

Carers Information Pack

Thank you for informing us that you are a carer. Please find below some information that we hope will be useful to you.

We now have several new services available at your practice. These include: Social Prescribing, Community Pharmacists, First Contact Plus Physiotherapists and Mental Health Practitioners. For more information, please contact the practice.

<p>VASL Support for Carers Leicestershire (for carers of 18yrs +) Tel 01858 468543 Email: Maureen@supportforcarers.org Website: www.supportforcarers.org</p> <p>The Carers Centre Leicestershire & Rutland (For all carers) Tel 0116 2510999 Email: enquiries@thecarerscentre.org.uk Website: https://claspthecarerscentre.org.uk/</p>	<p>The service includes:</p> <ul style="list-style-type: none"> • A dedicated telephone advice and support line • Assistance in completing a carers assessment • Information on carers' support groups around the county • An informative website with self-help videos • Advice on any aspect of the caring role, including financial and legal assistance • Carers cafes and sessions weekly 	
<p>Leicestershire County Council – Adult Social Care Tel 0116 3050004</p> <p>Adult Social Care - Out of Hours (Emergency) Tel 0116 2551606</p> <p>NHS 111 Tel: 111</p>	<ul style="list-style-type: none"> • Financial assessment for non-funded / funded care • Carers Assessment • Support and advice on services available • Emergency Respite service <p>Available 24hrs per day, 7 days a week Medical advice for both physical or mental health</p>	
<p><u>Benefits Advice & Information</u></p>		
<p>Attendance Allowance Unit Tel 0800 7310122</p>	<p>Carers Allowance Unit Tel 0800 7310297</p>	<p>Help with benefit queries and entitlement.</p>

Citizens Advice

Tel: 0808 278 7854 (Mon – Fri 9am – 4.30pm)

AGE UK

Tel: 0116 2882233

First Contact Plus

Tel: 0116 3054286

Website: <https://firstcontactplus.org.uk/>

Watersure Scheme

(Check with your water company for more details)

Entertainment Discounts

“Access Scheme” operate at many theatres.

“Cinema CEA Card” Website: <https://www.ceacard.co.uk/>

“Carers FREE Coffee”

Free Benefits check / advice on eligibility and support with forms.

To link you with many services to support: Benefits check, keeping safe at home, supportive technology etc

A support scheme which helps people with their water bills. To apply you must be on certain benefits and need to use a lot of water for medical reasons. You also need to be on a water meter or waiting to have one installed.

These schemes can enable a disabled cinema guest to receive a complimentary ticket for someone to go with them.

If you hold a carers card (VASL Passport) you can have free coffee at some local coffee shops.

Local Support Groups

AGE UK Dementia Support Service (Leicester, Leicestershire & Rutland)

Contact Tel: 01162237363 (Mon – Fri 8.30am – 5.30pm)

Email: dementia.support@ageukleics.org.uk

Website: <https://www.ageuk.org.uk/leics/our-services/living-with-dementia/dementia-support-service-for-leicester-and-leicestershire/>

Alzheimer’s Society

Dementia support service offering information and support for those living with dementia and their carers.

Contact Tel: 0116 2316921

Website: <https://www.alzheimers.org.uk/>

Dementia Harborough

Tel: 07961 538671

Email: membership@dementiaharborough.org

Website: <https://www.dementiaharborough.org/>

Dementia Specialist Admiral Nurse Clinics

Venue: Market Harborough Medical Centre

Last Friday of every month 10am – 4pm

Venue: Old Scholl Surgery, Kibworth

First Monday of every month 10am – 4pm

Dementia UK – Admiral Nurse Helpline

Tel: 0800 888 6678 (Mon – Fri 9am – 9pm Sat/Sun 9am – 5pm)

Website: <https://www.dementiauk.org/>

Parkinsons Support Group

Venue: Jubilee Hall, Congregational Church, Bowden Lane, Market Harborough LE16 7JC

When: 4th Fri of the month Time: 3.30pm

Cost: £2

Contact: Andrea Lynch Tel: 07522526928

Email: mh.parkinsons@gmail.com

Website: www.leicesterparkinsons.org.uk

Website with resources, information, advice and support for anything living with dementia and the people that care for them.

