

The Carers Centre LLR – Timetable: April 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
8 th	Monday	1.30 - 3.00	Be Well Care Well North Leicestershire	Mini Weaving
9 th	Tuesday	10 - 11.30	Together We Care Group Parents/Carers of U 25s	'Supporting your child/young person with autism and anxiety' with guest presenter
10 th	Wednesday	10.30 - 12	Together We Care Group North Leicestershire	Active Healthy Living Focus Group
10 th	Wednesday	7.30-8.30pm	Together We Care Group Working Carers	Carer Peer Support Session
11 th	Thursday	11 - 12.30	Crafty Carers	Mandala bottle painting
12 th	Friday	11 - 12.30	Together We Care Group Carers of Adults	'Movement without judgement: physical activity for carers' with guest Physiotherapist

Date	Day	Time	Group	Title
15 th	Monday	1.30 - 3.00	Be Well Care Well North Leicestershire	Visit to Sock Gallery art exhibition
16 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of U 25s	Find out about the PALS service in hospitals (Patient Advocacy & Liaison Service) with guest presenter
17 th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire	Trip to Sock Gallery art exhibition
18 th	Thursday	11 – 12.30	Crafty Carers	Glue gun art
19 th	Friday	11 – 12.30	Together We Care Group Carers of Adults	Find out about services from Loros with guest presenter

Date	Day	Time	Group	Title
22 nd	Monday	1.30 - 3.00	Be Well Care Well North Leicestershire	Decorate and grow your own herbs pot
23 rd	Tuesday	10.00 – 11.30	Together We Care Group Parents/Carers of U 25s	Find out about neurodevelopmental assessment and advice with guest Speech & Language Therapist
24 th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire	Easy ways to get physically active
25 th	Thursday	11.00-2.00pm	Poetry Pharmacy & Craft Workshop (includes a light complimentary lunch)	Prescribing poems for fellow carers and Gelli plate printing
26 th	Friday	11.00-12.30	Together We Care Group Carers of Adults	Find out about the PALS service (Patient Advocacy & Liaison Service) with guest presenter

Date	Day	Time	Group	Title
29 th	Monday	1.30– 3.00	Be Well Care Well North Leicestershire	Little acts of kindness walk
30 th	Tuesday	10.30-12pm	Together We Care Group Parents/Carers of U 25s	Parent Carers Peer Support

Online sessions are shaded in pale green