



Carers Groups January 2025



Mondays 1-2pm **Online Carers Café**

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

6th - Carers Virtual Café
13th - Carers Virtual Café
20th - Carers Virtual Café
27th - 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

7th - Clarence House Social, Bingo & Meditation
14th - Rob Whaley - Natwest Bank - How to recognise financial scams & protect from these/Clarence House
Sitting Exercises, Meditation & Tapping
21st - Clarence House Quiz & Meditation
28th - Lunch out (Venue Pending)

Wednesdays 10-12pm **Carers Café**

at Clarence House

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

8th - Wednesday Carers Cafe - Post Christmas Catch Up
Discussion around care & Safeguarding
15th - Wednesday Carers Café - Craft Session
22nd - Coffee Morning - Meet at John Lewis cafe. 10.00am
29th - Wednesday Carers Cafe - Bus Trip to University of Leicester Botanical Gardens - Meet at Clarence House at 10.00 - Dont forget your bus pass !

Thursdays 7-8pm **Online Working Carers Café**

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

9th - Carers Virtual Café
23rd - 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 16th January 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 11th January **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



Carers Learning Sessions

All sessions are for 1 hour and are interactive

Financial Planning

Welfare and Benefits

Practical Advice

Assertiveness
Carers Awareness
Caring for Caregivers
Caring with Confidence
Dementia
First Aid
Safeguarding
Mental Health First Aid
Neurodiversity
New to being a Caregiver
Safe moving and Handling

Thinking Ahead

Emergency Contingency Planning
End of Life
How to access Adult Social Care
Lasting Power of Attorney
Post-Death
Self-advocacy
Wills and Legacies

Time For Me

Healthy Eating
Looking after yourself
Mindfulness
Parental Wellbeing

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

Do you care for someone with two or more long-term health conditions?



Would you like to help test a healthcare programme that helps you, and your loved one to feel better, be stronger, more active, and independent?



"We are looking for carers to participate in a 'think aloud' interview as part of the PERSONAL-AGILITY study.

Whats involved?

- We will ask for your consent to take part and for you to complete three short questionnaires
- The interview will last about one hour and can be conducted online or face-to-face, based on your preference.
- Participants will receive a £20 reward for participating. We can also cover caring costs up to £15 per hour, and travel expenses (as needed) up to £25
- For more information (without obligation to take part) please see the attached leaflet, webpage or email hannah.young@uhl-tr.nhs.uk or call 0116 2584323"