



LEICESTER CARERS SUPPORT SERVICE SEPTEMBER 2021 SUPPORT PROGRAMME

Each session is designed to offer an informal carer, guidance on all aspects of their caring role whether at the beginning of their caring journey or are a long-term carer. We offer a mixture of activities: quizzes, bingo, craft work & topical discussions.

<u>DAY</u>	<u>TIME</u>	<u>VIRTUAL CARERS CAFES' VIA ZOOM!</u>
MONDAY 6TH SEPTEMBER	11am- 12pm <u>Zoom Session</u>	<u>Suicide prevention workshop</u> Please join us and The Richmond fellowship for an informative Zoom session. You just need access to the Internet via a phone, computer, tablet or an iPad. To register your place on the Zoom session with us: - Call 0116 2220538 or email carers@ageukleics.org.uk
MONDAY 20th SEPTEMBER	11am- 12pm <u>Zoom Session</u>	<u>Virtual Carers Café via ZOOM! Activity to be confirmed</u> Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad. To register your place on the Zoom session with us: - Call 0116 2220538 or email carers@ageukleics.org.uk
TUESDAY 7th & 14th SEPTEMBER	1-3pm <u>Face 2 Face Drop-in session</u>	<u>FACE TO FACE CARERS CAFÉ</u> Please join us for a cup of tea or coffee and chat, in the Annexe of the Seasons Restaurant AGE UK Clarence House Humberstone Gate LE1 3PJ– Refreshments provided, Covid-19 secure measures in place- social distancing, face coverings and hand sanitizer. If you are experiencing any Coronavirus symptoms ... **PLEASE DO NOT ATTEND** Limited spaces please call to confirm Call 0116 2220538 or email carers@ageukleics.org.uk to book your place
TUESDAY 21st SEPTEMBER	1-3pm <u>Face 2 Face drop-in session</u>	<u>FACE TO FACE CARERS CAFÉ</u> Please join us for a cup of tea or coffee and chat, in the Annexe of the Seasons Resturant – Refreshments provided, Covid-19 secure measures in place- social distancing, face coverings and hand sanitizer. If you are experiencing any Coronavirus symptoms ... **PLEASE DO NOT ATTEND** Limited spaces please call to confirm Call 0116 2220538 or email carers@ageukleics.org.uk to book your place <u>NIC CAWREY</u> Joint Integrated Commissioning Board Lead Officer Social Care and EducationLeicester City Council <u>TO HOLD AN INFORMAL DISCUSSION ON THE LLR CARERS STRATEGY</u> <u>REFRESH – ALL WELCOME</u>

<p>Dates and times to be confirmed during September</p>	<p>T.B.C</p>	<p>NIC CAWREY CAWREY Joint Integrated Commissioning Board Lead Officer Social Care and Education Leicester City Council TO HOLD AN INFORMAL DISCUSSION ON THE LLR CARERS STRATEGY REFRESH – ALL WELCOME</p>
<p>WEDNESDAY 1ST, 8TH, 15TH, 22ND & 29TH SEPTEMBER</p>	<p><u>11am-12pm</u> <u>Zoom</u> <u>Session</u></p>	<p>Virtual Carers Café via ZOOM! Please join us for a virtual cup of tea or coffee and chat, you just need access to the Internet via a phone, computer, tablet or an iPad. To register your place on the Zoom session with us: - Call 0116 2220538 or email carers@ageukleics.org.uk Activities T.B.C – please call for more details.</p>
<p>WEDNESDAY 1ST, 8TH, 15TH, 22ND & 29TH SEPTEMBER</p>	<p><u>1-3pm</u></p>	<p>Wellbeing & Peer Support group- Community Gardening for all levels WHITE HOUSE ALLOTMENTS, BONNEY ROAD, NEW PARKS LE3 9BY To book a session please Call- 0116 2220538 or email carers@ageukleics.org.uk **All Covid-19 measures are in place, however if you experience any symptoms- high temp, loss or change to your taste or smell or a new continuous cough, continuous sneezing or a positive Covid test- <u>**PLEASE DO NOT ATTEND**</u></p>
<p>THURSDAY 9th SEPTEMBER</p>	<p>EVENING Zoom session 5-6pm</p>	<p>General Information- including Carers Passports: - Guidance on all aspects of your caring role whether you are at the beginning of your caring journey or a long-term carer. A Carer Support Worker will be available to explain what a Carers Passport is and how to get one! To register your Zoom session with us: - email carers@ageukleics.org.uk or call Phillipa on 787 505 9625</p>

If you provide help to a family member, friend or neighbour who cannot manage on their own, please contact us to access your Carers Passport and any questions or support regarding your caring role.
on 0116 2220538 or email carers@ageukleics.org.uk

