

## The Carers Centre LLR – Timetable: April 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
3 <sup>rd</sup>	Monday	2:00 – 3:30	Together We Care Group Shepshed Carers	Lightbulb Home Gadgets Project – Guest speaker
5 <sup>th</sup>	Wednesday	10:30–12:00	Together We Care Group North Leicestershire Carers	Recognising your skills as a carer
5 <sup>th</sup>	Wednesday	1:00 – 2:30	Together We Care Group Rutland Carers	The practicalities of arranging to take a holiday/break
6 <sup>th</sup>	Thursday	11:00–12:30	Crafty Carers	Bottle painting

12 <sup>th</sup>	Wednesday	10:30 -12:00	Together We Care Group North Leicestershire Carers	Introduction to healthy living and gentle exercise with Active Charnwood
13 <sup>th</sup>	Thursday	11:00–12:30	Crafty Carers	Macrame
14 <sup>th</sup>	Friday	11:00–12:30	Together We Care Group Carers of Adults	Photography Well-being Workshop @ New Walk Museum

18 <sup>th</sup>	Tuesday	10:00–11:30	Together We Care Group Parent Carers of Under 25s	Dealing with Sleep Difficulties in Children and Young People
19 <sup>th</sup>	Wednesday	10:30–12:00	Together We Care Group North Leicestershire Carers	Managing worry and rumination
19 <sup>th</sup>	Wednesday	1:00 – 2:30	Together We Care Group Rutland Carers	Lasting power of attorney, inheritance tax – Guest speaker
19 <sup>th</sup>	Wednesday	7:30 8:30pm	Together We Care Group Working Carers	Carers catch up
20 <sup>th</sup>	Thursday	11:00–12:30	Crafty Carers	Block printing on paper
21 <sup>st</sup>	Friday	11:00–12:30	Together We Care Group Carers of Adults	How to reduce your fuel bills – guest speaker

Date	Day	Time	Group	Title
24 <sup>th</sup>	Monday	2:00 – 3:30	Together We Care Group Shepshed	The Singing Café With guest speaker
25 <sup>th</sup>	Tuesday	10:00–11:30	Together We Care Group Parent Carers of Under 25s	Chat Autism With guest speaker
26 <sup>th</sup>	Wednesday	10:30–12:00	Together We Care Group North Leicestershire Carers	The Recovery College With guest speaker
26 <sup>th</sup>	Wednesday	1:00 – 2:30	Together We Care Group Rutland Carers	'Root & Branch Out' Therapeutic Gardening Visit
27 <sup>th</sup>	Thursday	11:00 –2:30	Crafty Carers	Block printing on fabric
27 <sup>th</sup>	Thursday	12:00-1:00	Together We Care Group Young Adult/Student Carers (Loughborough University)	Introductory Session: Come along and find out more about this group
28 <sup>th</sup>	Friday	11:00-12:30	Together We Care Group Carers of Adults	Find out about how to access social care online

In person sessions are shaded in light blue

T: 0116 2510999

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

Carers of Leicestershire Advocacy and Support Project  
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