



Timetable for The Carers Centre LLR – October 2022

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 if you're new to Zoom and we have some easy to use 'tablets' for loan if you need one.

To join any groups or sessions contact us on:

0116 2510999

enquiries@thecarerscentre.org.uk

www.claspthecarerscentre.org.uk

Date	Day	Time	Group	Title
4 th	Tuesday	10.30 -12.00	Together We Care Parent Carers of U25's	Training Session on Understanding the Sensory Aspects of Autism (Part 2)
5 th	Wednesday	10.30 -12.00	Together We Care North Leicestershire Carers	Carers Catch Up
6 th	Thursday	11.00 -12.30	Crafty Carers	Drawing Activity - If these shoes could talk
6 th	Thursday	11.00 -12.30	Creative Writing & Poetry Pharmacy	Celebrating Libraries Week - Carers Creative Writing Workshop At Leicester Central Library
7 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Looking after your mental health as a carer
11 th	Tuesday	10.30- 12.00	Together We Care Parent Carers of U25's	Looking after your mental health as a carer
12 th	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Carers Drop In
13 th	Thursday	11.00 -12.30	Crafty Carers	Storytelling in silhouette - Drawing with scissors
14 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Carers Catch Up
18 th	Tuesday	10.30- 12.00	Together We Care Parent Carers of U25's	NO SESSION HALF TERM HOLIDAY
19 th	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Crafts and Drop In Session – Wonderfully weird wire! Seeds and Pod inspired wire work
19 th	Wednesday	10.15 – 12.15	The Quirky Players Carers Drama Group	The Hysterical History of Cleopatra Online Play Reading
20 th	Thursday	11.00 – 12.30	Crafty Carers	Light the way – Lantern Making
21 st	Friday	11.00 – 12.30	Together We Care Carers of Adults	Integrated Care Board – Accessing GP Services
25 th	Tuesday	10.30 - 12.00	Together We Care Parent Carers of U25's	Reducing the Over Medication of People with a Learning Disability/Autism
26 th	Wednesday	10.30 – 12.00	Together We Care North Leicestershire Carers	Carers Drop In
27 th	Thursday	11.00 – 12.30	Crafty Carers	Peculiar Pumpkins – Still-life drawing
28 th	Friday	11.00 – 12.30	Together We Care Carers of Adults	Carers Matters in Palliative and End of Life Care (Session 3) Delivered by Loros