

Timetable for The Carers Centre LLR – February 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 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

Date	Day	Time	Group	Title
1 st	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Time to Talk Day – how to tackle difficult conversations
1 st	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Time to Talk Day - how to tackle difficult conversations Plus guest speaker from Peppers
2 nd	Thursday	11:00-12:30	Crafty Carers	Paper Beads
3 rd	Friday	11:00-12:30	Together We Care Group Carers of Adults	Time to Talk Day – how to tackle difficult conversations
6 th	Monday	11:00-1:00	City Creative Caring for Dementia Carers	Communication using a sensory approach
6 th	Monday	1:30-3:00	Together We Care Group Shepshed	Self-care
7 th	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	Time to Talk Day – how to tackle difficult conversations with your children
8 th	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Random acts of kindness
8 th	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	NHS complaints Guest speaker from POHWER
8 th	Wednesday	7.30-8.30pm	Together We Care Working Carers Group	Carers catch up
9 th	Thursday	11:00-12:30	Crafty Carers	Paper beads/Coasters
10 th	Friday	11:00-12:30	Together We Care Group Carers of Adults	NHS complaints Guest speaker from POHWER
13 th	Monday	1:30-3:00	Together We Care Group Shepshed	Recognising your skills as a carer
14 th	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	Getting support for your child in nursery, school or college
15 th	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Services for you and the person you care for in Loughborough
15 th	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Therapeutic use of music

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Date	Day	Time	Group	Title
16 th	Thursday	11:00-12:30	Crafty Carers	Watercolour painting
17 th	Friday	11:00-12:30	Together We Care Group Carers of Adults	Feedback and input into ‘The Carers Pack’ for carers of people with mental health difficulties
20 th	Monday	11:00-1:00	Loughborough Creative Caring for Dementia Carers	Communication using a sensory approach
22 nd	Wednesday	11:00-12:30	Well-Being Session with Leicester Museum and Galleries	Willow weaving workshop (open to parent carers and children/young people) Abbey Pumping Station
22 nd	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Emergency planning: Session 2
22 nd	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Prescribing music for carers
23 rd	Thursday	11:00-12:30	Crafty Carers	Macrame
24 th	Friday	11:00-1:00	Together We Care Group Carers of Adults	Session 4 - Palliative and end-of-life care Guest speaker Loros
27 th	Monday	11:00-1:00	Oakham Creative Caring for Dementia Carers	Communication using a sensory approach
27 th	Monday	1:30-3:00	Together We Care Group Shepshed	Mini mindfulness Activity
28 th	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	‘Why do they keep doing that!?’ understanding what keeps harmful behaviours going’ Guest speaker CAMHS

In-person sessions are shaded in blue-gray