

Timetable for The Carers Centre LLR – January 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 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

	Day	Time	Group	Title
4th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	Self-Compassion as Self-Care
4th	Wednesday	1.00-2.30	Together We Care Group Rutland	Looking after your Physical and Emotional Health
6th	Friday	11.00-12.30	Together We Care Carers of Adults	The Therapeutic Use of Music in Caring for Adults
10th	Tuesday	10.00-11.30	Together We Care Group Parents Carers of under 25s	Find out about ADHD and ADHD Solutions – Guest Speaker
11th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	Adult Social Care & Other Assessments
11th	Wednesday	1.00-2.30	Together We Carer Group Rutland	Identifying Your Skills
11 th	Wednesday	7.30-8.30pm	Together We Care Group Working Carers	Carers Catch up
13 th	Friday	11.00-12.30	Together We Care Carers of Adults	Tax, Care and the New Guy Guest Speaker - Silvertime Legal
16th	Monday	11.00-1.00	Creative Caring for Dementia Carers	Memory Boxes
17 th	Tuesday	10.00-11.30	Together We Care Group Parents Carers of under 25s	Why do they do that? Understanding behaviours that cause harm to self/ others Guest Speaker – CAMHS

18th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	An introduction to Mindfulness
18th	Wednesday	1.00-2.30	Together We Care Group Rutland	Self-Advocacy Skills
20th	Friday	11.00-12.30	Together We Care Carers of Adults	Emergency Planning
24 th	Tuesday	10.00-11.30	Together We Care Group Parents Carers of under 25s	Bringing the voices of children, young people, their families into the NHS Guest speaker - Integrated Care Board
25th	Wednesday	10.30-12.00	Together We Care Group North Leicestershire Carers	Emergency Planning
25th	Wednesday	1.00-2.30	Together We Care Group Rutland	Emergency Planning
27th	Friday	11.00-12.30	Together We Care Carers of Adults	Carers Matters in Palliative and End of Life Care Session 3 Guest speaker - Loros
31st	Tuesday	10.00-11.30	Together We Care Group for Parents/Carers of Children and Young People under 25s	Identifying your strengths as parents

In person sessions are shaded in blue