

The Carers Centre LLR – Timetable: October 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	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of Under 25s	'Managing Worry'
4 th	Wednesday	10.30 – 12.00	Together We Care Group Loughborough Carers	'Top tips for Mental Health'
5 th	Thursday	10.30 – 1.00	Be Well Care Well – Launch Loughborough	Trip to woodlands with Peace of Green
5 th	Thursday	11 – 12.30	Crafty Carers	Woven coasters
6 th	Friday	11 – 12.30	Together We Care Group City Carers	'Find out about Dementia Friends' with guest presenter from the Alzheimer's Society

Date	Day	Time	Group	Title
9 th	Monday	2 – 3.30	Be Well Care Well Loughborough	'The importance of Self-care'
10 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of U 25s	Find out about LLR Mind
11 th	Wednesday	10.30 – 12.00	Together We Care Group Loughborough Carers	'Healthy Eating' with guest presenter Public Health Nutritionist
11 th	Wednesday	7.30-8.30pm	Working Carers Together We Care Group	Carers Catch-up
12 th	Thursday	11 – 12.30	Crafty Carers – On line	Woven coasters
13 th	Friday	11 – 12.30	Together We Care Group City Carers	'Top Tips for Mental Health' and 'How to use the NHS App' with guest presenter

Date	Day	Time	Group	Title
16 th	Monday	2 – 3.30	Be Well Care Well Loughborough	Stitch Meditation
18 th	Wednesday	10.30 – 12.00	Together We Care Group Loughborough Carers	How to be more effective in meetings
19 th	Thursday	11 – 12.30	Crafty Carers	Bring your own craft project
20 th	Friday	11 – 12.30	Together We Care Group City Carers	'Live Well' with guest presenter from Leicester Diabetes Centre

Date	Day	Time	Group	Title
23 rd	Monday	2 – 3.30	Be Well Care Well Loughborough	Nordic Walking
24 th	Tuesday	10 – 11.30	Together We Care Group Parents/Carers of Under 25s	Topic to be confirmed...
25 th	Wednesday	10.30 – 12.00	Together We Care Group Loughborough Carers	Healthy Eating Recipe Swap
26 th	Thursday	11 – 12.30	Crafty Carers	Christmas Light Jars
27 th	Friday	11 – 1.15	Together We Care Group City Carers	'Moving and handling Awareness' with Guest presenter plus Poetry Pharmacy (Extended session with a light lunch)

Date	Day	Time	Group	Title
30 th	Monday	2 – 3.30	Be Well Care Well Loughborough	Self-soothing and the senses
31 st	Tuesday	10.30 – 12.00	Together We Care Group Parents/Carers of Under 25s	Support for parents of children with anxieties with Guest Presenter from the Autism Hub (Loughborough)

Online sessions are shaded in
pale green