

The Carers Centre LLR – January 2022: Sessions, Activities & Groups

Day	Date	Time	Session/Activity/Project	Theme/Title
Tuesday	4 th	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	5 th	10.00 – 11.30	Together We Care Leicestershire and Rutland Group	Carers Catch-Up & Tour of The Carers Centre Website With Jacqui Darlington
Wednesday	5 th	6.30 – 7.30	Time for Me	Games Night
Thursday	6 th	11.00 – 12.30	Crafty Carers	Welcome Back & Show 'n' Tell of Crafts Created Over Christmas
Thursday	6 th	1.45 – 3.15	Connecting Carers Book Club	Shuggie Bain By Douglas Stewart
Friday	7 th	11.00 – 12.30	Together We Care Group for Carers of Adults	How to Talk so Professionals Listen Face-to-Face Session
Monday	10 th	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Monday	10 th	6.30– 7.30	Time for Me	Games Night
Tuesday	11 th	2.00 – 3.00	Time for Me	Pictionary
Tuesday	11 th	10.00 – 11.30	Together We Care Group For Parents/Carers of Children and Young People of Under 25	Self-Compassion and Self-Care
Tuesday	11 th	7.00pm – 8.30pm	Working Carers Together We Care Group Carers of Adults	The Therapeutic Use of Music in Caring for Adults
Wednesday	12 th	10.15 – 12.00	Carers caring for carers: Staying well together	Play reading/ Drama
Wednesday	12 th	10.00 – 11.30	Together We Care Leicestershire and Rutland	Looking at Power of Attorney
Wednesday	12 th	6.30 – 7.30	Time for Me	Games Night
Thursday	13 th	1.45 – 3.15	Connecting Carers Book Club	Shuggie Bain By Douglas Stewart
Thursday	13 th	11.00 – 12.30	Crafty Carers	Design Our Crafty Carers Logo
Friday	14 th	11.00 – 12.30	Together We Care Group for Carers of Adults	Listening Event with University Hospitals of Leicester (UHL)
Monday	17 th	10.45 – 12.00	Carers caring for carers: Staying well together	Chairbics (Chair Exercise to Music)
Monday	17 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	18 th	10.00 – 11.30	Together We Care Group For Parents/Carers of Children and Young People of Under 25	Information about the Local Offer: Guest Speakers from Leicester City, Leicestershire and Rutland
Tuesday	18 th	2.00 – 3.00	Time for Me	Spot the Difference
Wednesday	19 th	10.00 – 11.30	Together We Care Leicestershire and Rutland	Feedback from Recent Primary Care Survey Speaker: Helen Cullinan from CCG

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Day	Date	Time	Session/Activity/Project	Theme/Title
Wednesday	19 th	6.30 – 7.30	Time for Me	Games Night
Thursday	20 th	1.0 – 2.30	Connecting Carers Book Club	Poetry Pharmacy: Face-to-Face Session Reading, Writing & Prescribing Poems
Thursday	20 th	11.00 – 12.30	Crafty Carers	Handmade Cards Face-to-Face Session
Thursday	20 th	7.00 – 8.30pm	Working ParentCarers Together We Care Group	Well-being/Catch-Up
Friday	21 st	11.00 – 12.30	Together We Care Group for Carers of Adults	Speakers from Adult Social Care Your Opportunity to Ask Questions about Assessments
Monday	24 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	25 th	10.00 – 11.30	Together We Care Group For Parents/Carers of Children and Young People of Under 25	Overview of the Mental Capacity Act 2005
Tuesday	25 th	2.00 – 3.00	Time for Me	Quiz
Wednesday	26 th	10.15 – 11.45	Together We Care Leicestershire and Rutland	Carers Catch-Up
Wednesday	26 th	10.15 – 12.00	Carers caring for carers: Staying well together	Play reading/ Drama
Wednesday	26 th	1.30 - 5.30	Leicestershire County Council SEND Local Offer Roadshow For Parents/Carers of SEND Children	Face to face Event The Salvation Army Wigston
Wednesday	26 th	6.30 – 7.30	Time for Me	Games Night
Thursday	27 th	1.45 – 3.15	Connecting Carers Book Club	Shuggie Bain By Douglas Stewart
Thursday	27 th	11.00 – 12.30	Crafty Carers	Drawing Face-to-Face Session
Friday	28 th	11.00 – 12.30	Together We Care Group for Carers of Adults	The Therapeutic Use of Music in Caring for Adults
Monday	31 st	10.45 – 12.00	Carers caring for carers: Staying well together	Tai Chi
Monday	31 st	6.30 – 7.30	Time for Me	Games Night



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