



Timetable for The Carers Centre LLR – November 2022

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	Tuesday	10.00 -11.30	Together We Care Parent Carers of U25's	Listening Event with University Hospitals of Leicester
2 nd	Wednesday	10.30 -12.00	Together We Care North Leicestershire Carers	Listening Event with MP Jane Hunt
3 rd	Thursday	11.00 -12.30	Crafty Carers	Seeds, leaves, nature drawing & printing
4 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Information about the Steady Steps (falls prevention) Programme (Guest speaker)
8 th	Tuesday	10.00 -11.30	Together We Care Parent Carers of U25's	How to be effective in meetings with professionals
9 th	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Carers Drop-in
9 th	Wednesday	1.00 – 2.30	Together We Care Rutland	Launch Event for Together We Care Rutland
9 th	Wednesday	7.30 - 8.30pm	Together We Care Working Carers	Carers Catch-up
10 th	Thursday	11.00 -12.30	Crafty Carers	Wonderfully weird wire
11 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Information about Shared Lives respite (Guest speaker)
14 th	Monday	11.00 – 2.00	Creative Caring for Dementia Carers project	Launch Event for 'Creative Caring for Dementia Carers' Project (Leicester City)

15 th	Tuesday	10.00 -11.30	Together We Care Parent Carers of U25's	Discussion about sessions at Leicester Museums for children and young people (Guest Speaker)
15 th	Tuesday	1.30 – 3.30	Immersion in Sound Event – Leicester Museum Booking Essential	
16 th	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Crafty Carers Face to Face Keyrings, broaches & Xmas tree decorations
16 th	Wednesday	10.15 – 12.15	The Quirky Players Carers Drama Group	A Modern Christmas Carol Ebony Scrooge
16 th	Wednesday	1.00 – 2.30	Together We Care Rutland	Getting to Know You
17 th	Thursday	11.00 – 12.30	Crafty Carers	Crafty lettering
18 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Information about Royal National Institute for Deaf People /Hearing Loss (Guest speaker)
21 st	Monday	11.00 – 2.00	Creative Caring for Dementia Carers project	Launch Event for 'Creative Caring for Dementia Carers' Project (Loughborough)
22 nd	Tuesday	10.00 -11.30	Together We Care Parent Carers of U25's	Role of Speech and Language Therapist in Children and Young People with Autism (Guest speaker)
23 rd	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Carers Drop-in
23 rd	Wednesday	1.00 – 2.30	Together We Care Rutland	Carers Rights Rutland County Council (Guest Speaker)
24 th	Thursday	11.00 – 12.30	Crafty Carers	Textile Brooches /keyrings
25 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Carers Catch-Up
28 th	Monday	11.00 – 2.00	Creative Caring for Dementia Carers project	Launch Event for 'Creative Caring for Dementia Carers' Project (Oakham)
29 th	Tuesday	10.00 -11.30	Together We Care Parent Carers of U25's	Information about Mental Health Support Teams/Strategies to help children's mental well-being (Guest speaker)
30 th	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Carers Drop-in
30 th	Wednesday	1.00 – 2.30	Together We Care Rutland	RISE & Social Prescribers Rutland County Council (Guest Speaker)