

The Carers Centre LLR – Timetable: October 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	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of U-25s	Meet author and parent Louisa Stanley and find out about her book 'Parenting on a Different Path'
1 st	Tuesday	10.30 – 12.30	Coping with Caring Workshop Coalville	Planning for Emergencies
2 nd	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire Carers	Mental Health workshop with guest presenter from the Adhar Project
2 nd	Wednesday	10.00 – 12.00	Coping with Caring Workshop Online	Planning for Emergencies
3 rd	Thursday	11 – 12.30	Crafty Carers	Toilet roll flowers
4 th	Friday	11 – 12.30	Together We Care Group Carers of Adults	Carer peer support session

Date	Day	Time	Group	Title
8 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of U-25s	Find out what the NHS learnt from their consultation with young people/their families about healthcare with guest presenter from the Integrated Care Board
9 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire Carers	Finding the fun in chores and the everyday with guest presenter
9 th	Wednesday	10.00-12.00	Coping with Caring Workshop Online	Self-compassion
10 th	Thursday	11 – 2.00pm	Poetry Pharmacy & Crafty Carers workshop (light complimentary lunch)	Prescribing poems for fellow carers and making coffee filter flowers
11 th	Friday	11 – 12.30	Together We Care Group Carers of Adults	Find out more about Shama Women's Centre with guest presenter

Date	Day	Time	Group	Title
15 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of U-25s	Embracing self-care as a primary carer with Guest Trainer from Vita Health
16 th	Wednesday	10.30 - 12.00	Together We Care Group North Leicestershire Carers	Find out about NHS Royal Voluntary Service with guest presenter
17 th	Thursday	11 – 12.30	Crafty Carers	Beaded tea light holders
18 th	Friday	11.00 - 12.30	Together We Care Group Carers of Adults	Find out more about University Hospitals of Leicester research study: Personal Agility with guest presenter

Date	Day	Time	Group	Title
22 nd	Tuesday	7.30 – 8.30pm	Together We Care Group Working Carers	Carers peer support session
23 rd	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire Carers	Music for mood – keeping the blues away
24 th	Thursday	11 – 12.30	Crafty Carers	Bring and share session
25 th	Friday	10.30-12.00	Together We Care Group Carers of Adults	Refresh your CPR skills with trainer from East Midlands Ambulance Service NHS Trust

Date	Day	Time	Group	Title
29 th	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers of U-25s	Refresh your CPR skills with trainer from East Midlands Ambulance Service NHS Trust
30 th	Wednesday	10.30 - 12.00	Together We Care Group North Leicestershire Carers	Carers Support Session
31 st	Thursday	11.00 - 12.30	Crafty Carers	Clothes peg tea light holders

Online sessions are shaded in pale green