



**December 18th 2025**

**10am-12pm**

**In the**

**Bradbury Centre**

**Then every 3rd Thursday of the month**

**(Free Refreshments)**

**For More Information,**

**Call us: 0116 222 0538**

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

## **Carers Café**

**Do you look after someone ? We are here to help !**

**FREE drop-in sessions for unpaid carers**

**Our next meeting will be Friday 12<sup>th</sup>**

**December**

**from 1pm - 3pm**

**in the Community Room inside of Tesco's,**

**Beaumont Leys Shopping Centre.**

**We offer free and confidential information and support for all carers aged 18+ if they or the person they care for live in Leicester City**

**For more information contact the Leicester Carers Support Service on 0116 222 0538 or**

**e-mail [carers@ageukleics.org.uk](mailto:carers@ageukleics.org.uk)**



## **Merlyn Vaz**

**We have now started our new outreach sessions for carers to attend at the Merlyn Vaz Health Centre, 1 Spinney Hill Road, Leicester, LE5 3GH Sessions for December is Thursday 11<sup>th</sup> from 1-3pm**

## **Merridale**

**We have now started our new outreach sessions for carers to attend at the Merridale Medical Centre, 5 Fullhurst Avenue ,Leicester, LE3 1BL Sessions for December are Thursday 4<sup>th</sup> & 18<sup>th</sup> from 10am-12pm**

**From all of us at the  
Leicester Carers Support Service have a  
Merry Christmas  
and A Happy New Year  
Filled with laughter, joy  
and the love of family  
and friends!**



**Clarence House will be closed from the 24<sup>th</sup> December 2025 to 1<sup>st</sup> January 2026. Reopen on Friday 2<sup>nd</sup> January. If you need support from us during this time, please call us and leave a message and we will call you back ASAP as we will be working from home**



# Carers Groups December 2025



## **Mondays 1-2pm**

### **Online Carers Café**

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

- 1st - Carer's Virtual Café
- 8th - Carer's Virtual Café
- 15th - Carer's Virtual Café
- 22nd - Christmas Quiz
- 29th - No Zoom



Click here to join Zoom Meeting ID: 85042893300  
Passcode: 741602

## **Tuesdays 1-3pm**

### **Carers Café at Clarence House**

Have a break with other carers, including mindfulness and meditation

- 2nd - Social, Bingo & Meditation
- 9th - Tapping, Bingo & Meditation
- 16th - Christmas Party 1pm-3pm at the Conference Room
- 23rd - Christmas Quiz

## **Wednesdays 10-12pm**

### **Carers Café at Clarence House**

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

- 3rd - Arts & Crafts
- 10th - Festive Celebration
- 17th - Christmas Market Trip to Nottingham
- 24th - No Carer's Café
- 31st - No Carer's Café

For more information call Madhu on 07731023024

## **Thursdays 7-8pm**

### **Online Busy & Working Carers Café**

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

- 11th - 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 11th December 10-11:30am**

### **Neurodiversity Peer Support Group**

In the Bradbury Centre, Clarence House.

**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 6th December 9.45am**

### **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

