

Every Monday
10.45 – 12.00

Drama group is
monthly on

Wednesday
10.15 – 12.00

All sessions are
online via Zoom



The Carers Centre
LEICESTERSHIRE & RUTLAND

at the heart of caring

'Carers caring for Carers' Staying Well Together

A Fun & Free Project for all unpaid carers
in Leicester City, Oadby & Wigston.

- Are you supporting someone who couldn't manage without your help?
- Are you neglecting your own health or finding it difficult to stay well?

Every week carers get together to join in with activities they've chosen to help to support their wellbeing. Sessions are led by experienced workers who spend time talking about how to manage looking after yourself whilst caring for someone else.

For more information or to join the sessions please call on:
0116 2510999 or email on:
enquiries@thecarerscentre.org.uk

Try one of our weekly sessions:

- Mindfulness
- Tai Chi
- Poetry Reading & Creative Writing
- Chairobics

Or join our friendly monthly Drama Group and read through plays together in a fun atmosphere.

Carers who've taken part tell us:

"I feel like a changed person since attending the sessions"

"I feel that being a carer myself these groups give us time to laugh and meet people. It gives us a sense of wellbeing and we are not alone."

"I feel good afterwards"

"It helps a lot with my mobility"

funded through



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

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

Registered Charity No: 1043956 . Company No: 2994093 .

Affiliated to
CARERS UK
the voice of carers

A Network Partner of
CARERS TRUST