



February 19th 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

Carers Café

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

FREE drop-in sessions for unpaid carers

6th & 27th 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**



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 5th & 19th
from 10-12pm**

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 12th
& 26th from 10am-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

New for 2026 LGBTQ+ Carers Cafe

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

Our first meeting is on Friday 13th at 10-12pm.

In the

Bradbury Centre

In front of Clarence House

(Free Refreshments)

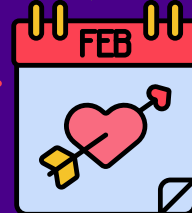
For More Information,

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

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

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.

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