



**October 16th 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)**

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



**We are starting new  
outreach sessions for carers  
to attend at the Merlyn Vaz  
Health Centre, 1 Spinney  
Hill Road, Leicester, LE5 3GH  
On Thursday 16<sup>th</sup> October  
from 1-3pm  
Then every fortnight**

**We are starting new  
outreach sessions for carers  
to attend at the Merridale  
Medical Centre, 5 Fullhurst  
Avenue, Leicester, LE3 1BL  
On Thursday 16<sup>th</sup> October  
from 1-3pm  
Then every fortnight**

## **Diwali Celebration**

**Tuesday 14<sup>th</sup> October 2025**

**1pm-3pm**

**Wednesday 15<sup>th</sup> October 2025**

**10am-12pm**

**in the Conference Room at 46 Humberstone Gate,  
Leicester, LE1 3PJ**

**We are celebrating Diwali at Age UK, come along and have  
food and drinks which are available for any one who visits.**





# Carers Groups October 2025



## **Mondays 1-2pm**

### **Online Carers Café**

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

6th - Carers Virtual Café  
13th - Carers Virtual Café  
20th - Autumn Quiz  
27th - 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

7th - Sitting exercises, Meditation & Bingo  
14th - Talk about TB in Leicester - Vaishak Suresh -  
Public Health + Diwali Party afterwards  
21st - Quiz & Meditation  
28th - Social & Bingo

## **Wednesdays 10-12pm**

### **Carers Café at Clarence House**

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

1st - Arts & Crafts & Feedback for New Carers Booklet  
8th - Health Eating/Meal Out  
15th - Diwali Party Part 2  
22nd - John Lewis Café  
29th - Outdoor Activity - Weather Depending  
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

2nd - Carers Virtual Café  
16th - Carers Virtual Café  
30th - 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 9th October 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 4th October 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