

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

Day	Date	Time	Session/Activity/Project	Theme/Title
Friday	1st	11.00 – 12.30	Together We Care Group (Carers of Adults)	Have Your Say on Primary Care Guest Speaker – Helen Cullinan, Community & Stakeholder Management Officer (Clinical Commissioning Group)
Monday	4 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Chairobics (Chair Exercises to Music)
Monday	4 <sup>th</sup>	6.30 – 8.30	Time for Me	Games Night
Tuesday	5 <sup>th</sup>	11.00 – 12.00	Together We Care Group Parent Carers of Under 25's	Improving Your Wellbeing
Tuesday	5 <sup>th</sup>	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	6 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Carers Leicestershire and Rutland	Have Your Say on Primary Care Guest Speaker: Helen Cullinan, Community & Stakeholder Management Officer from CCG
Wednesday	6 <sup>th</sup>	6.30 – 8.30	Time for Me	Games Night
Thursday	7 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Pick 'n' Mix Christmas Crafts
Thursday	7 <sup>th</sup>	1.45 – 3.15	Connecting Carers Book Club	I am Malala by Malala Yousafzai
Thursday	7 <sup>th</sup>	6.30 – 8.30	Time for Me	Games Night
Friday	8 <sup>th</sup>	11.00 – 12.30	Together We Care Group (Carers of Adults)	Listening Event 'Carers Experience of Hospital Care' With Karl Mayes (Head of Patient & Community Engagement – UHL)
Monday	11 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Poetry/Creative Writing
Monday	11 <sup>th</sup>	6.30 – 8.30	Time for Me	Games Night
Tuesday	12 <sup>th</sup>	10.30 – 12.00	Together We Care Group Parent Carers of Under 25's	Catch Up/Information on Transition
Tuesday	12 <sup>th</sup>	2.00 – 3.00	Time for Me	Scattergories
Wednesday	13 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Carers Leicestershire and Rutland	Carer Catch Up
Wednesday	13 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Wednesday	13 <sup>th</sup>	7.00 – 8.30pm	Working Parent Carers Group	Parent Carers Catch up
Thursday	14 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Pick 'n' Mix Christmas Crafts
Thursday	14 <sup>th</sup>	1.45 – 3.15	Connecting Carers Book Club	Dark Tides by Philippa Gregory
Friday	15 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Catch-Up



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Carers of Leicestershire Advocacy and Support Project  
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Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	18 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Monday	18 <sup>th</sup>	1.00 – 2.00	Information session	Celebrating Black History Month Workshop delivered by Lifelinks
Monday	18 <sup>th</sup>	6.30– 7.30	Time for Me	Games Night
Tuesday	19 <sup>th</sup>	2.00 – 3.00	Time for Me	Pictionary
Wednesday	20 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Carers Leicestershire and Rutland	Emergency Planning – Part 2
Wednesday	20 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Wednesday	20 <sup>th</sup>	2.00 – 3.00	Information session  World Health Day Event	'Mental Health in an unequal world' Workshop delivered by Lifelinks
Thursday	21 <sup>st</sup>	11.00 – 12.30	Crafty Carers	Pick 'n' Mix Christmas Crafts
Friday	22 <sup>nd</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Catch-Up
Monday	25 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Monday	25 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Tai Chi
Tuesday	26 <sup>th</sup>	10.30 – 12.00	Together We Care Group: Parent Carers of Under 25's	Guest Speaker: Speech & Language Therapist Clare Hazeldine (Children's Speech and Language Therapy, Leicestershire Partnership Trust)
Tuesday	26 <sup>th</sup>	2.00 – 3.00	Time for Me	Music Quiz
Wednesday	27 <sup>th</sup>	10.15 – 12.00	Carers caring for carers: Staying well together	Drama with Priscilla
Wednesday	27 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Carers Leicestershire and Rutland	Carers Catch Up
Wednesday	27 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	28 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Natter
Thursday	28 <sup>th</sup>	1.45 – 3.00	Connecting Carers Book Club	Dark Tides by Philippa Gregory
Friday	29 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Strategy LLR Guest Speaker Nic Cawrey (Joint Integrated Commissioning Board Lead Officer Leicester City Council)



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