A local charity that actively supports people living with a diagnosis of memory loss and their carers. They host regular Dementia Cafes, Music sessions, organise trips and provide information via their newsletter and website.

An opportunity to meet with a specialist dementia nurse for advice and support for families affected by dementia.

Information, resources, support and the opportunity to speak with an Admiral Nurse. Lots of booklets/guides on various stages of dementia.

An informal and informative group that meets regularly to support anyone affected by Parkinsons.

The New Normal Cancer Support Group

When: 3rd Weds of every month Time: 7.30pm – 9pm

Venue: Kibworth Cricket Club LE8 0HG

Email: thenewnormal.leicester@gmail.com

Harborough Cancer Support Group

2nd & 4th Friday of every month

9.30am – 12.30pm

Venue: The Methodist Church, Northampton Rd, Market
Harborough LE16 9HE

Email: info@hcs.org.uk Tel: 07850 899059

Stroke Support Group

(Leicester Stroke Recovery Service)

<https://www.stroke.org.uk/finding-support/support-services/leicester-stroke-recovery-service>

Stroke Helpline Tel: 0303 3033 100

Email: helpline@stroke.org.uk

Different Strokes

(Stroke Support Group for working age people)

Venue: The Methodist Church, Northampton Rd, Market
Harborough LE16 9HE

When: 1st Sat of every month Time: 11am – 1pm

Contact: Katherine Fortnum Tel 07732789997

Email: marketharborough@differentstrokes.co.uk

Affected by cancer? Come and join the informal, informative support group.

A FREE local group that provides positive support and aims to boost the physical and mental wellbeing of those affected by cancer.
FREE parking available at the venue.

For support information and contact for local support groups in your area complete the online enquiry form.

Transport

VASL Car Scheme Tel: 01858 468499

Email: transport@vasl.org.uk

RVS Transport Tel: 0116 2667706

Fleur Wilcox Transport Co-ordinator Tel: 07554 229015

TASL – Thames Ambulance Service Ltd (Hospital Transport Service)

Tel: 0345 2413012

Communicare (Fleckney Village Residents)

Steve or Judith Tel: 0116 2403218

Steve Mob: 07512 176852

- For patients living in rural areas to get to GP appts / hosptl appts
- For patients living in Mkt Harb for hosptl appts only
- Charge is made per mile (guided by Leic County Council)
- Annual fee to register is £5
- Support for patients with a Cancer Diagnosis to access hsptl appts
- Free Service
- Free pick up/drop off from Hospital appts
- **Strict eligibility criteria:** Available for patients who cannot travel to, or from, our hospitals for non-emergency treatment because they have a medical need that prevents them from using private or public transport.
- Transport for medical appts / visits to care home / short local trips
- Donation of 50p per mile

Help at Home

Age UK Leicestershire and Rutland

Tel 0116 2992233

Website: <https://www.ageuk.org.uk/leics/>

Email: enquiries@ageukleics.org.uk

Meals on Wheels

Website:

<https://www.leicestershire.gov.uk/adult-social-care-and-health/living-independently-at-home/meals-on-wheels>

Lifeline Service

Website: <https://www.harborough.gov.uk/harboroughlifeline/>

Contact

Tel: 01858 464499 Email: lifeline@harborough.gov.uk

Silverline

Tel 0800 4708090

Website: www.thesilverline.org.uk

Providing services to help people to stay independent, safe and sound in their own homes.

Eg. Respite, Personal Assistants, Cleaners, Gardeners, Handyman etc
(Go to their website to see the range of services)

List of companies that can deliver a cooked, hot meal to you at home.

Harborough Lifeline offer an emergency alarm service for anyone who feels vulnerable or alone, whatever their age or needs.

Freephone friendship service. Available 24/7. Offering information, advice, and support.