Parent
Carer
Support
Group
of children
under 25
(SEND)

July 17th 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

Carers Café

Do you look after someone? We are here to help!
FREE drop-in sessions for unpaid carers
Every Friday
from 1pm - 2pm
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











Carers Groups July 2025



Mondays 1-2pm

Online Carers Café

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

7th - Carers Virtual Café

14th - Carers Virtual Café

21st - Carers Virtual Café

28th - Looking after your mental health and mindfulness

Click here to join Zoom Meeting ID: 85042893399

Passcode: 741602

Wednesdays 10-12pm

Carers Café

at Clarence House

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

2nd - Talk by Kirsty Ottey -R.N.I.D

9th - Games and Quiz

16th - Outing and Picnic

23rd - Meeting at John Lewis Café

30th Mental Health Awareness Session by the

Adhar Project

Thursday 10th July 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.

Tuesdays 1-3pm

Carers Café at Clarence House

Have a break with other carers, including mindfulness and meditation

1st - Social/Bingo/Meditation

8th - General Knowledge Quiz/Meditation

15th - Lunch out venue (To be decided)

22nd - Walking in Abbey Park

29th - Social/Meditation

Thursdays 7-8pm Online Busy & Working Carers Café

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

10th - Carers Virtual Café

24th - 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 5th July 10.00am Park Ron (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





