

The Difference Between Counting the Years and Living Them

Being able to live at home can be one of the most important comforts in an elderly person's life. Our Caregivers help make that possible, with a wide range of non medical services, welcome companionship and a ready smile.

The quality of care, affordability and accountability, provided by our team have earned a deep level of trust amongst our clients, their families and thousands of health, medical and social services organisations across the world.

Our Services

From a couple of hours a day up to 24 hours a day, seven days a week, our Caregivers provide companionship with a ready smile whilst offering these services:

- Companionship
- Light Housekeeping
- Meal Preparation
- Medication Reminders
- Personal Care
- Local Transportation
- Convalescence Support
- Respite Care



Extraordinary Caring Compassionate

We place great emphasis on matching our clients personality, background and interests with those of our Caregivers.

All our Caregivers provide six references, undergo a full Criminal Record Check and are directly employed by ourselves. We handle all their insurance, tax, national insurance changes and provide full & comprehensive training.

Caring And Compassionate People Required

We are recruiting caring individuals to look after adults in their own homes, throughout the Leicestershire area, providing a range of companionship and care services. Empathy is more important than experience. If you have your own transport and feel you possess the skills and qualities we are seeking, we would like to hear from you.

If you would like more information about us you can:

- **Phone us on 0116 2831003**
- **View our web site at www.homeinstead.co.uk**

Home Instead
SENIOR CARE

With a little help from a friend

Each Home Instead Senior Care Franchise is independently owned and operated



CLASP NEWS

The newsletter of Carers of Leicestershire Advocacy & Support Project

No. 49 Winter 2008

Registered Charity 1043956

Carers greet The Princess Royal

Representatives of Leicester's carers were introduced to HRH The Princess Royal at a Gala Lunch on 14 October. Hosted by the professional women's charity Soroptimist International to celebrate its 75th anniversary, the lunch attracted 450 guests including the Lord Lieutenant of Leicestershire and the Lord Mayor of Leicester.

CLASP was kindly included in the arrangements as SI is a supporter of the The Princess Royal Trust for Carers. Indeed, the profits from the lunch of almost £5,000 were



split between co-host Save the Children Leicester, which was celebrating its 50th anniversary in the city, and CLASP.

Many of the guests visited CLASP's stand at the event held at Walkers Stadium and joined HRH in praising its work for carers across the city and county.

Christmas Drop-in

Carers and friends of CLASP are invited to join us for mince pies, nibbles, hot punch and festive fun at The Carers Centre, Matrix House on Tuesday December 9 from 11 am – 2.30pm.



Meet the CLASP team

- | | |
|--------------------|--------------------------------------|
| Rajshree Bhatt | Secretarial Support |
| Sonia Bray | Centre Manager |
| Jenny Darlow | Information Worker |
| Ray Handley | Volunteer Counselling Co-ordinator |
| Deborah Hellmuth | Secretarial Support |
| Charles Huddleston | Deputy Centre Manager |
| Gill Huddleston | Rutland Carers Advocacy Worker |
| Ranjana Kotecha | Befriending Service Co-ordinator |
| Judith Lindley | Health Homes Project Worker |
| Shama Malik | Carers Advocacy Worker (City) |
| Siddika Mohamed | Carers Advocacy Worker (City/County) |
| Kate Priestley | Carers Advocacy Worker (County) |
| Mandy Sanders | Fundraiser |

We can be reached 9am - 4pm Monday - Friday on 0116 2510999. Gill can be reached at the Rutland office on 01572 720052. We can also be contacted via email enquiries@claspthecarerscentre.org.uk

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CLASP The Carers Centre
Supporting local carers

CLASP is a network member of Princess Royal Trust for Carers

Unit 19, Matrix House,
7 Constitution Hill,
Leicester LE1 1PL
Phone: 0116 251 0999
www.claspthecarerscentre.org

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See also Carers Training Programme leaflet enclosed

Alzheimer advocacy service launched

The Alzheimer's Society, Leicestershire and Rutland Branch, now have an Advocacy Service for individuals with dementia and their carers in Leicestershire. The aim is to provide short-term crisis advocacy, help in challenging care plans and assistance in making formal complaints. Pamela Snowden and Helen Whittington work at The Lodge, 46 Humberstone Gate, Leicester and can make home visits. Contact them on 0116 251 0366.

Help in a crisis

Carers can now take advantage of a new free service that offers peace of mind should they fall ill. The Carers Emergency Response Card, run by Claimar Care Ltd and funded by Leicestershire County Council, provides access to 48 hours of cover care (72 hours over bank holiday weekends) for your loved-one if you have an emergency. To find out more contact The Carers Emergency Response Team on 0116 255 5122 or look on the website: www.claimar.co.uk

We are helping carers to care – CLASP The Carers Centre

I wish to help CLASP by giving: £

Make your gift worth 28% more at no extra cost to you by just ticking the box below

giftaid it I am a UK tax payer and want CLASP to claim back the tax on all contributions made since April 2000 until further notice

Name.....
Address.....

