

The Carers Centre LLR – Timetable: February 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	Thursday	11 – 12.30	Crafty Carers	Cotton bud painting
2 nd	Friday	11 – 12.30	Together We Care Group Carers of Adults	Find out about 'Energy Adviser Service at VASL' with guest presenter

Date	Day	Time	Group	Title
5 th	Monday	1.30 – 3.00	Be Well Care Well North Leicestershire	Sound meditation
6 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of Under 25s	'NHS consultation on health services for children/young people' with guest presenter
7 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Emergency planning Session 1
7 th	Wednesday	7.30-8.30pm	Working Carers Together We Care Group	Managing Anxiety
8 th	Thursday	11 – 12.30	Crafty Carers	Weaving
9 th	Friday	11 – 12.30	Together We Care Group Carers of Adults	Random acts of kindness

Date	Day	Time	Group	Title
12 th	Monday	1.30 – 3.00	Be Well Care Well North Leicestershire	Printmaking with guest practitioner
13 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of Under 25s	Consultation with guest presenter from Autismscope on improving hospital services for people with autism
14 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Random acts of kindness for fellow carers
15 th	Thursday	11 – 2pm	Crafty Carers and Poetry Pharmacy workshop	Prescribing poems for fellow carers Crafting handmade paper
16 th	Friday	11 – 12.30	Together We Care Group Carers of Adults	Developing positive coping strategies

Date	Day	Time	Group	Title
19 th	Monday	1.30– 3.00	Be Well Care Well North Leicestershire	Journaling for wellbeing
21 st	Wednesday	10.30 – 11.30	Together We Care Group Carers of Adults	Trip to Aylestone Leisure Centre to find out about the Steady Steps Programme for falls prevention
21 st	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Find out about LLR Mind with guest presenter
22 nd	Thursday	11 – 12.30	Crafty Carers	TBC

Date	Day	Time	Group	Title
26 th	Monday	1.30 – 3.00	Be Well Care Well North Leicestershire	Doodling for wellbeing
27 th	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers of Under 25s	Parent Carers Peer Support Session (Loughborough)
28 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Emergency planning Session 2
29 th	Thursday	11 – 12.30	Crafty Carers	Pom-pom Easter rabbits

Online sessions are shaded in pale green