

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

Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	1st	10.45 – 12.00	Carers caring for carers: Staying well together	Chairobics (Chair Exercises to Music)
Monday	1st	6.30 – 7.30	Time for Me	Games Night
Tuesday	2 <sup>nd</sup>	10.30 – 12.00	Together We Care Group For Parents/Carers of Children and Young People of Under 25	Behaviour as Communication
Tuesday	2 <sup>nd</sup>	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	3rd	10.15 – 11.45	Together We Care Group Counties Carers: Leicestershire In Person Group (Coalville)	Introductory meeting In Person Group (Coalville)
Wednesday	3rd	6.30 – 7.30	Time for Me	Games Night
Thursday	4 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Christmas Pick 'n' Mix
Thursday	4 <sup>th</sup>	1.45 – 3.15	Connecting Carers Book Club	Dark Tides By Philippa Gregory
Thursday	4 <sup>th</sup>	7.00 – 8.30pm	Working Parents/Carers Together We Care Group	Supporting Young People Through Puberty
Friday	5 <sup>th</sup>	11.00 – 12.30	Together We Care Group for Carers of Adults	Carers Catch-Up/Managing Stress
Monday	8 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Tuesday	9 <sup>th</sup>	10.30 – 12.00	Together We Care Group Parents/Carers of Children and Young People of Under 25	Information about Vitamins (Well-being Service)
Tuesday	9 <sup>th</sup>	2.00 – 3.00	Time for Me	Hangman
Wednesday	10 <sup>th</sup>	10.15 – 11.45	Together We Care Group Counties Carers Leicestershire and Rutland	Carers Catch-Up/Benefits
Wednesday	10 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	11 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Christmas Pick 'n' Mix
Thursday	11th	1.45 – 3.15	Connecting Carers Book Club	Dark Tides By Philippa Gregory
Friday	12 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults 'In person meeting in Leicester'	Guest Speaker: Roz Birch 'Our Life Inside Ourselves – Where We Find Meaning'



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Carers of Leicestershire Advocacy and Support Project  
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Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	15 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Monday	15 <sup>th</sup>	6.30– 7.30	Time for Me	Games Night
Tuesday	16 <sup>th</sup>	10.30 – 12.00	Together We Care Group Parents/Carers of Children and Young People of Under 25	Parent Carers Catch- Up
Tuesday	16 <sup>th</sup>	2.00 – 3.00	Time for Me	Sudoku
Tuesday	16 <sup>th</sup>	7.00 – 8.30	Working Carers Together We Care Group	Guest: Liz Kendall MP
Wednesday	17 <sup>th</sup>	10.15 – 12.00	Carers caring for carers: Staying well together	Play reading/ Drama
Wednesday	17 <sup>th</sup>	10.15 – 11.45	Together We Care Counties Carers Leicestershire and Rutland	Mental Health Resources
Wednesday	17 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	18 <sup>th</sup>	1.45 – 3.15	Connecting Carers Book Club	Dark Tides By Philippa Gregory
Thursday	18 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Christmas Pick 'n' Mix
Friday	19 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up & Poetry Pharmacy
Monday	22 <sup>nd</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Tai Chi
Monday	22 <sup>nd</sup>	6.30 – 7.30	Time for Me	Games Night
Tuesday	23 <sup>rd</sup>	10.30 – 12.00	Together We Care Group Parents/Carers of Children and Young People of Under 25	Dealing with Food Issues
Tuesday	23 <sup>rd</sup>	2.00 – 3.00	Time for Me	Quiz
Wednesday	24 <sup>th</sup>	10.15 – 11.45	Together We Care Group Counties Carers Leicestershire and Rutland	Carers Rights
Wednesday	24 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	25 <sup>th</sup>	11.00 – 12.30	Carers Rights Day Celebration Event (at Soft Touch Arts, Leicester)	Creative Writing and Crafts
Friday	26 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Rights
Tuesday	30 <sup>th</sup>	10.30 – 12.00	Together We Care Group Parents/Carers of Children and Young People of Under 25	Managing Anxiety in Children/Young People
Tuesday	30 <sup>th</sup>	2.00 – 3.00	Time for Me	Pairs



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