



November 20th 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**



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 November are
Thursday 13th & 27th 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 November are
Tuesday 11th & 25th from 10am-
12pm**



**You are invited to our
“Carers Rights Day” Celebration**

On

Thursday 20th November in the Bradbury Centre

From 12pm-3pm

**Theme for this year is “Know your rights, use your rights”
Come along and celebrate with us.**



Carers Groups November 2025



Mondays 1-2pm

Online Carers Café

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

3rd - Carers Virtual Café
10th - Carers Virtual Café
17th - Carers Rights Session
24th - Carers Virtual Café



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

4th - Social & Bingo meditation

11th - Quiz & Meditation

18th - Tapping & Sitting exercises

25th - Bingo & Meditation

Wednesdays 10-12pm

Carers Café at Clarence House

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

5th - Arts & Crafts

12th - Talk about TB in Leicester

19th - Carers Rights - Information session

26th - Outdoor (Weather permitting)

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

13th - 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 13th November 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 1st November 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