

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

Day	Date	Time	Session/Activity/Project	Theme/Title
Thursday	1 st	11.00 – 12.30	Crafty Carers	Drawing
Thursday	1 st	1.45 – 3.00	Carers caring for carers: Staying well together	Singalong with Kyle
Thursday	1 st	7.00 - 8.30	Together We Care Group Working Parents/Carers	Introduction To This New Group
Friday	2 nd	11.00 – 12.30	Together We Care Group Carers of Adults	Step Up to Great Mental Health Have Your Say about the Mental health Services of the Future
Monday	5 th	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Monday	5 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	6 th	10.30- 12.00	Together We Care Group: Carers of Under 25's	Step Up to Great Mental Health Have Your Say about the Mental health Services of the Future
Tuesday	6 th	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	7 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Listening Event: Your Experience of Telephone and Video Hospital Appointments – Event being run by Head of Patient & Community Engagement, University Hospitals of Leicester NHS Trust
Wednesday	7 th	6.30 – 7.30	Time for Me	Games Night
Thursday	8 th	11.00 – 12.30	Crafty Carers	Quilling Part 2
Thursday	8 th	1.45 – 3.15	Connecting Carers Book Club	Book to be Agreed
Friday	9 th	11.00 – 12.30	Together We Care Group Carers of Adults	Information About the Recovery College/Carers Catch Up
Monday	12 th	11.00 – 12.00	Information Session	Mind Apples with Julian
Monday	12 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	13 th	10.30- 12.00	Together We Care Group: Carers of Under 25's	Carers Catch Up
Tuesday	13 th	2.00 – 3.00	Time for Me	Guess the Film
Wednesday	14 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch Up
Wednesday	14 th	6.30 – 7.30	Time for Me	Games Night
Thursday	15 th	11.00 – 12.30	Crafty Carers	Creating Poetry to respond to the Mental Health Services Consultation
Thursday	15 ^h	1.45 – 3.15	Connecting Carers Book Club	Book to be Agreed
Friday	16 th	11.00 – 12.30	Together We Care Group Carers of Adults	How to Ask for a Care Assessment for the Person You Care For



Unit 1, New House
94 New Walk,
Leicester, LE1 7EA
T: 0116 2510999

E: enquiries@thecarerscentre.org.uk
W: www.claspthecarerscentre.org.uk

Carers of Leicestershire Advocacy and Support Project
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Day	Date	Time	Session/Activity/Project	Theme/Title
Monday	19 th	2.00 – 3.00	Information & Training	Breathe with Ease for Relaxation and Energy
Monday	19 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	20 th	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Carers Catch Up
Tuesday	20 th	2.00 – 3.00	Time for Me	Higher, Lower Card Game
Wednesday	21 st	10.15 – 12.00	Carers caring for carers: Staying well together	Drama with Priscilla – Reading a Play
Wednesday	21 st	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Assertiveness & Boundaries
Wednesday	21 st	6.30 – 7.30	Time for Me	Games Night
Thursday	22 nd	11.00 – 12.30	Crafty Carers	Flower Pressing Part 2
Thursday	22 nd	1.45 – 3.15	Connecting Carers Book Club	Book to be Agreed
Friday	23 rd	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch Up
Monday	26 th	11.00 -12.00	Information Session	Gratitude Workshop by Richmond Fellowship
Monday	26 th	6.30 – 7.30	Time for Me	Games Night
Tuesday	27 th	10.30 – 12.00	Together We Care Group: Carers of Under 25's	Carers Catch Up
Tuesday	27 th	2.00 – 3.00	Time for Me	Hangman
Wednesday	28 th	10.45– 12.00	Carers caring for carers: Staying well together	Clairobics – Chair Exercise to Music
Wednesday	28 th	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch Up
Wednesday	28 th	6.30 – 7.30	Time for Me	Games Night
Thursday	29 th	11.00 – 12.30	Crafty Carers	Natter
Friday	30 th	11.00 – 12.30	Together We Care Group Carers of Adults	How To Be More Active



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