

## The Carers Centre LLR – Timetable: December 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](mailto:enquiries@thecarerscentre.org.uk)**

Date	Day	Time	Group	Title
3 <sup>rd</sup>	Tuesday	10 – 11.30	Together We Care Group <b>Parents/Carers of Under 25s</b>	Understanding and managing low mood, reframing your values and identity through life transitions with Vita Health
4 <sup>th</sup>	Wednesday	10.30 – 12.00	Together We Care Group <b>North Leicestershire Carers</b>	Winter draft excluder craft session with guest presenters from WOW (Warm, Optimistic, Well)
5 <sup>th</sup>	Thursday	11.00 – 12.30	Crafty Carers	Bring and share session
6 <sup>th</sup>	Friday	11.00 – 12.30	Together We Care Group <b>Carers of Adults</b>	Supporting self-care while dealing with the impact of caring with guest presenter from Vita Health

Date	Day	Time	Group	Title
10 <sup>th</sup>	Tuesday	10 – 11.30	Together We Care Group <b>Parents/Carers of Under 25s</b>	Parent carer peer support session
11 <sup>th</sup>	Wednesday	10.30 – 12.00	Together We Care Group <b>North Leicestershire Carers</b>	Managing the inner critic
11 <sup>th</sup>	Wednesday	7.30-8.30pm	Together We Care Group <b>Working Carers</b>	Carer peer support session
12 <sup>th</sup>	Thursday	11.00 – 12.30	Crafty Carers	Making festive cards
13 <sup>th</sup>	Friday	11.00 – 12.30	Together We Care Group <b>Carers of Adults</b>	Movement without judgement: physical activity for carers with guest physiotherapist Dr Hannah Young

Date	Day	Time	Group	Title
17 <sup>th</sup>	Tuesday	10.00 – 11.30	Together We Care Group Parents/Carers of Under 25s	Parent carer peer support session
18 <sup>th</sup>	Wednesday	10.30 - 12.00	Together We Care Group North Leicestershire Carers	Carer support session
19 <sup>th</sup>	Thursday	11.00 – 12.30	Crafty Carers	Festive tree decorations
20 <sup>th</sup>	Friday	11.00 - 12.30	Together We Care Group Carers of Adults	Carer peer support session

Online sessions are shaded in  
pale green