**LEICESTER CARERS SUPPORT SERVICE**

**DECEMBER 2020 SESSIONS**

**For further information please contact the team:**

**On 0116 2220538 OR email** [**carers@ageukleics.org.uk**](mailto:carers@ageukleics.org.uk)

Each session is designed to offer an informal carer guidance on all aspects of their caring role whether at the beginning of their caring journey or are a long-term carer.

We offer a mixture of activities: quizzes, bingo, craft work & topical discussions.

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| **DAY** | **TIME** | **VIRTUAL CARERS CAFES’ VIA ZOOM!** |
| **ALTERNATIVE MONDAY’S** | **11am**  **(40 minutes)**  **Zoom**  **Session** | **Virtual Carers Café via ZOOM!**  Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad.  **To register your place on the Zoom session with us: -**  **Call 0116 2220538 or email** **[carers@ageukleics.org.uk](mailto:carers@ageukleics.org.uk)** |
| **EVERY**  **TUESDAY** | **2pm**  **(40 minutes)**  **Zoom**  **Session** | **Virtual Carers Café via ZOOM!**  Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad. **To register your place on the Zoom session with us: -**  **Call 0116 2220538 or email** [**carers@ageukleics.org.uk**](mailto:carers@ageukleics.org.uk) |
| **EVERY**  **WEDNESDAY** | **11am**  **(40 minutes)**  **Zoom**  **Session** | **Virtual Carers Café via ZOOM!**  Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad. **To register your place on the Zoom session with us: -**  **Call 0116 2220538 or email** [**carers@ageukleics.org.uk**](mailto:carers@ageukleics.org.uk) |
| **THURSDAY**  **3rd**  **DECEMBER** | **EARLY EVENING SESSION**  **5.20PM**  **(40 MINUTES)** | **Virtual Carers Café via ZOOM!**  Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad. **To register your place on the Zoom session with us: -**  **Call 0116 2220538 or email** [**carers@ageukleics.org.uk**](mailto:carers@ageukleics.org.uk) |
| **WEDNESDAY**  **16TH**  **DECEMBER** | **(40 minutes)**  **Zoom**  **Session** | ***‘Christmas Celebrations’ WITH VIRTUAL BINGO!!***  Carers Café via ZOOM! Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad. **To register your place on the Zoom session with us: -**  **Call 0116 2220538 or email** [**carers@ageukleics.org.uk**](mailto:carers@ageukleics.org.uk) |

log\*PLEASE NOTE VIRTUAL CARERS CAFÉ WILL RESUME ON JANUARY 4TH, 5TH & 6TH\*