

## Timetable for The Carers Centre LLR – March 2023

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 and we have some easy to use 'tablets' for loan.

To join any groups or sessions contact us on:

**0116 2510999**

**[enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)**

Date	Day	Time	Group	Title
1 <sup>st</sup>	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Therapeutic use of music for the person you care for
1 <sup>st</sup>	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Carers eating well with Guest speaker from Personalised Eating Disorder Support Charity
2 <sup>nd</sup>	Thursday	11:00-12:30	Crafty Carers	Cotton bud painting
3 <sup>rd</sup>	Friday	11:00-12:30	Together We Care Group Carers of Adults	Find out how to reduce your fuel bills with guest speaker from Leicester City Council
6 <sup>th</sup>	Monday	11:00-1:00	Creative Caring for Dementia Carers (Leicester City)	Communicating through music with Leicester Musical Memory Box
6 <sup>th</sup>	Monday	1:30-3:00	Together We Care Group Shepshed	Adult Social Care and other assessments
7 <sup>th</sup>	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	Find out how to reduce your fuel bills guest speaker Leicester City Council
8 <sup>th</sup>	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Care Quality Commission & We All Care Campaign with Guest Speaker
8 <sup>th</sup>	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Understanding anxiety in those we care for
9 <sup>th</sup>	Thursday	11:00-12:30	Creative Wellbeing Workshop	Wool wrapping at New Walk Museum Leicester
10 <sup>th</sup>	Friday	11:00-12:30	Together We Care Group Carers of Adults	Mindful photography workshop at New Walk Museum
13 <sup>th</sup>	Monday	11:00-1:00	Creative Caring for Dementia Carers (Loughborough)	Communicating through music with Leicester Musical Memory Box
13 <sup>th</sup>	Monday	1:30-3:00	Together We Care Group Shepshed	Introduction to self-care
14 <sup>th</sup>	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	Young Carers with guest speakers Leicester City/Leicestershire County Councils
15 <sup>th</sup>	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	How to get better sleep
15 <sup>th</sup>	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	How to get better sleep
15 <sup>th</sup>	Wednesday	7.30-8.30pm	Together We Care Working Carers Group	Carers Catch-up

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Date	Day	Time	Group	Title
16 <sup>th</sup>	Thursday	11:00-12:30	Crafty Carers	Mono printing
17 <sup>th</sup>	Friday	11:00-12:30	Together We Care Group Carers of Adults	How to get better sleep
20 <sup>th</sup>	Monday	11:00-1:00	Creative Caring for Dementia Carers (Oakham)	Communicating through music with Leicester Musical Memory Box
21 <sup>st</sup>	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	'Why do they keep doing that!?' understanding what keeps harmful behaviours going' Guest Speaker CAMHS
22 <sup>nd</sup>	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Music pharmacy – prescribe your music lists – create mix tape box
22 <sup>nd</sup>	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Carers Assessment Self Referral Portal with Guest Speaker from Rutland County Council
23 <sup>rd</sup>	Thursday	11:00-12:30	Crafty Carers	Watercolour landscapes
23 <sup>rd</sup>	Thursday	11:00-12:30	Creative Wellbeing Workshop	Music for Well-being Session at New Walk Museum
24 <sup>th</sup>	Friday	11:00-12:30	Together We Care Group Carers of Adults	Random acts of kindness
27 <sup>th</sup>	Monday	1:30-3:00	Together We Care Group Shepshed	Walking soundscapes – meeting place to be confirmed
28 <sup>th</sup>	Tuesday	10:00-11:30	Together We Care Group Parent Carers of under 25s	Parent Carers Catch-up Sue Young Cancer Care
29 <sup>th</sup>	Wednesday	10:30-12:00	Together We Care Group North Leicestershire Carers	Self-Talk: how self-compassion can help soothe the inner critic
29 <sup>th</sup>	Wednesday	1:00-2:30	Together We Care Group Rutland Carers	Emergency Planning Part 2
30 <sup>th</sup>	Thursday	11:00-12:30	Crafty Carers	Bottle painting
31 <sup>st</sup>	Friday	11:00-1:00	Together We Care Group Carers of Adults	Catch-up Intro to Sue Young Cancer Care

In-person sessions are shaded in grey