



March 2022



All of our 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

Together We Care Groups

ParentCarers of U25's: Tues 10 -11.30am

1st - Supporting a Young Person who Self-Harms

8th - Q & A Session with School Nursing Service about Self Harming/School Nursing Service

15th - Q & A Session on Completing DLA/PIP Forms: Presented by Menphys

22nd - Child in Need/Short Break Assessments: Guest Speaker from Children's Social Care

29th - Social Stories

Working Carers of Adults: 7 - 8.30pm

Tues 22nd - Co-producing Services for Carers

Working ParentCarer Group: 7-8.30pm

Thurs 24th - Carers Catch Up

Carers of Adults: Fridays 11 – 12.30am

4th - Q & A Session on Completing DLA/PIP Forms

11th - Carers Catch Up

18th - Safeguarding Adults

25th - Guest Speaker: Health & Well-Being Coordinator at Leicester City Football Club (Face-to-Face Session in Leicester City)

Counties Carers: Wed 10.15-11.30am

2nd - What does it mean to be a carer? In person session at Loughborough Wellbeing Centre

9th - How to be assertive in meetings

16th - Carers Catch Up/Relaxation Techniques

23rd - The Care Act 2014 and how it affects you

Tuesday 8th March – 7 – 10pm

Celebrate International Women's Day with the Alive & Kicking Event at The Century Theatre, Coalville

Carers Caring For Carers: Staying Well Together

Meet other carers and try out one of our health and wellbeing activities, all led by professional tutors in small, welcoming groups.

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

Thur 10th - 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 – Drama Group - **10.15 - 12**

Mon 28th – Tai Chi – **10.45 – 12**

Monday 14th 2 – 3pm on Zoom

Body Image - Information Session by Life Links

Crafty Carers

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

3rd - Tin Can Planters (part 2)

10th - Inspiration Visit to New Walk Museum

17th – Wire Baskets

24th – Let's look at Monet

31st – Watercolour Painting

We are also pleased to launch our monthly In-person **Crafty Carers** sessions at the **Loughborough Wellbeing Centre, Asha House.**

Wednesday 16th March – 11 – 12.30

Welcome Session & Mindfulness Colouring

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

2.00 -3.00pm: Every Tuesday

Carers Connected Book Club

Every Thursday at 1.45 – 3.00

This month the Book Club is finishing **'The Midnight Library'** by Matt Haig and starting to read **'Us Three'** by Ruth Jones