

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

Day	Date	Time	Session/Activity/Project	Theme/Title
Wednesday	1 <sup>st</sup>	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Dementia Awareness
Thursday	2 <sup>nd</sup>	1.45 – 3.15	Connecting Carers Book Club	Book: Alan Carr: 'Look Who It Is'
Friday	3 <sup>rd</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up/ Information About Dementia Cafes
Monday	6 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Chairobics (Chair Exercise to Music)
Monday	6 <sup>th</sup>	6.30 – 8.30	Time for Me	Games Night
Tuesday	7 <sup>th</sup>	10.30 – 12.00	Together We Care Group: Parent/Carers of Under 25's	Information About the Speech and Language Therapy Service
Tuesday	7 <sup>th</sup>	7.00 – 8.30	Together We Care Group Working Carers (Adults)	Topic - TBC
Tuesday	7 <sup>th</sup>	2.00 – 3.00	Time for Me	Carers Cuppa
Wednesday	8 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch-Up
Wednesday	8 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	9 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Drawing
Thursday	9 <sup>th</sup>	1.45 – 3.15	Connecting Carers Book Club	Book - TBC
Friday	10 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Guest Speaker – Rubina Chand from Leicester City Clinical Commissioning Group
Monday	13 <sup>th</sup>	10.45 – 12.15	Carers caring for carers: Staying well together	Poetry/Creative Writing
Monday	13 <sup>th</sup>	6.30– 7.30	Time for Me	Games Night
Tuesday	14 <sup>th</sup>	10.30- 12.00	Together We Care Group: Parent/Carers of Under 25's	Carers Catch-Up
Tuesday	14 <sup>th</sup>	2.00 – 3.00	Time for Me	Music Quiz
Wednesday	15 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Emergency Planning
Wednesday	15 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	16 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Card Making
Thursday	16 <sup>th</sup>	1.45 – 3.15	Connecting Carers Book Club	Book - TBC
Thursday	16 <sup>th</sup>	7.00 – 8.30pm	Together We Care Group: Working Parent/Carers of Under 25's	Support for Carers and Grants
Friday	17 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Recognising Your Skills



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Carers of Leicestershire Advocacy and Support Project  
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Monday	20 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Monday	20 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Mindfulness with Lance
Tuesday	21 <sup>st</sup>	10.30 – 12.00	Together We Care Group: Parent/Carers of Under 25's	Pilot Scheme to Use Rix Wiki: A Digital Communication Tool for SEN Children Guest Speakers: Lindsey Richardson and Janice Richardson from CCG
Tuesday	21 <sup>st</sup>	2.00 – 3.00	Time for Me	Surprise Games
Wednesday	22 <sup>nd</sup>	10.15 – 12.00	Carers caring for carers: Staying well together	Drama with Priscilla
Wednesday	22 <sup>nd</sup>	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Carers Catch-Up
Wednesday	22 <sup>nd</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	23 <sup>rd</sup>	11.00 – 12.30	Crafty Carers	Diamond Painting (Part 2)
Thursday	23 <sup>rd</sup>	1.45 – 3.00	Connecting Carers Book Club	Book - TBC
Friday	24 <sup>th</sup>	11.00 – 12.30	Together We Care Group Carers of Adults	Carers Catch-Up
Monday	27 <sup>th</sup>	10.45 – 12.00	Carers caring for carers: Staying well together	Tai Chi
Monday	27 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Tuesday	28 <sup>th</sup>	10.30 – 12.00	Together We Care Group: Parent/Carers of Under 25's	Carers Catch-Up
Tuesday	28 <sup>th</sup>	2.00 – 3.00	Time for Me	Drawing Quiz
Wednesday	29 <sup>th</sup>	11.00 – 12.30	Together We Care Counties Leicestershire and Rutland	Stress Awareness
Wednesday	29 <sup>th</sup>	6.30 – 7.30	Time for Me	Games Night
Thursday	30 <sup>th</sup>	11.00 – 12.30	Crafty Carers	Natter
Thursday	30 <sup>th</sup>	1.45 – 3.00	Connecting Carers Book Club	Book: TBC



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