

Carers Groups June 2024



Mondays 1-2pm **Online Carers Café**

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

- 6th - Carers Virtual Café
- 13th - Carers Virtual Café
- 15th - Carers Virtual Café
- 20th - Carers Virtual Café & Summer Quiz
- 27th - 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

- 4th - Carer's Café
- 11th - Carers Week map quiz
- 18th - Quiz on Diabetes
- 25th - Social Meetup & 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.

- 5th - Carers trip to Burghley House
- 12th - Summer celebration at Abbey Park
- 19th - How sound therapy can support caring
- 26th - John Lewis café

Saturday 1st June 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.



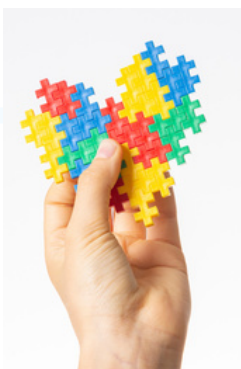
Thursday 13th June 10-11.30am

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.



Carers trip to **BURGHLEY HOUSE, STAMFORD**

Free flow visit to the gardens



On Wednesday 5th June 2024

10 am leave Age UK Clarence House
Bring a packed lunch and drink
Returning by 4pm
Carers free, cared for to pay £20

For unpaid family carers living in Leicester City

To book a place, call us on 0116 222 0538

Carers Week Summer Celebration in **ABBEY PARK, LEICESTER**



On Wednesday 12th June 2024

10:30am - 1:30pm - At Abbey Park Education Centre
Abbey Park Road, Leicester, LE4 5AQ

10:30-11am - Coffee, tea, biscuits

11-12am - Seated group south bath for relaxation
Join Kay of Grounded Sound for an hour of deep relaxation to let your body receive the rest it needs.

Some of the profound healing benefits of sound include reduced stress and anxiety, emotional release, improved sleep quality and release of 'happy hormones' into the body.

Bring a cosy scarf or light blanket to wrap yourself up in.

12am-1pm - Indian vegetarian buffet

1-1:30pm - Mindfulness walk

To book a place, call us on 0116 222 0538

We'd love you to join Leicester Carers Support Service in putting carers on the map!

Please see our poster, which is full of things to get involved with during the Carers Week.

