

The Carers Centre LLR – Timetable: September 2024

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

Date	Day	Time	Group	Title
3 rd	Tuesday	10:00-11.30	Together We Care Group Parents/Carers of Under 25s	De-stress after the summer break
4 th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	Find out more about Cancer Awareness with guest presenter
5 th	Thursday	11.00-2.00	Poetry Pharmacy & Crafty Carers workshop (including light lunch)	Prescribing poems for fellow carers/raffia baskets

Date	Day	Time	Group	Title
10 th	Tuesday	10.30-12.30	Coping with Caring Coalville	Workshop 1: carers' rights and entitlements
10 th	Tuesday	10:00-11.30	Together We Care Group Parents/Carers of Under 25s	Mental health support for parent carers with guest presenter from Vita Health
11 th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	Feedback session
11 th	Wednesday	10.30-12.30	Coping with Caring Online	Workshop 1: carers' rights and entitlements
12 th	Thursday	11:00-12.30	Crafty Carers	Vintage tins
13 th	Friday	11:00-12.30	Together We Care Group Carers of Adults	Find out about Tellmi – a new app where you can get support for wellbeing
13 th	Friday	10.30-12:00	Finance workshop	Find out about benefits, reductions in council tax, energy savings etc. with guest presenter from the Community Advice and Law Service

Date	Day	Time	Group	Title
17 th	Tuesday	10.30-12.30	Coping with Caring Coalville	Workshop 2: accessing services and support
17 th	Tuesday	10.00 – 11.30	Together We Care Group Parents/Carers of Under 25s	Find out about referrals into paediatrics with guest presenter from Leicestershire Partnership Trust
18 th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	Nordic Walking with guest walk leader
18 th	Wednesday	10.30-12.30	Coping with Caring Online	Workshop 2: accessing services and support
18 th	Wednesday	7.30-8.30pm	Together We Care Group Working Carers	Carers Catch-up
19 th	Thursday	11:00-12.30	Crafty Carers	Bring & share your own craft project
20 th	Friday	11:00-12:30	Together We Care Group Carers of Adults	Help Public Health shape their communications, with guest presenters
20 th	Friday	10.30-12.00	Legal workshop	Find out about wills, trusts and lasting power of attorney with guest presenter from Silvertime Legal

Date	Day	Time	Group	Title
24 th	Tuesday	10.30-12.30	Coping with Caring Coalville	Workshop 3: creating time for yourself and assertiveness
24 th	Tuesday	10.30–12.00	Together We Care Group Parents/Carers of Under 25s	Find out about Preparing for Adulthood/Local Offer with guest presenter
25 th	Wednesday	10.30–12.00	Together We Care Group North Leicestershire Carers	'Beautiful Blue' cyanotype printing workshop with guest artist
25 th	Wednesday	10.30-12.30	Coping with Caring Online	Workshop 3: creating time for yourself and assertiveness
26 th	Thursday	11:00-12.30	Crafty Carers	Block printing on paper
27 th	Friday	11.00-12.30	Together We Care Group Carers of Adults	An introduction to sleep and some tips to improve it

Online sessions are shaded in pale green