

The Carers Centre LLR – Timetable: July 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
3 rd	Monday	2-3.30pm	Together We Care Group Shepshed Carers	Emergency Planning Session 2
4 th	Tuesday	10-11.30am	Together We Care Group Parents/Carers of under 25s	'Why do they keep doing that!?' What keeps harmful behaviours going Presentation from CAMHS
5 th	Wednesday	10.30-12pm	Together We Care Group Loughborough Carers	Gentle exercise with Active Charnwood trainer
5 th	Wednesday	1-2.30pm	Together We Care Group Rutland Carers	Money Management for those we care for
6 th	Thursday	11-12.30pm	Crafty Carers	Leaf printing on paper
7 th	Friday	11-12.30pm	Together We Care Group City Carers	Money Management for those we care for

Date	Day	Time	Group	Title
10 th	Monday	2-3.30pm	Together We Care Group Shepshed Carers	Presentation from Royal National Institute for the Deaf - RNID
11 th	Tuesday	10-11.30am	Together We Care Group Parents/Carers of under 25s	Parent Carers Catch-up
12 th	Wednesday	10.30-12pm	Together We Care Group Loughborough Carers	Recovery College with guest presenter
12 th	Wednesday	1-2.30pm	Together We Care Group Rutland Carers	Services for those with dementia and their carers Presentation from Age UK
13 th	Thursday	11-12.30pm	Crafty Carers	Shaving foam wrapping paper
14 th	Friday	11-12.30pm	Together We Care Group City Carers	CPR Training Presenter – East Midlands Ambulance Service

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Date	Day	Time	Group	Title
17 th	Monday	2-3.30pm	Together We Care Group Shepshed Carers	Carers Catch-up
18 th	Tuesday	2-3.30pm	Caring for Carers Oakham	Well-being Workshop: Coping with Difficult Behaviours
18 th	Tuesday	7.30-8.30pm	Together We Care Group Working Carers	Carers Catch-up
19 th	Wednesday	10.30-12pm	Together We Care Group Loughborough Carers	Carers Catch-up
19 th	Wednesday	1-2.30pm	Together We Care Group Rutland Carers	Carers Catch-up
20 th	Thursday	11-12.30pm	Crafty Carers	Block printed folding fan
21 st	Friday	11-12.30pm	Together We Care Group City Carers	Carers Catch-up

Date	Day	Time	Group	Title
26 th	Wednesday	10.30-12.00	Summer event Loughborough	Nordic Walking with guest walk leader in Loughborough
28 th	Friday	11.00-1.00	Summer event City	Carers Picnic

Online sessions are shaded in pale green

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