



Carers Groups December 2024



Mondays 1-2pm

Online Carers Café

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

- 2nd - Carers Virtual Café
- 9th - Carers Virtual Café
- 16th - Carers Virtual Café & Christmas Quiz
- 23rd - 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
- 3rd - Bingo & meditation
- 10th - Sitting exercises & Bingo
- 17th - Christmas Get Together - Food, Drinks & Music & Games - Everyone Is Welcome
- 24th Christmas Eve (closed)
- 31st New Years Eve (closed)

Wednesdays 10-12pm

Carers Café

Join us in the conference room, for a cosy way to unwind. Just drop in...

- 4th - Walk around Leicester Christmas Market followed by brunch at Crispy Dosa on Gallowtree Gate if interested contact us - 10am-12pm
- 11th - Join us for Festive Crafts, Hot Chocolate mince pies 10am-12pm
- 18th - Leicester Carers Support Service Christmas Party - Music, Games, Food - 12 - 3pm

NEW Thursdays 7-8pm

Online Working Carers Café

- 5th - Carers Virtual Cafe
- 19th - Carers Virtual Cafe



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 12th December 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 7th December 10.00am

Park Run (Brisk walk)

Meet others 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



Dear Carers,

As the festive season fast approaches, we at The Leicester Carers Support Service want to take a moment to express our heartfelt gratitude for the incredible dedication, compassion, and strength you demonstrate every day in your role as a carer.

Your commitment to supporting your loved ones is truly inspiring and deeply valued.

Thank you for trusting us to be a part of your journey and allowing us to support you in the incredible work that you do, and we look forward to continuing to do so in the coming year.

We wish you and your loved ones a joyous and peaceful Christmas filled with moments of rest, laughter, and love.

May the New Year bring hope, health, and happiness to you all.

Warmest wishes from all the team,

The Leicester Carers Support Service

**Christmas Holiday Closures
Clarence House Will Be Closed**

From 24th December - ReOpen on 2nd January 2025

Looking for Carers to join our new Carers' Co Production Panel



To ensure carers views are at the heart of what we do, we are setting up a Carers' Co Production Panel.

If you are registered with us, as a carer, we would love you to be involved, to give your ideas and expertise to shape the service. We want to meet the needs of all our carers, wherever they are on their caring journey and with their different cultural experiences of caring, so please get involved.

- Help us to identify gaps and to monitor how we are doing
- Help to design leaflets and information packs
- Help to plan events and carer learning sessions
- Help to arrange "open listening events" each year.

There will be 4 meetings a year, please ring us if you are interested on 0116 2220538



Carers Christmas Party 18th December 12pm - 3 pm In the Conference Room

Join us for a festive celebration at our Christmas Party! It's the perfect opportunity to unwind, enjoy some holiday cheer, and connect with fellow carers in a relaxed and joyful atmosphere, with delicious food, delightful entertainment, and plenty of laughter.

Whether you're new to our caring community or have been with us for years, this is a wonderful chance to share stories, create memories, and simply have fun.



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We look forward to seeing you

