



Carers Groups April 2024



Mondays 1-2pm

Online Carers Café

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



1st - Bank Holiday
8th - Carers Virtual Café
15th - Carers Virtual Café & Spring Quiz
22nd - Carers Virtual Café
29th No Zoom

Zoom Meeting ID: 82149114004

Passcode: Carer

Tuesdays 1-3pm

Carers Café

at Clarence House, Age UK

Meet and socialise with other carers, including mindfulness and meditation

2nd - Bank Holiday
9th - Tropical Birdland Trip
16th - Relaxation Session
23rd - Coping with loss as a carer
30th - Social & Bingo

Wednesdays 10-12pm

Carers Café

at Clarence House, Age UK,

Weekly sessions continue at Clarence House, with regular opportunities to chat and spend time with others.

3rd - Self-Compassion (Learn to love yourself)
10th - Learn how to use NHS App
17th - Meal out
24th - John Lewis, Quiz

Wednesdays 7-8pm

Online Evening Carers Café

Take some time out to chat to other carers, with a carers support worker for out-of-hours information and advice



3rd - Working carer's rights
17th - Sharing tips for caring
Zoom Login: 845 3162 3933
Passcode: Carer



Thursday 11th April 10-11.30am

Neurodiversity Peer Support Group

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

A friendly, 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 6th April 9-10.30am

Park Run (or brisk walk)

Meet others for a friendly walk and talk, using the established Park Run event at Victoria Park as a reason to get up and out early on a Saturday morning.

Call 0116 222 0538 for more information and to get involved.



Carers trip to **TROPICAL BIRDLAND DESFORD**

On Tuesday 9th April 2024

**Leaving at 10.15am from AGE-UK
46 HUMBERSTONE GATE LEICESTER LE1 3PJ
Returning by 4pm**

**Funded by Carefree for unpaid family carers
living in Leicester City**

**To book a place, email: carers@ageukleics.org.uk
With BIRD TRIP in the message title**

Or Call Us: 0116 222 0538



Carefree

**0116 222 0538
Call to be referred**

Short breaks with free accommodation

Carefree, a charity working with hotels, transforms their vacant rooms into vital breaks for unpaid carers. As partners we can refer registered carers for a break.

How does it work?

Breaks are usually for 2 nights and include free accommodation and breakfast for you and a companion in a twin or double room.

Am I eligible?

To qualify for a break, you must be:

- Aged 18 or over
- A full-time unpaid carer (30 hours +)
- Able to arrange interim care
- Able to pay for extras (transport, food, etc)
- Breaks are for you the carer, and you are welcome to take a companion, who isn't the person that you care for.

**Our Carefree scheme can now contribute up to £250 towards
a break or day trip which you arrange yourself.**

**This funding is available until 30th June 2024, so please
contact us for more details.**