

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

Day	Date	Time	Session/Activity/Project	Theme/Title
Wednesday	1 st	10.15 – 11.45	Together We Care Counties Leicestershire and Rutland Face-to- Face Group	Carers Catch Up
Wednesday	1 st	6.30 – 7.30	Time for Me	Games Night
Thursday	2 nd	11.00 – 12.30	Crafty Carers	Christmas Pick 'n' Mix
Thursday	2 nd	1.45 – 3.15	Connecting Carers Book Club	Dark Tides By Philippa Gregory
Friday	3 rd	11.00 – 12.30	Together We Care Group for Carers of Adults	Memory Box Workshop (Face-to-Face Session)
Monday	6 th	10.45 – 12.00	Carers caring for carers: Staying well together	Chairobics (Chair Exercises to Music)
Monday	6 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	7 th	10.30 – 12.00	Together We Care Group For Parents/Carers of Children and Young People of Under 25	Why Do They Do That? Understanding Behaviours That Cause Harm to Self/Others Guest Speaker: Lill Hotchkiss (Senior Specialist Intellectual Disability Nurse - CAMHS)
Tuesday	7 th	2.00 – 3.00	Time for Me	Christmas Quiz
Wednesday	8 th	10.15 – 11.45	Together We Care Counties Leicestershire and Rutland	How to Recognise and Celebrate Your Strengths
Wednesday	8 th	6.30 – 7.30	Time for Me	Games Night
Thursday	9 th	11.00 – 12.30	Crafty Carers	Christmas Pick 'n' Mix
Thursday	9 th	1.45 – 3.15	Connecting Carers Book Club	Christmas with the Teashop Girls by Elaine Everest
Thursday	9 th	7.00 – 8.30pm	Working Parents/Carers Together We Care Group	Parent/Carer Catch-Up
Friday	10 th	11.00 – 12.30	Together We Care Carers of Adults	Carers Catch-Up
Monday	13 th	2.00 – 3.00	Information Session	Winter Wellbeing Delivered By Lifelinks
Monday	13 th	6.30– 7.30	Time for Me	Games Night
Tuesday	14 th	10.00 – 11.30 SESSION TIME CHANGE	Together We Care Group For Parents/Carers of Children and Young People of Under 25	Intro to New Keyworking Programme (For Young People with a diagnosis of ASD and/or Learning Difficulties aged 11– 18) Guest Speakers: Rebecca/Seth from Barnardo's
Tuesday	14 th	7.00pm – 8.30	Working Carers Together We Care Carers of Adults	Carers Catch- Up
Wednesday	15 th	10.15 – 11.45	Together We Care Group Counties Leicestershire and Rutland	Carers Catch-Up - A Cosy Christmas
Wednesday	15 th	6.30 – 7.30	Time for Me	Games Night
Thursday	16 th	1.00 – 2.00	Connecting Carers Book Club	Creative Writing Face-to-Face Session
Thursday	16 th	11.00 – 12.30	Crafty Carers	Christmas Pick 'n' Mix Face-to-Face Session
Friday	17 th	11.00 – 12.30	Together We Care Group for Carers of Adults	Relaxation



Unit 1, New House
94 New Walk,
Leicester, LE1 7EA
T: 0116 2510999
E: enquiries@thecarerscentre.org.uk
W: www.claspthecarerscentre.org.uk
Carers of Leicestershire Advocacy and Support Project
Registered Charity No: 1043956 . Company No: 2994093

