

## The Carers Centre LLR – Timetable: May 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 if needed.

**To join any groups or sessions contact us on:**

**0116 2510999 or email [enquiries@thecarerscentre.org.uk](mailto:enquiries@thecarerscentre.org.uk)**

Date	Day	Time	Group	Title
2 <sup>nd</sup>	Tuesday	10-11.30am	Together We Care Group <b>Parents/Carers of under 25s</b>	Supporting young people who self-harm with guest speaker from Harmless
3 <sup>rd</sup>	Wednesday	10.30-12pm	Together We Care Group <b>North Leicestershire Carers</b>	Find out about the Lightbulb Home Gadgets Project with guest speaker
3 <sup>rd</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Understanding 'self-care' and why it is so important
4 <sup>th</sup>	Thursday	11-12.30pm	Crafty Carers	Rock painting
5 <sup>th</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Dealing with Difficult Behaviour whilst Caring

9 <sup>th</sup>	Tuesday	10-11.30am	Together We Care Group <b>Parents/Carers of under 25s</b>	'The lived experiences of an English education on autistic adolescent girls' with guest speaker
10 <sup>th</sup>	Wednesday	10.30-12pm	Together We Care Group <b>North Leicestershire Carers</b>	Dementia Adventure talk 'Understanding Dementia Better' and Carers Catch up
10 <sup>th</sup>	Wednesday	10.30-12.30	<b>Dementia Carers Session</b>	'Understanding Dementia Better Session' with Dementia Adventure
10 <sup>th</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Find out about the Care Quality Commission
11 <sup>th</sup>	Thursday	11-12.30pm	Crafty Carers	Post-it note & pop-up flower cards
12 <sup>th</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Finance – Wills & Trusts with Richard Lockwood (Estate Planning Practitioner)

T: 0116 2510999

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

W: [www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

Carers of Leicestershire Advocacy and Support Project

Registered Charity No: 1043956 . Company No: 2994093

Date	Day	Time	Project	Session Topic
15 <sup>th</sup>	Monday	2-3.30pm	Together We Care Group <b>Shepshed Carers</b>	Find out about Social Prescribing with guest speaker
16 <sup>th</sup>	Tuesday	10.30-1pm	Together We Care Group <b>Parents/Carers of under 25s</b>	Parent Carer Well-being Workshop: Learn about 'Supporting young people who are anxious' from a Sr Educational Psychologist.  Take some time for yourself with a relaxing craft session.
16 <sup>th</sup>	Tuesday	2-3.30pm	'Caring for Carers' Mental Health & Wellbeing Project ( <b>Rutland</b> )	Coping Whilst Caring: how to manage with the stresses of caring
17 <sup>th</sup>	Wednesday	10.30-12pm	Together We Care Group <b>North Leicestershire Carers</b>	'Singing for Wellbeing' with guest speaker from Thrive Singing Café
17 <sup>th</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Find out about Vitamins counselling service with guest speaker
17 <sup>th</sup>	Wednesday	7.30-8.30pm	Together We Care Group <b>Working Carers</b>	How self-compassion can help soothe the inner critic
18 <sup>th</sup>	Thursday	11-12.30pm	Crafty Carers	Crocheting
19 <sup>th</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Find out about Vitamins counselling/therapy service with guest speaker

22 <sup>nd</sup>	Monday	2-3.30pm	Together We Care Group <b>Shepshed Carers</b>	Find out about the RNID with guest speaker
23 <sup>rd</sup>	Tuesday	10-11.30am	Together We Care Group <b>Parents/Carers of U25s</b>	How parents can be kinder on themselves
23 <sup>rd</sup>	Tuesday	12-1pm	Together We Care Group <b>North Leicestershire Carers</b>	Get fit with line dancing with guest instructor
24 <sup>th</sup>	Wednesday	10.30-12pm	Together We Care Group <b>North Leicestershire Carers</b>	Poetry Pharmacy ('Prescribing' poems for well-being)
24 <sup>th</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Intro to gentle exercises with Active Rutland
25 <sup>th</sup>	Thursday	11-12.30pm	Crafty Carers	Crochet
26 <sup>th</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Learn about The Recovery College with guest speaker
31 <sup>st</sup>	Wednesday	10.30-12pm	Together We Care Group <b>North Leicestershire Carers</b>	Me First – ways to prioritise ourselves every day or Mini-gratitude notebooks
31 <sup>st</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Mindfulness led by guest speaker

Online sessions are shaded in pale green