



July 2022



All of our services are free and available for carers & ex-carers, in Leicester, Leicestershire & Rutland.

Our groups & activities offer a mix of online and 'in person' sessions with regular extra events.

We can provide support with joining online groups if you're new to Zoom and we have some easy to use 'tablets' for loan if you need one.

To join any groups or sessions contact us on:

0116 2510999

enquiries@thecarerscentre.org.uk

www.claspthecarerscentre.org.uk

Time For Me

Join this friendly group of carers on Zoom for laughter, games and chat 3 times a week.

Games Night!

6.30 - 7.30pm: Monday & Wednesday

Games, Quizzes & Carers Cuppa

2.00 - 3.00pm: Every Tuesday

Carers Connected Book Club

Every Thursday at 1.45 – 3.00 on Zoom

This month's book is:

Troubled Blood by Robert Galbraith

Together We Care Groups

ParentCarers of U25's: Tues 10 -11.30am

5th – Surviving the Summer holidays!

12th – Carers Catch Up session



A recent visit to LCFC by our Together we Care Group was a lot of fun and enjoyed by all!

Carers of Adults: Fridays 11 – 12.30am

1st - HealthWatch session – give your views about Dementia Support Services

8th - In person Carers Catch Up in Leicester City

15th – Carers Catch Up

22nd – Carers Catch Up

29th – In person Carers Walk & Chat in Leic' City

Working Carers of Adults: 7 - 8.30pm

Tues - LLR Carers Strategy Consultation

County Carers: Weekly Sessions at Loughborough Wellbeing Centre:

Wednesdays 10.30 - 12.00

6th – What do you need to help your mental wellbeing? And LLR Carers Strategy Consultation

13th – Health Screening Focus group discussion facilitated by Public Health team

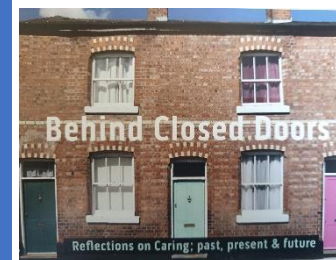
21st – Crafty Carers & Cuppa session

28th - Carers Cuppa & Drop in session

'Behind Closed Doors' Carers Art Installation

To celebrate the Queen's Platinum Jubilee, carers were given the chance to take part in an arts project which reflected on how caring has changed over the last 70 years and how things might look like in future years.

Working with artists from Soft Touch Arts and using audio and visual arts, the project has produced an installation piece that can travel around venues providing a unique insight into how caring takes place 'Behind Closed Doors'.



The installation is available to visit at Soft Touch Arts on New Walk every Wed to Friday lunchtime until August and then will move on to the City Central Library.

Crafty Carers

Online Crafts sessions Thursday 11-12.30

7th - Pop Art

14th - Quilling Animals

21st – Mandala Art

28th - Crafts and natter

In Person Crafty Carers session at the Loughborough Wellbeing Centre.

Wednesday 20th July – 10.30 – 12.00

'Flower Creations'