

The Carers Centre LLR – Timetable: March 2024

All of our services are free and available for carers & ex-carers in Leicester, Leicestershire & Rutland. Our groups offer a mix of online and in person sessions with regular extra workshops and events. We can provide support with joining online groups and we have some easy to use 'tablets' for loan if needed.

To join any groups or sessions contact us on:

0116 2510999 or email enquiries@thecarerscentre.org.uk

Date	Day	Time	Group	Title
1 st	Friday	11-12.30	Together We Care Group Carers of Adults	Find out about Admiral Nurses with guest presenter

Date	Day	Time	Group	Title
4 th	Monday	1.30-3.00	Be Well Care Well North Leicestershire	Sound meditation
5 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers	Find out how Care Navigators can help you get support for your child/young person
6 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Find out about Energy Adviser Service at VASL with guest presenter
6 th	Wednesday	7.30-8.30pm	Working Carers Together We Care Group	Coping with judgemental attitudes towards the person you care for
7 th	Thursday	11 – 12.30	Crafty Carers	Zine workshop – small personal booklets/pamphlets
8 th	Friday	11 – 12.30	Together We Care Group Carers of Adults	Easy ways to get physically active

Date	Day	Time	Group	Title
11 th	Monday	1.30-3.00	Be Well Care Well North Leicestershire	Crafted gift tags
12 th	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers	Find out more about ADHD and ADHD Solutions
13 th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire	Consultation: how services in Loughborough can help carers live healthily with guest presenter
14 th	Thursday	11 – 12.30	Crafty Carers	TBC
15 th	Friday	11.00-12.30	Together We Care Group Carers of Adults	Carers Catch-up

Date	Day	Time	Group	Title
18 th	Monday	1.30– 3.00	Be Well Care Well North Leicestershire	Spring walk
19 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers	Parent carers peer support session
20 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Find out about services in Loughborough
21 st	Thursday	11 – 2.00pm	Poetry Pharmacy/Craft Workshop (includes a light complimentary lunch)	Prescribing poems for fellow carers Making pop-up cards
22 nd	Friday	11 – 12.30	Together We Care Group Carers of Adults	Find out about arthritis support

Online sessions are shaded in
pale green