

The Carers Centre LLR – August 2021: Sessions, Activities & Groups

Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	2nd	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Monday	2nd	6.30 – 7.30	Time for Me	Games Night
Tuesday	3 rd	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	4 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch-Up
Wednesday	4 th	6.30 – 8.30	Time for Me	Games Night
Friday	6 th	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up
Monday	9 th	10.45 – 12.15	Carers caring for carers: Staying well together	Poetry/Creative Writing
Monday	9 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	10 th	10.30- 12.00	Together We Care Group: Carers of Under 25's	Carers Catch Up
Tuesday	10 th	7.00 – 8.30	Together We Care Group Working Carers (Adults)	Carers Rights in Work
Tuesday	10 th	2.00 – 3.00	Time for Me	Pairs
Wednesday	11 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Have Your Say on the LLR (Leicester, Leicestershire, and Rutland) Carers Strategy Review (Spring/Summer 2021)
Wednesday	11 th	6.30 – 7.30	Time for Me	Games Night
Thursday	12 th	11.00 – 12.30	Crafty Carers	Stone Decorating
Thursday	12 th	1.45 – 3.15	Connecting Carers Book Club	Where the Crawdads Sing
Friday	13 th	11.00 – 12.30	Together We Care Group Carers of Adults	Talking Therapies – Information about Vitamins – New Service to Support Your Mental Well-Being
Monday	16 th	6.30– 7.30	Time for Me	Games Night
Tuesday	17 th	10.30- 12.00	Together We Care Group: Carers of Under 25's	Carers Catch-Up
Tuesday	17 th	2.00 – 3.00	Time for Me	Quiz
Wednesday	18 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Have Your Say on the LLR (Leicester, Leicestershire, and Rutland) Carers Strategy Review (Spring/Summer 2021)



Unit 1, New House
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Carers of Leicestershire Advocacy and Support Project
Registered Charity No: 1043956 . Company No: 2994093

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Day	Date	Time	Session/Activity/Project	Theme/Title
Wednesday	18 th	6.30 – 7.30	Time for Me	Games Night
Thursday	19 th	11.00 – 12.30	Crafty Carers	Diamond Painting – Part 1
Thursday	19 th	1.45 – 3.15	Connecting Carers Book Club	Where the Crawdads Sing
Friday	20 th	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up
Friday	20 th	6.30 – 7.30	Time for Me	Games Night
Monday	23 rd	6.30 – 7.30	Time for Me	Games Night
Monday	23 rd	11.00 – 12.00	Information Session	Parkinson's Talk
Tuesday	24 th	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Carers Catch-Up
Tuesday	24 th	2.00 – 3.00	Time for Me	Higher, Lower Card Game
Wednesday	25 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch-Up
Wednesday	25 th	6.30 – 7.30	Time for Me	Games Night
Thursday	26 th	11.00 – 12.30	Crafty Carers	Natter
Thursday	26 th	1.45 – 3.00	Connecting Carers Book Club	Journaling for Well Being
Friday	27 th	11.00 – 12.30	Together We Care Group Carers of Adults	LLR (Leicester, Leicestershire, and Rutland) Carers Strategy
Monday	30 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	31 st	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Carers Catch-Up
Tuesday	31 st	2.00 – 3.00	Time for Me	Spot the Difference



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