



## **Mondays 1-2pm** **Online Carers Café**

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

3rd - Emergency & Contingency Planning  
10th - Carers Virtual Café  
17th - Carers Virtual Café  
24th - Carers Virtual Café  
31st - 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 - Quiz/Meditation  
11th - Bingo & Social (in the Skye Room)  
18th - Tapping & Meditation  
25th - Bingo & Social

## **Wednesdays 10-12pm** **Carers Café**

at Clarence House

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

5th - Indoor games  
12th - Arts & Crafts  
19th - Outing (TBC)  
26th - Coffee Morning - Meet at John Lewis Café

## **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 March 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 March** **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





# Seasons Café

Clarence House



Come and have a bite to eat and enjoy a free cup of tea or coffee on us



Show your carer's passport to unlock even more benefits  
The Carers Passport is recognised and is kindly being supported here

**Free Cup of tea or coffee on presentation of your carers passport.  
(Not fresh coffee)**

## WE NEED YOU!



## MALE CARER'S WANTED!

To set up a new male carer's support group.

If interested:

Call: 0116 222 0538 (Ask for Dave)

Email: [carers@ageukleics.org.uk](mailto:carers@ageukleics.org.uk)



**Parent  
Carer  
Support  
Group  
of children  
under 25**

**Starting  
March 20th 2025  
10am-12pm**

**In the  
Bradbury Centre  
Then every 3rd Thursday of the month  
(Free Refreshments)**

**For More Information,  
Call us: 0116 222 0538**

**Email: [carers@ageukleics.org.uk](mailto:carers@ageukleics.org.uk)**