

## **Calling all Carers!**

The Staff Counselling & Welfare Service has set up a support group for those members of staff with caring responsibilities. The next year should prove to be very interesting for carers both locally and nationally and the group members have already taken the opportunity to discuss issues directly affecting them.

The House of Commons Work and Pensions Committee have published their report entitled Valuing and Supporting Carers. It seeks to address things such as “lack of recognition for carers, financial issues, better access to information, need for more flexible, responsive, quality support services and impact of caring on carers’ health.” There is also a campaign to have child care voucher schemes extended so that carers of the disabled or elderly can benefit from the savings in tax and national insurance contributions already enjoyed by those who have caring responsibilities for children, you can read the transcript on the staff welfare page at [www.le.ac.uk/staffwellbeing](http://www.le.ac.uk/staffwellbeing). Both Leicester County and City Councils are asking carers to comment on their new strategies and a carer representative is needed for the local Physical and Sensory Disability Board. Clasp, (the Carers Association) are looking to develop their carers panel, so there are lots of strategies locally to look out for which could have an effect on the way you or the person you care for are offered services in the future.

If you are interested in any of these issues please read on. If not but you know someone who may be interested please draw their attention to this article.

### **Carers’ Group – Come and join us**

Do you have caring responsibilities? Looking after someone can be rewarding but exhausting, making a huge impact on your life. Without the right support, caring for someone can all too easily take its toll on your health and wellbeing, may lead to money worries and even make it difficult to stay in work. It can be hard to pick up the pieces when caring comes to an end.

If you are a carer and feel you would benefit from some support then you may consider joining our group that aims to explore the myriad of problems facing carers and hopefully come up with some solutions to those problems. The main aim is to provide support and information that may assist with the individuals caring responsibilities. The content is decided by the group with Mary Hill, Staff Welfare Adviser facilitating. Our next meeting is scheduled for 5.30pm on Thursday 16<sup>th</sup> October in House K, please come along, you are most welcome.

If you would like to know more, please contact the Staff Counselling and Welfare Service on 0116 223 1702 or email [staffcounsel&welfare@le.ac.uk](mailto:staffcounsel&welfare@le.ac.uk) for further details. Anyone wishing to join the Carers’ Group will have a short meeting with Mary before making a commitment to see whether he or she will benefit from membership of the group.