

July Newsletter



CARERS CENTRAL NEWSLETTER

NOV 11, 2024



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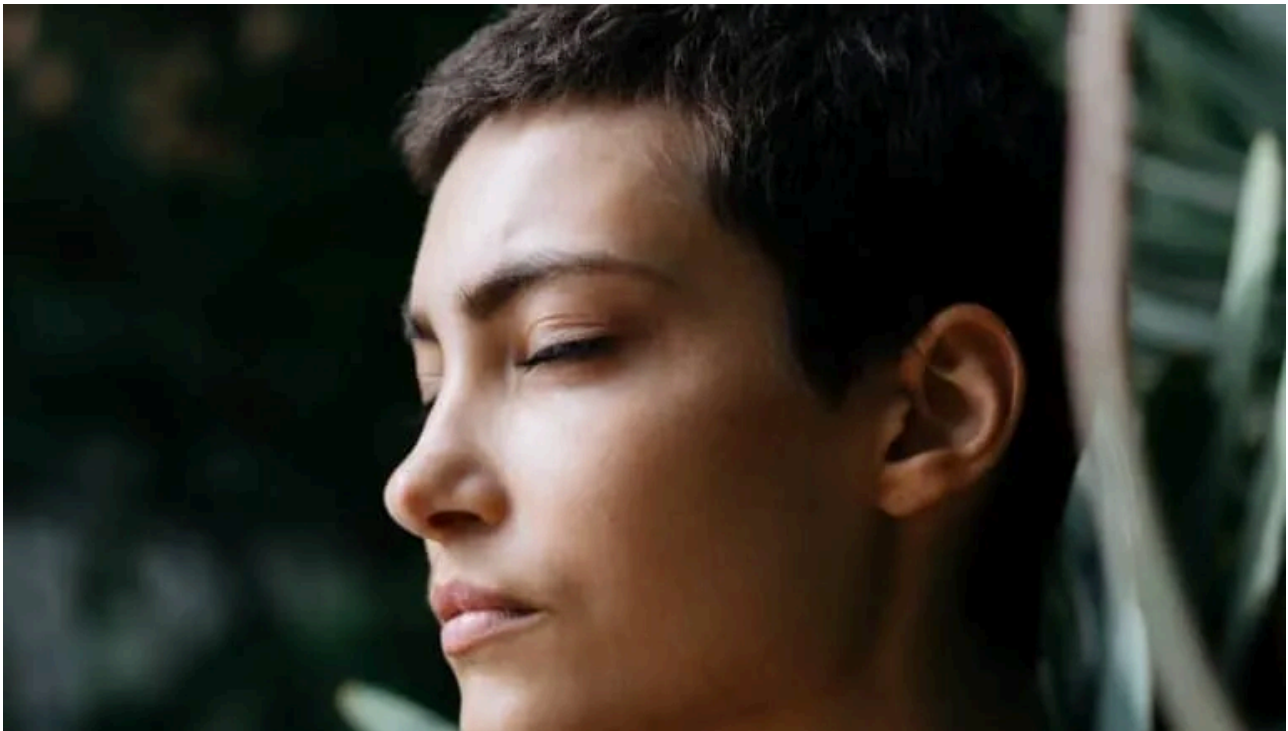
Carers Central is a free service provided by The Disability Resource Centre funded by Luton Council.

The Disability Resource Centre is a registered charity no. 1041712.



[Carer's breaks](#)

You may be able to receive some help that enables you to take some time out from your caring responsibilities...



[How to use mindfulness to help your mental health as a carer](#)

In this article we look how you can use mindfulness to help your mental health and wellbeing. We cover simple exercises with links to free help and support. Plus there's 5 simple ways mindfulness can help improve your mental health and help you to feel less anxious.



Carer's benefits and money

This page provides information about carer's benefits and money, with plenty of links to useful websites and free help for carers, available both locally and nationwide...



[Quick guide to dementia and local support in Luton](#)

Read about dementia and its different forms, diagnostic tests for detecting it early on, available treatments and prevention methods against it. We have included some links to local support groups and organisations for carers in Luton...

Partner links

Information to some of partner organisations

Mind BLMK

If you or someone you know needs urgent or crisis support with their mental health, then Mind BLMK is there for you. The Crisis Café operates 365 days of the year, between 5pm – 11pm and can be contacted during these times via telephone on 01525 722 225.

[See the Mind BLMK website for full details.](#)

Headway Luton

Headway Luton supports people living with an acquired brain injury.

Based in Luton, on Alma Street, the day centre is open five days a week, Monday to Friday from 9am to 3pm. During lockdown they provided online activities and meetings for clients which are still continuing as part of a hybrid service. Visit the [Headway Luton website.](#)

CHUMS

CHUMS Young Carers Service supports children and young people aged 5-25 who are helping to care for someone with a disability, chronic or serious illness, mental health condition, learning difficulty etc. whether that be a parent or sibling. Young carers often experience social isolation because of their responsibilities at home.

Support is offered through group work in schools as well as individual mentoring and monthly drop ins. Service users have the chance to talk about any worries /

difficulties they may be facing and to learn strategies to help them manage these issues.

For further info contact 01525 863924 www.chums.uk.com

Luton Council Autism Team

The Autism Team is currently hosting the parent support groups online.

[See the Luton Council website for full details.](#)

Bedfordshire Fire Service Safe and Well

If you know someone that may be at risk of fire or would benefit from a free home fire safety assessment then call 0800 043 5042 or [complete the form online](#).

ResoLUTiONs

ResoLUTiONs is a free and confidential drug and alcohol service for adults, young people and families in Luton. Anybody can be affected by drug and or/alcohol use, regardless of their ethnicity, religion, beliefs, class, age, sexuality, disability or lifestyle.

They provide: structured treatment interventions; access to pathways to inpatient and community detox and rehabilitation programmes; criminal justice interventions; a hospital liaison service and much more. Call 0800 0546 603.

Alzheimer's Society

If you are concerned about the memory of a loved one, or have recently received a dementia diagnosis, please get in touch with the Dementia Support service for any information, support and advice.'

Alzheimer's Society Dementia Support Luton

Tel: 01582 470910

Email: bedfordshireandluton@alzheimers.org.uk



The Disability Resource Centre

The Rufus Centre, Steppingley Road, Flitwick,
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Charity Number 1041712

[Contact Us](#)