

The Carers Centre LLR – Timetable: December 2023

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	11.00 – 12.30	Together We Care Group Carers of adults	Find out about 'Hospital Discharge' with Guest Presenter

Date	Day	Time	Group	Title
4 th	Monday	1.30 – 3.00	Be Well Care Well Group North Leicestershire	How to live in the present with guest practitioner
5 th	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers of U25s	Carers Catch-up (Loughborough)
6 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	When caring becomes controlling
6 th	Wednesday	11.00 – 12.30	Poetry Pharmacy Workshop	Poetry Pharmacy with guest poet
6 th	Wednesday	7.30 – 8.30pm	Together We Care Group Working Carers	Carers catch-up
7 th	Thursday	11.00 – 12.30	Crafty Carers	Tree decorations
8 th	Friday	11.00 – 12.30	Together We Care Group Carers of adults	Healthy recipe swap/Carers Catch-up

Date	Day	Time	Group	Title
11 th	Monday	1.30 – 3.00	Be Well Care Well Group North Leicestershire	The ABC of mindfulness with guest practitioner
12 th	Tuesday	10.00 – 11.30	Together We Care Group Parents/Carers of Under 25s	Find out about Kooth well-being service for young people with Guest Presenter
13 th	Wednesday	10.30 – 12.00	Together We Care Group North Leicestershire	Festive get together
14 th	Thursday	11.00 – 12.30	Crafty Carers	Table candle decoration
15 th	Friday	11.00 – 12.30	Together We Care Group Carers of adults	Find out about health improvement/ research about older people with physical and mental health needs with Guest Presenters

18 th	Monday	1.30 – 3.00	Be Well Care Well Group North Leicestershire	Self-care with Complimentary Therapist from Loros
------------------	--------	-------------	---	--

Online sessions are shaded in
pale green