



Welcome to the Carer Centre's City Diary Dates for March to May 2019

The Carers Centre is here to help family members, or friends, who provide support to someone who due to: physical, medical, sensory, or emotional well-being difficulties are unable to be independent, and rely on the support from their relatives, or friends, to cope with daily life needs.

Family and friends who provide this additional help are called Carers. Their rights to support from Social Care and Health where needed, are identified in the Care Act 2014. This is because the Law recognises that some family and friends do more on a regular basis for the person with difficulties than is usually expected of family and friends, and that the support they give to the person who has additional care and support needs can have a major impact on the carer's health and well-being.

This leaflet is specifically for carers who are over the age of 18 who live in Leicester, or they care for someone who lives in Leicester.

The following Diary dates are a brief list of some of the activities we will be running between March and May 2019. We hope that you find this useful. You are welcome to join in any of the groups that you feel might be of use to you. If you want more details about the groups call: 0116 2510999 ask for Debbie or Linz.

We also provide some support to carers who live in Leicestershire or Rutland. We have a range of support that we can offer to carers of Leicester, Leicestershire and Rutland, unfortunately the level of support we can give does depend on what funding we receive and from where. If you want more details about this help please contact our office on 0116 2510999.

Unit 19, Matrix House, 7 Constitution Hill, Leicester LE1 1PL

T: 0116 251 0999 F: 0116 251 3514 E: enquiries@claspthecarerscentre.org.uk W: www.claspthecarerscentre.org.uk



Carers of Leicestershire Advocacy and Support Project
Registered Charity No: 1043956 • Company No: 2994093 • Patron: Cllr. Manjula Sood MBE
The Carers Centre is committed to being a quality led organisation providing advocacy,
information and support to carers across Leicester, Leicestershire & Rutland.



March 2019

Date	Time	Group	Where	Cost
Friday 1st	11am to 1 pm	Self-help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Monday 4th	10.30 – 1:00 pm	Making Every Penny Count Scams and Fraud	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Wednesday 6 th	10 am to 1pm	Prepared to Care with Confidence Part 2 of 6 Caring and Coping	The Hall next to St Anne's church Letchworth Road Leicester LE3 6FN	Free
Friday 8th	5pm	Cocktail/Mocktail evening	The Distillery 27 Market street Leicester	Your food and drink
Tuesday 12 th	10:30 am	Coffee Morning	Peace Café Guildhall Lane Leicester	Your food and drink
Wednesday 13 th	10 am to 1pm	Prepared to Care with Confidence Part 3 of 6 Managing Stress Effectively	The Hall next to St Anne's church Letchworth Road Leicester LE3 6FN	Free
Thursday 14 th	11am to 1 pm	Carers of People who have autism group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 15th	11am to 1 pm	Self-help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Monday 18th	10:30 – 12:30	Crafty Carers – Scrapbook Designing	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Tuesday 19 th	10:30 am	Gorse Hill Farm Park A walk around the park and a chat in the café	Gorse Hill City Farm Anstey Lane Leicester	Your admission and café costs
Wednesday 20th	10 am to 1pm	Prepared to Care with Confidence Part 4 of 6 Caring and Communication	The Hall next to St Anne's church Letchworth Road Leicester LE3 6FN	Free

March 2019 - Continued

Date	Time	Group	Where	Cost
Wednesday 20th	10.30 – 1:00 pm	Making Every Penny Count Scams and Fraud	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Thursday 21st	11.00 – 1pm	Mental Health Group Meeting	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 22nd	11am to 1 pm	Self-help Group	The Carers Centre, Unit 19, Matrix House, 7, LE1 1PL	Free
Tuesday 26 th	1:00pm – 3:00pm	Crafty Carers Easter Crafts	Carers Centre, Unit 19 Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Wednesday 27 th	10:30 am	Coffee Morning	Never Too Latte, Sandhill Avenue, Hamilton, Leicester	Your food and drink
Wednesday 27 th	10:00 am to 1:00pm	Prepared to Care with Confidence Part 5 of 6 Caring Day-To-Day	The Hall next to St Anne's church Letchworth Road Leicester LE3 6FN	Free
Thursday 28th	11 am to 1pm	Carers of a person who has a learning disability	Carers Centre, Unit 19 Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Thursday 28th	11:00 – 1:00pm	City Learning Disability Forum	Carers Centre, Unit 19 Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 29th	11am to 1 pm	Self-help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free

April 2019

Date	Time	Group	Where	Cost
Monday 1st	11:00 – 1:00pm	Crafty Carers	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Wednesday 3rd	10:00 – 1:00pm	Prepared To Care With Confidence Session 6 of 6 Caring, Working and Life	The Hall next to St Anne's church Letchworth Road Leicester LE3 6FN	Free
Thursday 4th	11:00 – 1:00pm	Carers of Older People	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 5th	11:00 – 1:00pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Tuesday 9th	10:30 – 2:00pm	Wills & Trusts Training Session	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Wednesday 10th	10:30 – 1pm	Carers Support Group Games and Refreshments	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Thursday 11th	11:00 – 1:00pm	Mental Health Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 12th	11:00 – 1:00pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Wednesday 17th	11:00 – 1:00pm	Crafty Carers	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Thursday 18th	11:00 – 1pm	City LD Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Tuesday 23rd	12:00 – 4:00pm	18 – 25 Carers Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free

April 2019 - Continued

Date	Time	Group	Where	Cost
Friday 26 th	11:00 – 1:00pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Monday 29th	10.30 – 1:00pm	Making Every Penny Count Finance and Benefits	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Tuesday 30th	10.30 – 3:00pm	Mental Capacity & Power of Attorney Training Session	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free

May 2019

Date	Time	Group	Where	Cost
Friday 3rd	11:00 – 1:00pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Tuesday 7th	10.30 – 2:00pm	Crafty Carers	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 10th	11:00 – 1:00 pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Monday 13 th May	11:00 – 1:00pm	Prepared To Care With Confidence Session 1 of 6 Finding Your Way	Belgrave Neighbourhood Centre Rothley Street Belgrave Leicester LE4 6LF	Free
Tuesday 14th	11:00 – 1:00 pm	City Carers Forum	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Thursday 16th	11:00 – 1:00pm	Autism Forum	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 17th	10.30 – 2:00pm	Crafty Carers Dementia Awareness	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Monday 20 th May	11:00 – 1pm	Prepared To Care With Confidence Session 2 of 6 Caring and Coping	Belgrave Neighbourhood Centre Rothley Street Belgrave Leicester LE4 6LF	Free
Thursday 23rd	10.30 – 2:00pm	Crafty Carers	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free

May 2019 - Continued

Date	Time	Group	Where	Cost
Friday 24th	11:00 – 1:00 pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free
Friday 31st	11:00 – 1:00 pm	Self-Help Group	The Carers Centre, Unit 19, Matrix House, 7 Constitution Hill, Leicester, LE1 1PL	Free

If you want to know more about your rights as a family carer, or have issues around caring that you wish to discuss, please contact us at the Carers Centre on 0116 2510999 or by email at enquiries@thecarerscentre.org.uk .

We run some other sessions that are not listed in this leaflet, these are usually demand based and can be found in our newsletter, United and on our webpage. Our website is <http://claspthe carerscentre.org.uk/> . If you want to receive our newsletter please give us a call on 0116 2510999.

If you know of someone who is a carer and may not even know they are a carer and you think we can help please share this leaflet with them and let them know about our groups.

We look forward to hearing and seeing you.

Best wishes to you all from

Everyone at the Carers Centre