

February 2022

Together We Care Groups

All 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

Carers of Adults: Fridays 11 – 12.30am

4th Feb - Feedback from Step Up to Great Mental Health Consultation: John Edwards: Leicestershire Partnership Trust

11th Feb - Carers Catch Up

18th Feb - Carers Catch Up

25th Feb - How to Talk so Professionals Listen (Face-to-Face Session in Leicester)

Counties Carer Group: Wed 10 - 11.30am

Wed 2nd – Feedback on The Carers Centre website

Wed 9th - Wills and Trusts

Wed 16th - Carers Breaks

Wed 23rd - Carers Catch Up

Parent/Carers Group: Tues 10 -11.30am

1st Feb - Why Do They Keep Doing That? Understanding What Keeps Harmful Behaviours Going – by CAMHS

8th Feb - Carers Assessments

22nd Feb - Improving Mental Health After Lockdown

Working Parent/Carer Group:7- 8.30pm

Tues 24th Feb - Why do they keep doing that!? Understanding what keeps harmful behaviours going – Feedback from CAMHS Session

Working Carers of Adults: 7 - 8.30pm

Tues 22nd Feb – Carers and 'cared for' Assessments

Carers Caring For Carers: Staying Well Together

Meet other carers at our friendly online groups.

Mon 7th Feb – Mindfulness – **10.45 - 12**

Thur 10th Feb - Poetry Prescribing – **1-2.30pm** in person, meeting at Soft Touch Arts in Leicester City.

Mon 14th Feb – Tai Chi – **10.45 - 12**

Wed 23rd Feb – Drama Group **10.15 - 12**

Mon 28th Feb – Tai Chi – **10.45 - 12**

Mon 7th Feb – **2pm - Information Session**
Time to Talk About Mental Health
by Life Links

Crafty Carers

Crafty Carers is every **Thursday at 11-12.30** and has some great activities this month on Zoom:

3rd Feb - Tin Can Planters

10th Feb - Let's Look At Van Gogh (in person)

17th Feb - Gift Boxes and Tags

24th Feb - Newspaper Gift Bags

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 -3 pm: Tuesday

Carers Connected Book Club

As well as reading and talking about 3 great books, this month we are excited to welcome renowned publisher **William Sieghart (CBE)** to our Book Club. William is founder of The Forward Prizes for Poetry, National Poetry Day, the Forward Arts Foundation and publisher of The Poetry Pharmacy and will be our first ever **Book Club guest speaker**. He will be joining us on Zoom : **Thursday 24th February - 1.45 -3.15pm**