



Mondays 1-2pm **Online Carers Café**

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

2nd - No Zoom

9th - Carers Week - "Caring about Equality"

Information and Advice

16th - Talk from Leicester City Council on Respite Care

23rd - Carers Virtual Café

30th - Carers Virtual Café



Click here to join Zoom Meeting ID: 85042893399

Passcode: 741602

Tuesdays 1-3pm **Carers Café**

at Clarence House

Have a break with other carers, including mindfulness and meditation

3rd- Social / Bingo

10th- Carers Week - "Caring About Equality" Quiz/ Meditation .

17th - Picnic at Abbey Park

24th - R.N.I.D - Kirsty Ottey -to talk about hearing loss and carry out free hearing tests on the day.

Wednesdays 10-12pm

Carers Café

at Clarence House

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

4th - Talk by Leicester City Council - Respite Care & Flower Arranging

11th - Outdoor Session - Walk

18th - Meal out and about - To be confirmed

25th - Meeting at John Lewis Cafe

Thursdays 7-8pm

Online 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 June 10-11:30am

Neurodiversity Peer

Support Group

At: Clarence House, Age UK, Humberstone Gate,
Leicester, LE1 3PJ

Talk by Leicester City Council - Respite Care



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 June

10.00am

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



June 9th -Caring About Equality- June 15th

The theme for Carers Week 2025, Caring About Equality, highlights the inequalities facing unpaid carers in the UK today and the steps needed to create a fairer society for carers.

Unpaid carers are the backbone of our society, propping up fragile health and social care systems and providing essential care to friends and family who need their support. Despite carers' huge contribution to our communities, many carers still feel undervalued and unsupported.

Inequalities can negatively impact all aspects of carers' lives, putting carers at a greater risk of poor mental and physical health, social isolation, financial hardship, and poverty. Far too often, carers miss out on opportunities in their education, careers, or personal lives, just because of their caring role.

The inequalities that carers face mean that:

- 70% of carers have a long-term physical or mental health condition, disability or illness compared to 59% of non-carers (1).
- The poverty rate for carers is 50% higher than for people who do not provide care (2)
- Young adult carers are 38% less likely to achieve a university degree than their peers (3)
- 1 in 4 carers of working carers have had to take on a lower paid or more junior role. (4)

Carers should have the same life chances and opportunities as people without caring responsibilities. To make this happen, action is needed right across the board, with government, schools, colleges, universities, workplaces and health and social care services all having a vital role to play. Together let's strive for an equal society, where carers can fulfil their own aspirations and lead healthy and financially secure lives.

Get involved

Support Carers Week 2025 and join the call for greater equality for unpaid carers. Read more about the need for action

inequalities impacting unpaid carers:

- [finances](#)
- [education and employment](#)
- [health and wellbeing](#)



References:

1 GP Patient Survey (2024).

2 Carers UK and WPI Economics (2024) Poverty amongst unpaid carers in the UK.

3 Baowen Xue, Rebecca E. Lacey, Giorgio Di Gessa, Anne McMunn (2023) Does providing informal care in young adulthood impact educational attainment and employment in the UK?

4 Carers UK (2024) State of Caring 2024 - The impact of caring on employment.

"Equality means not being disadvantaged due to my caring role, being able to full take part in society in the same way as my friends who do not having a caring role."



**Parent
Carer
Support
Group
of children
under 25
(SEND)**

**Talk from Leicester City Council - Respite
Care**

June 19th 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