



January 15th 2026
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

Carers Café

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

9th January & 23rd January
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

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 January is Thursday
8th & 22nd 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 January are
Thursday 15th & 29th from 10am-
12pm

Hospital Discharge Grants for Carers

The Hospital Discharge Grant for Carers scheme can help carers support the person who has been discharged from hospital.

Are you a carer?

If you are aged 18+ and look after, help, or support an adult who wouldn't be able to manage everyday life without your help, and you're not employed to do it, then you are an unpaid carer.

- Does the cared for person live in Leicestershire or City of Leicester?**
- Have they been discharged from hospital in the last 2 weeks?**
- Have you incurred any additional costs linked to their discharge from hospital? For example - cleaning, housework, short-term sitting service, carer's loss of income due to time off work**





Mondays 1-2pm

Online Carers Café

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

5th - Carers Virtual Café
14th - Carers Virtual Café
19th - Carers Virtual Café
26th - Information (NOT legal advice) on Legacies and Wills



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

6th - Bingo, Social & Meditation
13th - Social & Meditation
20th - Lunch Venue TBD
27th - Walking group, weather permitting

Wednesdays 10-12pm

Carers Café at Clarence House

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

7th - Welcome 2026! Reflect on last year
14th - Arts & Crafts
21st - Outing (TBC Weather Depending)
28th - Health & Wellbeing

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

8th - Carers Virtual Café
27th - 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 8th January 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 4th January 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

