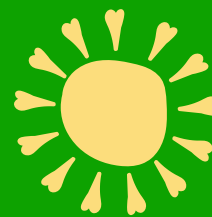




Carers Groups

May 2025



Mondays 1-2pm **Online Carers Café**

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

5th - No Zoom - Bank Holiday
12th - Healthy Eating and Exercise
19th - Carers Virtual Café
26th - No Zoom - Bank Holiday

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

6th - Social/Bingo/Meditation
13th - Walk around Abbey Park (Bring your lunch)/Leicester Print Workshop
20th - Lunch at a local restaurant. Meet at 13:00
27th - Talk by Leicester City Council - Respite Care

Wednesdays 10-12pm **Carers Café** at Clarence House

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

7th - VE Day Celebration
14th - Indoor picnic (healthy eating)
21st - Walk in Abbey Park (meeting at Abbey Park Café at 10.00am)
24th - Meeting at John Lewis Café

Thursdays 7-8pm **Online Working Carers Café**

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

1st - Carers Virtual Café
15th - Carers Virtual Café
29th - 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 May 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 3rd May **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



VE Day 80th Anniversary

**Come and celebrate with us
on the 7th May in the
Conference Room at Clarence
House
10:00am-12:00pm**

Looking for Carers to join our new Carers' Co Production Group



If you are registered with us, as a carer, we would love you to be involved, to give your ideas and expertise to shape the service. We want to meet the needs of all our carers, wherever they are on their caring journey and with their different cultural experiences of caring, so please get involved.

- Help us to identify gaps and to monitor how we are doing
- Help to design leaflets and information packs
- Help to plan events and carer learning sessions
- Help to arrange "open listening events" each year.

Please ring us if you are interested on 0116 2220538

Parent Carer Support Group of children under 25

**May 15th 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**