

## MEDIA RELEASE/Photo and interview opportunity

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7 November 2018

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**What:** Carers Rights Day celebration

**When:** Friday 30 November 10am-3pm (Lord Mayor arriving at 11am, County council chair arriving 1pm) **Photo opportunity:** 1.05pm

**Where:** The Involvement Centre and Recreation Room, Bradgate Mental Health Unit, Glenfield Hospital site, Leicester, LE3 9EJ

### LPT's 'Celebrating Carers' event will showcase community support

Leicestershire Partnership NHS Trust (LPT) is hosting a special event to promote support for carers and recognise the role they play in the lives of people with mental illness or learning disabilities.

Their 'Celebrating Carers' event on Friday 30 November – Carers' Rights Day - will feature a mix of information, entertainment and a showcase of organisations and services offering support for carers and service users as well as for health and social care staff.

These vary from employment support, involvement in care planning and mental wellbeing support to financial information and advice and self-help learning courses. Exhibitors include NHS services, local authority and third sector groups and services (see full list below).

The Lord Mayor of Leicester, Councillor Ross Grant and the chair of Leicestershire County Council, Councillor Ozzy O'Shea will be among the guests at LPT's Involvement Centre in the Bradgate Mental Health Unit on Leicester's Glenfield Hospital site.

This year's event follows the success of a Recovery Roadshow for mental health service users in October 2017 (pictured) to provide an insight into the issues facing people with mental health needs and to showcase the work of organisations providing support for them.

Marie McGranaghan, team manager for LPT's adult mental health recovery and rehabilitation services, said: "Last year's event was a huge success in terms of raising awareness and visibility of the range and sources of support available to people with mental health needs.



One of the advice stands from the 2017 event for mental health service users.

“It’s equally important for us to recognise the huge role carers play in supporting their loved ones with mental illness or learning disabilities – often unrecognised. It’s vital they are also able to access support and information to help meet their needs.

“We want to acknowledge, value and thank all our carers for the difference they make in supporting us to care together. If you are a carer we would encourage you to come along.”

The day will be introduced by LPT chief executive, Dr Peter Miller and speakers include Claire Darby, a carer for her husband Steve, who has Huntington’s Disease. **(See Claire’s story at the end of this release).**

Entertainment will be provided by the acclaimed DMU Gospel Choir and representatives of Leicester Carers Group will be performing a play. A spokesperson for the group explained: “Our short play will be to help raise awareness of the needs of carers, which are often unmet. We want to empower carers to have a good quality of life and to look after their own wellbeing. It’s also a celebration and a thank you.”



Everyone is welcome to attend the Celebrating Carers drop-in event, there is no need to book. Anyone wanting further information can call **0116 225 2719** or email [involvementcentre@leicspart.nhs.uk](mailto:involvementcentre@leicspart.nhs.uk)

### Claire’s story



Three years ago Claire Darby’s life as a busy wife and full-time recruitment manager commuting from Hinckley to Birmingham was hit by the devastating news that her husband Steve has Huntington’s Disease (HD).

She will be sharing the impact that being a carer has had on both of their lives and the importance of having the right support.

Claire said: “HD is a degenerative cognitive condition that causes chronic involuntary movements as well as behavioural changes, difficulty in moving around, swallowing issues and lapses in memory. Steve’s diagnosis came out of the blue and it

has taken over almost every aspect of our lives.

“I’m only 44 and Steve is 45. I’m his carer but I am still his wife and we are going through this journey together. I’m a very positive, upbeat person and I believe in getting through things with humour and positivity, no matter what life throws at us but it’s a massive responsibility. Support comes in different forms and we are very lucky – the multi-disciplinary team from the HD community service are a phenomenal support as are our friends and family and my employer.”

**-ends-**

### NOTES TO EDITORS

1. **Leicestershire Partnership NHS Trust (LPT)** provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire

and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

2. **Raising Health** is our registered charity (number 1057361) which raises funds to support LPT's excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. [www.raisinghealth.org.uk](http://www.raisinghealth.org.uk)

3 **Carers Rights Day**, hosted by Carers UK, is held to raise awareness of carers' needs, support carers to know their rights and help them know how to find help and support. For further information contact: Sheila Ashton, communications manager, Leicestershire Partnership NHS Trust, Tel: 0116 295 0042, E: [sheila.ashton@leicspart.nhs.uk](mailto:sheila.ashton@leicspart.nhs.uk)

## List of stand holders at the event:

### Main reception

- East Leicestershire and Rutland CCG listening booth

### Involvement Centre:

- Leicestershire Recovery College; Sepsis Awareness; Service User and Carer Involvement in Care Planning and Care Planning Training; Patient Experience and Involvement

### In Recreation Room

- Turning Point. Leicester, Leicestershire and Rutland Crisis House / Outreach Services; Let's Talk Wellbeing IAPT services, Leicester City and Leicestershire and Rutland (Nottinghamshire Healthcare NHS Trust); First Contact Plus and Warm Homes; Age Uk Caring for Carers Leicester; Barnardo's Whole Family Approach / Carefree Young Carers Service; The Leicestershire and Rutland Mental Health Wellbeing and Recovery, Mental Health Matters and Making Space; Harmless – providing a range of services about self-harm to people who self-harm, their friends, families and professionals; The Carers Centre; Working Links – Employment Support Service; Ansaar – Carers Wellbeing Project; Support for Carers – Leicestershire; Active Wesley Hall; Department of Work and Pensions – Job Centre; Lamp Carers Service; Richmond Fellowship – Life Links; Aspire Care Uk; Healthwatch Leicester and Leicestershire.

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