



County Carers Newsletter

What have we been up to?

We have been developing a new way of offering support to families in Lincolnshire. As part of this, we are creating an online community in the form of a Facebook group for individuals with a learning disability and families to connect, share learning and offer support.

We have also started a new network for professionals who support individuals with a learning disability and their families. This will help us to learn from one another and explore new ways to work together to support the whole family. We look forward to growing this network!

Become a part of County Carers:

Do you, or someone you support have a learning disability and/or autism?

We are looking for individuals with personal experience to join our Steering Group. We meet monthly to discuss key topics or ideas, offer feedback and help to set the direction of the group. Find out more by emailing county.carers@every-one.org.uk

Accessing support from home

Since March 2020, many services have adapted their approach to supporting individuals, families, and carers. This has led to the development of a wide range of online and remote services including

- Online communities (on chat forums or social media)
- Virtual events, webinars, and classes as well as recordings to watch after the event
- 1-1 support including befriending services, telephone counselling and check-in / wellbeing calls.
- Online tools and resources
- Blogs and articles including carer stories and helpful guides.



Carers FIRST
FIRST Choice for Carers

If you would like help to access online support, Carers FIRST offer free training for carers with a digital champion. For more information, contact Sheena at Sheena.goodey@carersfirst.org.uk.

Facilitated by



County Carers' Group



@County_Carers



Carers Week (7 June 2021 – 13 June 2021)

Carers Week is a national campaign which raises the awareness of unpaid family carers. The theme for Carers Week 2021 is **'Make Caring Visible and Valued'**, dedicated to highlighting the importance of identifying, supporting and valuing carers.

It is an opportunity for organisations and individuals to come together for a week of activities, both online and in person, to connect, share key messages and highlight the role of families and carers in the community.

You can find out more about Carers Week at <https://www.carersweek.org>.

Carers Week 2021 – Dates for the diary

Carers UK Events:

<https://www.carersuk.org/help-and-advice/get-support/share-and-learn-online-sessions>

Carers FIRST Lincolnshire events:

<https://www.carersfirst.org.uk/lincolnshire/whats-on-in-lincolnshire>

All Carers Week Events:

<https://www.carersweek.org/?cmp=activity>
(Activities visible under 'List View')



7 - 13 June 2021
Make Caring
Visible and Valued

Other ways to get involved:

Whether to raise awareness, to discuss the impact of caring or to do something for carers, there are a whole range of things on offer this Carers Week. For example, you could join in the discussions and campaigns on social media, tell your carer story or join an event.

Carers Week is also a great opportunity for families and carers to find out more about the local organisations and support available to them. They will share information in local newsletters, on their website and on social media.

Are any of your friends or family members a carer? Why not call or check in with them?

Carer Awareness Lunch and Learn

7th June 12pm - 1pm

Virtual session on Microsoft Teams

Email: Pete.Hagan@every-one.org.uk



You can follow all the events and discussions on social media using #CarersWeek2021, #CarerAwareness and #Carers. You can also follow us on Twitter at @CountyCarers where we will be sharing information, events and more.



Learning Disability Week (14 June 2021 – 20 June 2021)

Led by Mencap, Learning Disability Week helps to raise the awareness of learning disability across the UK. The theme for Learning Disability Week 2021 is 'Art and Creativity'.

Throughout the last year, art and other creative activities have been used to help those with a learning disability and their families to stay connected and positive through the challenges posed by the pandemic, including social isolation and mental health challenges.

More information will be posted at <https://www.mencap.org.uk/get-involved/learning-disability-week-2021>

County Carers Café with Chloe

To celebrate Learning Disability Week, we are hosting a drop-in session to connect families and carers and learn about your experiences of caring and the support available in Lincolnshire.

Join Chloe for a cuppa and a chat on **Monday 14 June at 11:00am**.

The zoom link is <https://us02web.zoom.us/j/2945157032?pwd=T1l4T3g3UElrTDFKQjVDRS9KRk9TUT09>



If you need help getting onto Zoom, you can email us at county.carers@every-one.org.uk



According to Mencap, individuals with a learning disability are twice as likely to experience mental health difficulties. Art and creativity activities can help to promote expression and lead to greater community inclusion.

Showcase your creativity

This week is all about showcasing the creative talent of artists from within the Learning Disability Community. Need some inspiration? Check out Mencap's resource pack at:

<https://www.mencap.org.uk/sites/default/files/2021-05/Mencap-LDW-Activity-Pack-10pp.pdf>

Don't forget to share your art with us in the County Carers Community Group on Facebook!

<https://www.facebook.com/groups/countycarerscommunity>

Do you have a creative talent that you want to share? Be sure to tag @County_Carers and #LDArtWeek when posting on social media!



Support for family and carers

Changing Places

Changing places are designed for individuals who are not able to use the toilet independently. They provide more space and specialist equipment to allow those with learning disabilities to use the toilet safely and comfortably in public. You can find your local changing places at http://www.changing-places.org/find_a_toilet.aspx

Sunflower Lanyards

These lanyards are a discreet way to let others know that the person wearing the lanyard has an invisible disability or needs additional support. They are used in shops, airports, schools, banks, and hairdressers, to name a few.

Have we met before?

We would love to hear from families and carers about their involvement in County Carers prior to our relaunch in June 2020. Share your experiences with us at county.carers@every-one.org.uk

Have your say

We want to capture and share the stories of individuals with a learning disability and their families. Whether it is a personal experience, a family journey, a hobby, or something you are passionate about, we want to hear it. Get in touch with us at county.carers@every-one.org.uk.

Other organisations who offer support:

- Carers FIRST: <https://www.carersfirst.org.uk/lincolnshire>
- Connect2Support: <https://lincolnshire.connecttosupport.org/>
- Connect2Support (carers): <https://lincolnshire.connecttosupport.org/carers/>
- Family Service Directory: https://lincolnshire.fsd.org.uk/kb5/lincs/fsd/results.page?services=4&loboolean=1&familychannel=2_1_1
- Lincolnshire Carers Service: <https://www.lincolnshire.gov.uk/support-carers>
- Lincolnshire Parent Carer Forum: www.lincspcf.org.uk
- Total Voice Lincolnshire: <http://www.totalvoicelincolnshire.org/>
- Wellbeing Lincs: <https://www.wellbeinglincs.org/>



Sign up to receive our regular newsletter where we share updates, helpful articles, and tools for caring, wellbeing and more. <https://forms.gle/BH5hoauDDbcKbMEJ8>