



Carers Groups July 2024



Mondays 1-2pm **Online Carers Café**

A regular virtual get together, to chat with other carers, to share and learn from each other

- 1st - Carers Virtual Café
- 8th - Carers Virtual Café
- 22nd - Carers Virtual Café
- 29th - Carers Virtual Café



Zoom Meeting ID: 82149114004
Passcode: Carer

Tuesdays 1-3pm **Carers Café**

at Clarence House, Age UK

Meet and socialise with other carers, including mindfulness and meditation

- 2nd - Diabetes Quiz
- 9th - Picnic at Abbey Park
- 16th - Social Meet Up & Meditation
- 23rd - Group meal out (TBC)
- 30th - Buddhist centre meditation

Wednesdays 10-12pm **Carers Café**

at Clarence House, Age UK,

Weekly sessions continue at Clarence House, with regular opportunities to chat and spend time with others.

- 3rd - Introduction to sound bath with Kay Rose from Grounded sound
- 10th - Creative session
- 17th - John Lewis café
- 24th - State of Caring Survey 2024
- 31st - Q&A session about getting paid support for your loved one

Saturday 13th July 9-10.30am **Park Run (or brisk walk)**

Meet others for a friendly walk and talk, using the established Park Run event at Victoria Park as a reason to get up and out early on a Saturday morning.

Call 0116 222 0538 for more information and to get involved.



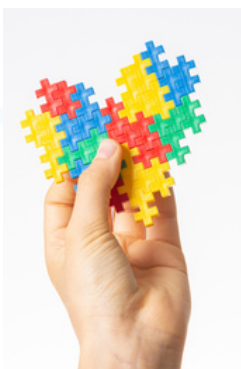
Thursday 11th July 10-11.30am

Neurodiversity Peer Support Group

At: Clarence House, Age UK, Humberstone Gate, Leicester, LE1 3PJ

A friendly, relaxed group for carers looking after a young person or adult with ASD, ADHD and other neuro-diverse conditions.

Led by a Carer Support Worker for specialist support and advice.





Good News

We are absolutely delighted to let you know that we have recently been awarded a new contract to provide a Carers Support Service for the next three years.

Our new **Leicester Carers Support Service**, which is due to commence on Monday 1st July 2024, will continue to offer one to one support for carers living locally as well as a programme of groups, carer learning, events and outings.

In addition, we will be running outreach sessions throughout the City, producing new leaflets and posters, establishing a Carers Panel and developing a dedicated website for carers.

Look out for further details in our next newsletter.

State of Caring 2024



Carers UK launched their State of Caring 2024 survey this week, Please complete the survey yourself or encourage carers that you may know to take part.

Please note that this survey is only for unpaid carers (or former unpaid carers) who are looking after a disabled, older or seriously ill relative or friend.

The survey closes on 11 August and Carers UK will publish the results later this year.

Please see the link below which takes you to the survey

[https://www.surveymonkey.com/r/C2X35TM?
utm_source=Carers%20UK&utm_medium=email&utm_campaign=14531051_State%20of%20Caring%20survey%202024%20-%20Professionals&dm_i=74C,8NG8B,VKGJ0E,ZW324,1](https://www.surveymonkey.com/r/C2X35TM?utm_source=Carers%20UK&utm_medium=email&utm_campaign=14531051_State%20of%20Caring%20survey%202024%20-%20Professionals&dm_i=74C,8NG8B,VKGJ0E,ZW324,1)



For more details call 0116 222 0538