e/mindfulness-for-carers-tickets-635314913007?aff=ebdssbdestsearch>

### **Voluntary Action South Leicestershire (VASL)**

- **Monday 5 June** Leicestershire County Council Carers' event. Staff will be presenting and will be available to provide support to carers.
- **Tuesday 6 June** 2:30pm – 4pm - Blaby Carers Group, Countesthorpe Village Hall. VASL will be delivering session in partnership with the Mental Health Service 'Life Links' to provide information to carers on managing stress.
- **Thursday 8 June** 2pm – 4pm – Age UK, Earl Shilton. Carers Event. Range of organisations attending to showcase their support services for carers. Social Prescribers will be attending, and cream teas are available.
- **Friday 9 June** 11.30am – 2pm - Leicester Royal Infirmary canteen. VASL will have an information stand and someone available to support carers. This is being delivered in conjunction with Age UK, the Carers Support Service provider in the city.

### **The Carers' Centre LLR**

- **Monday 5 June** 2pm - 3.30pm Glenmore Community Centre, Shepshed. 'Recognising Carers Contributions' – A session looking at carers' contributions, recognising the skills used in caring and how carers' needs can be better met.
- **Tuesday 6 June** 10am – 11.30am Online via Zoom. 'Valuing Parent Carers' – A session for anyone caring for someone under 25.
- **Tuesday 6 June** 2pm - 3.30pm Peppers, Oakham. 'Coping with Difficult Behaviours' - A Carers' Wellbeing workshop exploring tips and techniques to help carers manage some of the stresses caused by caring.
- **Wednesday 7 June** 2pm - 6.00pm Rutland County Council Chambers, Oakham. 'Rutland County Council Carers Event'. Join members of the team and many other local services at this drop-in event with a wide range of information stalls and workshops.
- **Thursday 8 June** 11am - 1pm Belgrave Hall, Leicester. 'Recognising Carers' - A drop-in coffee morning in beautiful surroundings with time to chat and take part in crafts activities and our Poetry Pharmacy
- **Friday 9 June** 10.30am - 2.30pm Barrow on Soar, Leicestershire. 'Together We Care Barge Trip' – A relaxing trip in the company of other carers, journeying through the beautiful countryside.

### **NHS Leicestershire Partnership Trust (LPT)**

**Monday 5 June** 10am – 11am LPT are hosting an MS Teams session for colleagues across the LLR system, facilitated by Sharon Spurling from the national Carers Trust. The aim of the session is to highlight carer awareness:

- Who is a carer?
- Understand carer engagement strategies
- How to refer carers for support.

Find out how these link into the six standards of the Triangle of Care, which will be shared during the session.

If you would like to join this session, please follow the link below. For more information please email [emily.robertshaw1@nhs.net](mailto:emily.robertshaw1@nhs.net) at LPT.

[Click here to join the meeting](#)

Sharon Spurling is Triangle of Care Programme Lead, joining Carers Trust in 2018 after five years as Chief Executive of Carers Northumberland, a network partner of Carers Trust. She has over 30 years' experience in the voluntary sector, working with voluntary and community sector organisations mainly in the field of social exclusion, carers, substance misuse and women offenders.

Sharon has also worked in grant-making as a Head of Funding for Reaching Communities with the, then, BIG Lottery Fund. Sharon has sat on a number of VCSE Boards including HealthWatch and Community Foundation Northumberland, Tyne & Wear and she volunteers with community groups where she lives in rural Northumberland. She is currently a carer.

### **Carers' Week pledges**

People are invited to show their support by saying 'I Care' at <https://www.carersweek.org/>

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