



September 18th 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**



Support Service

**Do you look after
someone?
We are here to help!**



**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 4th September
from 1-3pm
Then every fortnight**



Mondays 1-2pm

Online Carers Café

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

- 1st - Self Care Session
- 8th - Carers Virtual Café
- 15th - No Zoom
- 22nd - Carers Virtual Café
- 29th - 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

- 2nd - Picnic In Abbey Park - Weather Permitting - Meet at the main car park on Abbey Park Road.
- 9th - Quiz & Meditation
- 16th - Bingo, Social & Mindfulness
- 23rd - Discussion Around Groups Ground Rules.
- 30th - Potential Day Trip To Lemington Spa.

Wednesdays 10-12pm

Carers Café

at Clarence House

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

- 3rd - Quiz/Arts & Crafts
- 10th - Indoor exercise (with Dandia)
- 17th - Walk in the park/picnic -weather permitting
- 24th - Meet at John Lewis Café
- Thursday 25th - Outing to East Midlands Aeropark -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

- 4th - Carers Virtual Café
- 18th - 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 11th September 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 6th September 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