



# Carers Groups November 2024



## **Mondays 1-2pm**

### **Online Carers Café**

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

- 4th - Carers Virtual Café
- 11th - Carers Virtual Café
- 18th - Carers Virtual Café
- 25th - 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

- 5th - Sitting exercises & meditation
- 12th - Social, Bingo & Meditation
- 19th - Quiz & Meditation
- 26th - Lunch at Shirmilee

## **Wednesdays 10-12pm**

### **Carers Café**

at Clarence House

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

- 6th - Keeping Warm This Winter - Benefit Check, Pension Credit, Warm & Wise
- 13th - Craft Session
- 20th - November Quiz/Board Games
- 27th - Indoor Games



## **Thursdays 7-8pm**

### **Online Working Carers Café**

- 7th - Carers Virtual Café
- 14th - Carers Virtual Café
- 21st - Carers Virtual Café
- 28th - Carers Virtual Café

Open discussions and Carer Learning

Click here to join Zoom Meeting ID: 882 5530 2474

Passcode: 073364



## **Thursday 14th November 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 2nd November**

**9-10.30am**

### **Park Run (Brisk walk)**

Meet others for a friendly 3 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





# Information Event

In celebration of Carers Rights Day, come along to find out more about what support is available to you if you are carer in Leicester


Thursday 21st November  
2:00pm - 4:00pm


Great Hall, Age UK Leicester shire & Rutland, Clarence House, 46  
Humberstone Gate, Leicester LE1 3PJ

Events taking place include:

- Speakers
- Sound Bath
- Benefits Advice
- Carers Rights Day Information
- Craft Sessions
- Mindfulness

For more details and to register your interest, please contact us:

 0116 222 0538

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

