



**February 19<sup>th</sup> 2026**

**10am-12pm**

**In the  
Bradbury Centre**

**In Front of Clarence House  
Then every 3rd Thursday of the month  
(Free Refreshments)  
For More Information,  
Call us: 0116 222 0538  
Email: carers@ageukleics.org.uk**

## **Merlyn Vaz**

**Come along to our outreach sessions for carers at the Charnwood GP Practice in the Merlyn Vaz Health Centre, 1 Spinney Hill Road, Leicester, LE5 3GH**

**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**

**Sessions for February are Thursday 5<sup>th</sup> & 19<sup>th</sup> from 10-12pm**

## **WE NEED YOU!**



### **MALE CARER'S WANTED!**

**To set up a new male carer's support group.**

**If interested:**

**Call: 0116 222 0538 (Ask for Dave)**

**Email: carers@ageukleics.org.uk**

## **Carers Café**

**Do you look after someone? We are here to help!  
FREE drop-in sessions for unpaid carers**

**6th & 27<sup>th</sup> February**

**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**



## **Merridale**

**Come along to our outreach sessions for carers at the Merridale Medical Centre, 5 Fullhurst Avenue, Leicester, LE3 1BL**

**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**

**Sessions for February are Thursday 12<sup>th</sup> & 26<sup>th</sup> from 10am-12pm**

## **New for 2026**

### **LGBTQ+ Carers Café**

**A relaxed and inclusive environment where LGBTQ+ carers, 18+ can come and socialise and get information and support.**

**Our first meeting is on Friday 13<sup>th</sup> at 10-12pm.**

**In the  
Bradbury Centre  
In front of Clarence House**

**(Free Refreshments)**

**For More Information,  
Call us: 0116 222 0538**

**Email: carers@ageukleics.org.uk**



# Carers Groups February 2026



**Mondays 1-2pm**

## **Online Carers Café**

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

2nd- Carers Virtual Café  
9th - Carers Virtual Café  
16th - Information (Not Advice) on Lasting Power of Attorney  
23rd - Carers Virtual Café



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

3rd - Quiz & meditation  
10th - Bingo & meditation  
17th - Walk in Abbey Park - Weather permitting, bring your lunch  
24th - Lunch at a restaurant - Venue to be advised  
For more information, contact Ray on 0116 222 0538

**Wednesdays 10-12pm**

## **Carers Café at Clarence House**

Join other carers in the Conference room for a cosy way to unwind..  
4th - Windowsill Gardening  
11th - Meal out (TBC)  
18th - Arts & Crafts/Quiz  
25th - Mtg at John Lewis café (No complementary drinks)

For more information call Madhu on 07731023024

**Thursday 12th February 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.**

**Thursdays 7-8pm**

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

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

12th - Carers Virtual Café  
26th - 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

**Saturday 7th February**

## **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