.....
.....

Please enclose a cheque/postal order made payable to **CLASP** and return it to: CLASP
The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester LE1 1PL

Remember carers at Xmas

As we approach the full fury of Christmas commercialism, please spare a thought for your favourite charity. If you would prefer to receive fewer cards and gifts from your family and friends, why not ask them to

donate to CLASP? Every pound helps us to continue our counseling and befriending services and will enable us to provide more fun activities such as free therapy days for carers in 2009.

A lasting gift

Have you thought about leaving a gift to charity in your will? Donations from carers and their families and friends are a vital force for good, helping us to help other carers.

If you would like to include CLASP in your will but are unsure how to go about it, we can guide you through the simple steps needed.

Please complete the slip and return to CLASP.

I am interested in making a donation to CLASP in my will.

Please send me further details:

Name

Address

Return to CLASP, Matrix House, 7 Constitution Hill, Leicester LE1 1PL

Have you had a Change of Circumstances?

Moved House? Changed Telephone Number?

Please let us know if your details have changed or if you no longer wish to receive the Newsletter. Call us on 0116 251 0999 or return this slip to Matrix House, 7 Constitution Hill, LE1 1PL:
We / I no longer want to receive the newsletter / New address

Name.....

Address.....

Sonia's Scribbles



It's now five months since the publication of the National Carers' Strategy and, at both a national and local level, work has started on turning it into action. Those of you who were able to join us at our National Strategy Conference on the morning of our Annual General Meeting on 26 September made a good start at looking at how the strategy fits in with your priorities and where there are gaps. We had an excellent presentation on the strategy from Alex Fox, Director of Policy and Communications at the Princess Royal Trust for Carers. Then local carer, Seema Khuti, gave us a very moving and powerful account of her carer's journey. A report on the conference will be included in our next newsletter.

An important part of the National Carers Strategy is the move towards personalised budgets and care packages, with their aim of giving people more choice and control. But none of the various pilots across the country appear to have looked at the personalisation agenda from a carer's perspective. The main involvement of carers has been as co-ordinators of complex packages of care for the person they care for.

In the coming months we will be going out to carers groups and forums in both city and country to talk about the personalisation agenda. We will also be asking carers for their ideas about new ways in which carers support services should be developed. For those not able to get to a local meeting, there will be an opportunity to have your say via our website - www.claspthecarerscentre.org.uk.

Finally, as we come to the end of 2008, a Merry Christmas and Happy New Year to you all.

Sonia Bray
Centre Manager

Free Respite Care Directory

If you care for someone who has learning disabilities, sensory impairment or a physical disability and you would like a break from your caring role, then this FREE directory could be of use to you.

can meet people in a similar situation to you and get support.

This new directory covers services in Leicester, Leicestershire and Rutland and will be available on the CLASP website

It includes services used by the person you care for that they can attend, allowing you some respite. It will also include self help and support groups where you

www.claspthecarercentre.org.uk from December. Hard copies are available now. If you would like a copy, then please contact Jenny Darlow on 0116 251 0999.

What do you think of the new agenda?

Over the next few months, CLASP will be conducting consultation workshops on behalf of Leicestershire County Council.

The workshops will be looking at the new Personalisation

Agenda and will cover such topics as:

- What is the personalisation agenda?
- What are the processes involved?
- How it will affect your caring role?
- What information you need to make it work for you?

The workshops will be run at locations throughout Leicestershire from January 2009. If you live in the county and would like to participate, please contact Jenny Darlow at information@claspthecarercentre.org.uk or 0116 2510999.

Carers Rights Day – December 5

“What are my rights? What benefits can I get? What is a CLA?” Find out the answers to these and any other questions you may have at a special open morning at the Carers Centre from 9.30 am – 12.30 pm.

There is also a CLASP stand at the Central Lending Library in Belvoir Street from 10 am - 4 pm. If you can't come in person, telephone us on 0116 251 0999.

Caring with Confidence

We are very pleased with the response from local carers to the three trial Caring with

more informed and confident.

Confidence training programmes offered in Leicester, Oadby and Loughborough.

The timescales were extremely short, so a huge thank you to everyone who either helped to recruit carers or came along themselves.

Feedback has been very positive, and carers said the sessions helped them feel

CLASP is making a bid to become the local provider of the programme, so please keep your fingers crossed!

City council wants to hear from carers

Leicester City Council has now published its draft carers' strategy. The draft is based on the consultation with carers carried out in the Spring 2008. The city council is interested in further contributions about how to make improvements in its service for carers, and the strategy is open for comment until December 31.

There is an insert with this newsletter giving brief details about the strategy. Carers returning the insert with their comments or requesting the draft strategy can receive an information pack giving details of support for Leicester carers. Comments can be sent by email to carers.strategy@leicester.gov.uk.