



# Carers Groups

## April 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 - Getting a good nights sleep session

17th - Carers Virtual Café

21st - No Zoom - Easter Bank Holiday

28th - No Zoom

Click here to join Zoom Meeting

ID: 85042893399

Passcode: Carer



### **Tuesdays 1-3pm**

#### **Carers Café**

at Clarence House

Have a break with other carers, including mindfulness and meditation

1st - Quiz/Meditation

8th - Bingo & Social

15th - R.N.I.D - Talk on hearing loss & free hearing tests on the day.

22nd - No Session - Easter Bank Holiday

29th - Bingo & Social

### **Wednesdays 10-12pm**

#### **Carers Café**

at Clarence House

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

2nd - Arts/Crafts/Games/Chat

9th - Visitor - Danielle Vaughan, Paper ripping

16th - Easter themed activities

23rd - Visit from RNID to discuss hearing loss/Tinnitus and free hearing tests

30th - Meet 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

3rd - Carers Virtual Café

17th - 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 10th April 10-11.30am**

#### **Neurodiversity Peer**

#### **Support Group**

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



**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 5th April**

**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



# GET SUPPORT WITH HEARING LOSS



How to  
do a  
hearing  
check



How to  
access  
support  
and services  
in your area



Information  
on hearing  
loss and  
tinnitus



Clarence House, 46 Humberstone Gate, Leicester LE1 3PJ Tuesday 15th April at 1pm  
Wednesday 23rd April at 10am

[rnid.org.uk/NearYou](https://rnid.org.uk/NearYou)

Visit our free drop-in service - no appointment needed. Our friendly volunteers can support you with:

[kirsty.ottey@rnid.org.uk](mailto:kirsty.ottey@rnid.org.uk) | 07436830944

RNID is the trading name of The Royal National Institute of Deaf People. A registered charity in England and Wales (207720) and Scotland (SC038926).

## 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

If 'YES' you may be entitled to a contribution towards the additional costs for carers when someone is discharged from hospital.

**Please note this is a one-off grant for carers looking after residents in Leicestershire or City of Leicester and is only applicable to discharges from 3 February 2025.**

Carers can apply within 2 weeks of discharge from hospital by completing an online application form for the area the cared for person lives in.

If the cared for person lives in the County of Leicestershire  
[www.supportforcarers.org/hospital-discharge-grant](https://www.supportforcarers.org/hospital-discharge-grant)

Email: [maureen@supportforcarers.org](mailto:maureen@supportforcarers.org)

Call: Support for Carers on 01858 468 543

If the cared for person lives in the City of Leicester

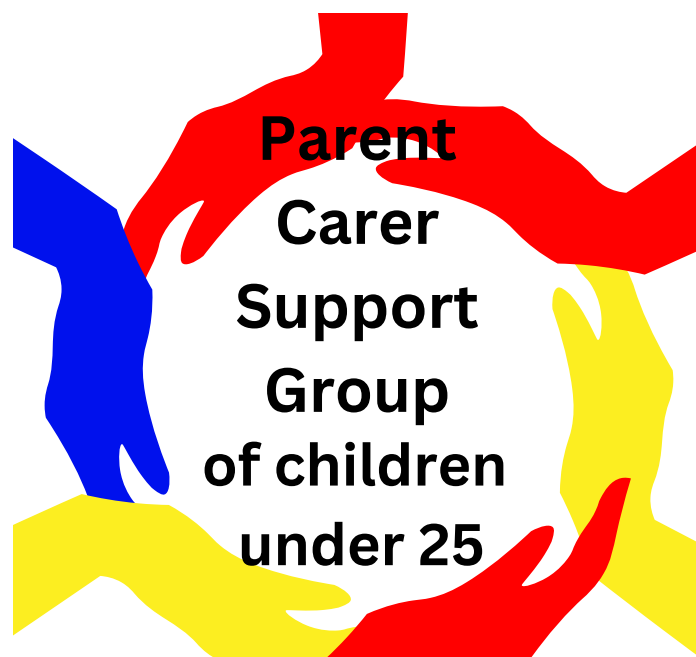
<https://shorturl.at/9De80> (Links to Age UK Leicester, Leicestershire and Rutland)

Email: [carers@ageukleics.org.uk](mailto:carers@ageukleics.org.uk) Call: Carers Support

Service - Age UK LLR on 0116 222 0556

Or speak to your health and social care professional who can help complete the form on your behalf. Alternatively, if you require support to complete the application, please contact the relevant organisation shown above.

Grant applications can be made from 3 February 2025.



**April 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](mailto:carers@ageukleics.org.uk)**