

## The Carers Centre LLR – Timetable: June 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
1 <sup>st</sup>	Thursday	11-12.30pm	Crafty Carers	Bleeding tissue paper flowers
1 <sup>st</sup>	Thursday	12-2pm	Together We Care Group <b>Young Adult Carers</b>	Journalling and Doodling for Wellbeing
2 <sup>nd</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Making meals on a budget

5 <sup>th</sup>	Monday	2-3.30pm	<b>Carers Week</b> <b>Shepshed Session</b>	Recognising carers contributions
6 <sup>th</sup>	Tuesday	10-11.30am	<b>Carers Week</b> <b>Parent Carers zoom session</b>	Valuing Parent Carers
6 <sup>th</sup>	Tuesday	2-3.30pm	<b>Carers Week</b> <b>Caring For Carers</b> <b>Oakham</b>	Wellbeing workshop: Coping with Difficult Behaviours
7 <sup>th</sup>	Wednesday	2-6pm	<b>Carers Week</b> <b>RCC Council Chambers</b>	Rutland County Council Carers Event
8 <sup>th</sup>	Thursday	11-1pm	<b>Carers Week</b> <b>Celebration Event</b> <b>Belgrave Hall</b>	Recognising Carers: Drop In Celebration Event with activities & refreshments.
9 <sup>th</sup>	Friday		<b>Carers Week</b> <b>Loughborough Carers</b>	Carers Barge Trip (now fully booked)

12 <sup>th</sup>	Monday	2-3.30pm	Together We Care Group <b>Shepshed Carers</b>	NHS Complaints Guest speaker from POhWER
13 <sup>th</sup>	Tuesday	10-11.30am	Together We Care Group <b>Parents/Carers of under 25s</b>	How schools support children with social, emotional and mental health needs
14 <sup>th</sup>	Wednesday	10.30-12pm	Together We Care Group <b>Loughborough Carers</b>	NHS Complaints Guest speaker from POhWER
14 <sup>th</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Find out about the Recovery College with guest speaker
14 <sup>th</sup>	Wednesday	7.30-8.30pm	Together We Care Group <b>Working Carers</b>	Carers Catch-Up
15 <sup>th</sup>	Thursday	11-12.30pm	Crafty Carers	Felted soaps
16 <sup>th</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Have your say about future Carer Support services in the City with guest speaker from Leicester City Council

Date	Day	Time	Project	Session Topic
19 <sup>th</sup>	Monday	2-3.30pm	Together We Care Group <b>Shepshed Carers</b>	Emergency planning: Session 1
20 <sup>th</sup>	Tuesday	10.00-11.30am	Together We Care Group <b>Parents/Carers of under 25s</b>	Transition from children's to adult services
21 <sup>st</sup>	Wednesday	10.30-12pm	Together We Care Group <b>Loughborough Carers</b>	CPR Training Session Guest trainer from East Midlands Ambulance Service
21 <sup>st</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Practical tips on supporting someone with a learning disability
22 <sup>nd</sup>	Thursday	11-12.30pm	Crafty Carers	Making Felted flowers
23 <sup>rd</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Finance Session – Lasting Power of Attorney

27 <sup>th</sup>	Tuesday	10.30-12.15pm	Together We Care Group <b>Parents/Carers of U25s</b>	The stress of parenting a child with SEND
28 <sup>th</sup>	Wednesday	10.30-12pm	Together We Care Group <b>Loughborough Carers</b>	Managing worry and rumination workshop – revisit and reflect
28 <sup>th</sup>	Wednesday	1-2.30pm	Together We Care Group <b>Rutland Carers</b>	Thinking about preparing meals on a budget
29 <sup>th</sup>	Thursday	11-12.30pm	Crafty Carers	Learn about Iris folding
30 <sup>th</sup>	Friday	11-12.30pm	Together We Care Group <b>City Carers</b>	Tips on how to be more assertive and why it can help

Online sessions are shaded in pale green

T: 0116 2510999

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

Carers of Leicestershire Advocacy and Support Project  
Registered Charity No: 1043956 . Company No: 2994093