



Mondays 1-2pm **Online Carers Café**

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

3rd - Carers Virtual Café

10th - Falls Prevention

17th - Carers Virtual Café

24th - Carers Virtual Café

Click here to join

Zoom Meeting ID: 82149114004

Passcode: Carer



Tuesdays 1-3pm **Carers Café**

at Clarence House

Have a break with other carers, including mindfulness and meditation

4th - National Westminster Bank - Cost of Living talk

11th - Herb Restaurant

18th - Quiz & Meditation

25th - Social Bingo & Meditation

Wednesdays 10-12pm **Carers Café**

at Clarence House

Join other carers in the Conference room for a cosy way to unwind..

5th - National Westminster Bank - Fraud and Scams talk

12th - National Westminster Bank - Cost of Living talk

19th - Arts and crafts or Outing (Depending on weather)

26th - Coffee Morning - Meet at John Lewis cafe
10:00am

Thursdays 7-8pm

Online Working Carers Café

Carers Support Team at Clarence House is inviting you to a scheduled Zoom meeting

7th - Carers Virtual Café

21st - Carers Virtual Café

Open discussions and Carer Learning
Let us know what you would like to learn more about!

Click here to join

Zoom Meeting ID: 882 5530 2474

Passcode: 073364



Thursday 13th February 10-11.30am **Neurodiversity Peer Support Group**

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



A 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.

Saturday 1st February **10.00am**

Park Run (Brisk walk)

Meet others at the War Memorial for a friendly 1 mile long walk and talk, at Victoria Park, Leicester.

Come and get up and out early on a Saturday morning, with coffee afterwards.

Call 0116 222 0538
to get involved



Hospital Discharge Grants for Carers



The Hospital Discharge Grant for Carers scheme can help carers support the person who has been discharged from hospital.

Are you a carer?

If you are aged 18+ and look after, help, or support an adult who wouldn't be able to manage everyday life without your help, and you're not employed to do it, then you are an unpaid carer.

- Does the cared for person live in Leicestershire or City of Leicester?
- Have they been discharged from hospital in the last 2 weeks?
- Have you incurred any additional costs linked to their discharge from hospital? For example - cleaning, housework, short-term sitting service, carer's loss of income due to time off work

If 'YES' you may be entitled to a contribution towards the additional costs for carers when someone is discharged from hospital.

Please note this is a one-off grant for carers looking after residents in Leicestershire or City of Leicester and is only applicable to discharges from 3 February 2025.

Carers can apply within 2 weeks of discharge from hospital by completing an online application form for the area the cared for person lives in.



If the cared for person lives in the County of Leicestershire
www.supportforcarers.org/hospital-discharge-grant

Email: maureen@supportforcarers.org

Call: Support for Carers on 01858 468 543

If the cared for person lives in the City of Leicester

<https://shorturl.at/9De80> (Links to Age UK Leicester, Leicestershire and Rutland)

Email: carers@ageukleics.org.uk Call: Leicester Carers Support Service - Age UK Leicester, Leicestershire and Rutland on 0116 222 0556



Or speak to your health and social care professional who can help complete the form on your behalf. Alternatively, if you require support to complete the application, please contact the relevant organisation shown above.

Grant applications can be made from 3 February 2025.