

The Carers Centre LLR – Timetable: September 2023

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	11-12.30pm	Together We Care Group City Carers	Carers Catch-up

Date	Day	Time	Group	Title
5 th	Tuesday	10:30am-2pm	Together We Care Group Parents/Carers of Under 25s	Recuperate & Relax Workshop (This workshop combines 'How to be more effective in meetings,' our Poetry pharmacy plus a Craft activity and a light complimentary lunch)
6 th	Wednesday	10:30-12:00pm	Together We Care Group Loughborough Carers	Find out about Peace of Green
6 th	Wednesday	7.30-8.30pm	Together We Care Group Working Carers	Carers Catch-up online
7 th	Thursday	11-12.30pm	Crafty Carers	Book folding
8 th	Friday	11-1.15pm	Together We Care Group City Carers	When caring becomes controlling plus 'Poetry Pharmacy' (Extended session with a light complimentary lunch)

Date	Day	Time	Group	Title
12 th	Tuesday	10-11.30am	Together We Care Group Parents/Carers of Under 25s	Find out about Supported Employment (guest presenter)
13 th	Wednesday	10.30-12:00pm	Together We Care Group Loughborough Carers	Discover your local Leisure Centre
14 th	Thursday	11-12.30pm	Crafty Carers	Book folding with origami flowers
15 th	Friday	11-12.30pm	Together We Care Group City Carers	Consultation on the Living Well with Dementia Strategy Leicester, Leicestershire and Rutland

Date	Day	Time	Group	Title
19 th	Tuesday	10:30am-12 pm	Together We Care Group Parents/Carers of Under 25s	CPR Training (Trainer East Midlands Ambulance Service)
20 th	Wednesday	10.30am-12pm	Together We Care Group Loughborough Carers	Music for mood
21 st	Thursday	11-12.30pm	Crafty Carers	Pomanders (orange & cloves)
22 nd	Friday	11-12.30pm	Together We Care Group City Carers	Find out about NHS and Care Volunteer Responders (guest presenter)

Date	Day	Time	Project	Session Topic
26 th	Tuesday	10-11.30am	Together We Care Group Parents/Carers of Under 25s	Welfare benefits for carers (guest presenter Community Advice & Law Service)
27 th	Wednesday	10.30am-12pm	Together We Care Group Loughborough Carers	Understanding Anxiety
28 th	Thursday	11-12.30pm	Crafty Carers	Iris Folding
29 th	Friday	11-12.30pm	Together We Care Group City Carers	Movement without judgement: physical activity for carers (with Specialist Renal Research Physiotherapist)

Online sessions are shaded in pale green

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Carers of Leicestershire Advocacy and Support Project
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