

## The Carers Centre LLR – Timetable: January 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
5 <sup>th</sup>	Friday	11.00 – 12.30	Together We Care Group <b>Carers of Adults</b>	Nordic Walking

Date	Day	Time	Group	Title
8 <sup>th</sup>	Monday	1.30 – 3.00	Be Well Care Well <b>North Leicestershire</b>	Sound Meditation (Guest presenter)
9 <sup>th</sup>	Tuesday	10 – 11.30	Together We Care Group <b>Parents/Carers of U25s</b>	A DBT approach to more compassionate New Year's resolutions
10 <sup>th</sup>	Wednesday	10.30 – 12.00	Together We Care Group <b>North Leicestershire</b>	Carers Catch-up
10 <sup>th</sup>	Wednesday	7.30-8.30pm	<b>Working Carers</b> Together We Care Group	Carers Catch-up
11 <sup>th</sup>	Thursday	10.45 – 2.00	Crafty Carers Poetry Pharmacy Workshop	This Workshop combines Poetry Pharmacy with a Craft activity making decorated coasters plus a light complimentary lunch
12 <sup>th</sup>	Friday	11 – 12.30	Together We Care Group <b>Carers of Adults</b>	Listening event with University Hospitals of Leicester

Date	Day	Time	Group	Title
15 <sup>th</sup>	Monday	1.30-3.00	Be Well Care Well <b>North Leicestershire</b>	Mindfulness: How to practice compassion and empathy for yourself and others (Guest presenter)
16 <sup>th</sup>	Tuesday	10.30–12.00	Together We Care Group <b>Parents/Carers of U25s</b>	Find out about Menphys Family Support Service, including support with completing DLA/PIP forms
17 <sup>th</sup>	Wednesday	10.30-12.00	Together We Care Group <b>North Leicestershire</b>	A DBT approach to more compassionate New Year's resolutions
18 <sup>th</sup>	Thursday	11.00–12.30	Crafty Carers	Birthday cards
19 <sup>th</sup>	Friday	11.00-12.30	Together We Care Group <b>Carers of Adults</b>	Meet Rob Howard the new Director of Public Health

Date	Day	Time	Group	Title
22 <sup>nd</sup>	Monday	1.30– 3.00	Be Well Care Well <b>North Leicestershire</b>	Mindfulness: How to continue practising in your work/personal life (Guest presenter)
23 <sup>rd</sup>	Tuesday	10.30– 12:00	Together We Care Group <b>Parents/Carers of Under 25s</b>	Listening event with University Hospitals of Leicester
24 <sup>th</sup>	Wednesday	10.30–12.00	Together We Care Group <b>North Leicestershire</b>	Active Healthy Living Project consultation
25 <sup>th</sup>	Thursday	11.00–12.30	Crafty Carers	Tea light holders
26 <sup>th</sup>	Friday	Tbc	Carers Centre Get Together	Tbc

Date	Day	Time	Group	Title
29 <sup>th</sup>	Monday	1.30 – 3.00	Be Well Care Well <b>North Leicestershire</b>	Print your own canvas bag - fabric printing with guest practitioner
30 <sup>th</sup>	Tuesday	10.30 – 12.00	Together We Care Group <b>Parents/Carers of Under 25s</b>	Supporting your child with special needs at the dentist (Guest presenter)
31 <sup>st</sup>	Wednesday	10.30 – 12.30	Together We Care Group <b>North Leicestershire</b>	First Aid Training Session (First Aid Trainer)

Online sessions are shaded in pale green