



# Carers Groups January 2024



## **Mondays 1-2pm**

### ***Online Carers Café***

Weekly Zoom sessions providing a regular virtual get together, to chat with other carers, to share and learn from each other



8th - Carers Virtual Café  
15th - Carers Virtual Café  
22nd - Carers Virtual Café  
29th - Carers Virtual Café

## **Tuesdays 1-3pm**

### ***Asian Carers Café***

at Clarence House, Age UK

Meet and socialise with other carers, including mindfulness and meditation

9th - Workshop by ImPreSs Care Research  
12nd - Asian Carers Café  
19th - Asian Carers Café  
26th - Asian Carers Café

## **Wednesdays 10-12pm**

### ***City Centre Carers Café***

at Clarence House, Age UK,

Weekly sessions will continue at Clarence House throughout the summer months, with regular opportunities to chat and spend time with others.

3rd - Welcome 2024! Coffee and Catchup  
10th - Workshop by ImPreSs Care Research Project / Quiz & Games  
17th - Clay modeling  
24th - Carers Café @ John Lewis  
31st - Arts & Crafts / Quiz

## **Wednesdays 7-8pm**

### ***Online Evening Carers Café***

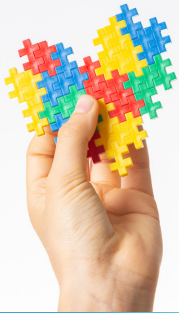
An Evening Zoom for busy carers.

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



Wednesday 10th January  
Wednesday 24th January

Links to online sessions are sent weekly to carers on our email mailing list.  
All in-person sessions include **FREE** refreshments. No booking needed, just drop in.  
Call **0116 222 0538** to be added to our mailing list or for more details.



## **Thursday 11th January 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 13th January 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.



# Volunteers needed for The ImPreSs-Care Study

This study aims to improve our understanding of the physical and mental health care needs of older people under the care of mental health services.

We are looking for patients, carers, healthcare professionals, managers, and commissioners with experience of living with or looking after those with combined physical and mental health care needs.



As part of the study, you will attend a one hour interview at a time and location convenient for you. We will reimburse travel and parking expenses and refreshments will be provided.

Thank you for taking the time to read this information, please contact me on the details below for more information:



**0116 252 3134**



**lb330@le.ac.uk**



**@lbeishon**



## 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.

Referred carers will be sent a link to access the website and browse available accommodation and can then make the booking directly. We hope that many of you will be able to take up this opportunity to have some much-needed downtime, but if there are any barriers that are preventing you from accessing this offer please let us know so we can explore options.

**Clarence House, 46 Humberstone Gate, Leicester, Leicester, LE1 3PJ**