

The Carers Centre LLR – Timetable: November 2023

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	Wednesday	10.30-12.00	Together We Care Group Loughborough Carers	'Keep Warm This Winter' with Guest Presenter
2 nd	Thursday	11.00-12.30	Crafty Carers	Festive Light Jars
3 rd	Friday	11.00-12.30	Together We Care Group City Carers	Find out about social activities in the City with Guest Presenter Give feedback on the new UHL Carers Passport with Guest Presenter

Date	Day	Time	Group	Title
6 th	Monday	1.30-3.00	Be Well Care Well Loughborough	Sound Meditation
7 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of U 25s	'Supporting children/young people with a dual diagnosis of ASD & ADHD' with Guest Presenter from CAMHS
8 th	Wednesday	10.30 – 12.00	Together We Care Group Loughborough Carers	Carers Catch-up with visit from Local Area Co-ordinator
8 th	Wednesday	7.30-8.30pm	Working Carers Together We Care Group	How to be more assertive
9 th	Thursday	11 – 12.30	Crafty Carers	Decorative oyster shells
10 th	Friday	11 – 12.30	Together We Care Group City Carers	'Find out about support District Nurses can provide' with Guest Presenter

Date	Day	Time	Group	Title
13 th	Monday	1.30 - 3.00	Be Well Care Well Loughborough	'How to deal with stress' with Guest Practitioner
14 th	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers of Under 25s	'Practical applications of psychology to bring about change' with Guest Presenter Senior Educational Psychologist
15 th	Wednesday	10.30 - 12.00	Together We Care Group Loughborough Carers	Moving & Handling Awareness with Guest Presenter
16 th	Thursday	11 – 12.30	Crafty Carers	Pop-up festive cards
17 th	Friday	11.00 - 12.30	Together We Care Group City Carers	Carers Catch-up (in person)

Date	Day	Time	Group	Title
20 th	Monday	1.30 – 3.00	Be Well Care Well Loughborough	'Calming the Chattering Mind' with Guest Practitioner
21 st	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of Under 25s	'Support for siblings of autistic children' with Guest Presenter from Autism Hub
22 nd	Wednesday	10.30 – 12.00	Together We Care Group Loughborough Carers	Carers Rights
23 rd	Thursday	11 – 12.30	Crafty Carers	Pop-up festive cards
24 th	Friday	10.30 - 1.00	The Carers Centre Annual General Meeting	AGM/Carers Rights Day Celebration

Date	Day	Time	Group	Title
27 th	Monday	1.30 - 3.00	Be Well Care Well Loughborough	'How to soothe yourself in difficult times' with Guest Practitioner
28 th	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers of Under 25s	'Parenting autistic teens and social communication' with National Autism Specialist
29 th	Wednesday	10.30-12.00	Together We Care Group Loughborough Carers	'What to do when the person you care for is anxious'
30 th	Thursday	11.00 - 12.30	Crafty Carers	Bring your own crafts

Online sessions are shaded in pale green

