



The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring

Supporting Family Carers

Please contact The Carers Centre Tel: Number 0116 2510999 and speak to our team if you are interested in any our *free* programmes during **MARCH 2019**

Please note that the **Prepared to Care With Confidence Programme** takes place one day per week, over 6 weeks. A different topic is covered in each session. The next programme is due to start on **Monday 13th May 2019** . Please contact Ranjana Tel: **0116 2510999** for further information

DATE	ACTIVITY	VENUE	TIME	COST
Friday 1 st March	SELF-HELP GROUP	The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	11:00 – 1pm	FREE
Monday 4 th March	MAKING EVERY PENNY COUNT	SCAMS AND FRAUD At The Carers Centre Unit 19 4 th Floor Matrix House 7 Constitution Hill Leicester LE1 1PL	10:30 – 1PM	FREE
Wednesday 6 th March	PREPARED TO CARE WITH CONFIDENCE PART 2 Caring and Coping	The Hall at St Anne's Letchworth Road Western Park Leicester LE3 6FN	10:00 a m – 1pm	FREE
Friday 8 th March	CARERS CENTRE SUPPORT GROUP	Cocktail/Mocktail Evening Come along to the ever popular cocktail/Mocktail evening, and enjoy good company! The Distillery 27 Market Street Leicester LE1 6DN	From 5pm	Price of drinks
Tuesday 12 th March	CARERS CENTRE SUPPORT GROUP	Coffee Morning Come along to the friendly and peaceful surroundings of the Peace Café and enjoy free cake with your drink! The peace Café Guildhall Lane Leicester	From 11.00 a m	Price of drinks

Unit 19, Matrix House, 7 Constitution Hill, Leicester LE1 1PL
 T: 0116 251 0999 F: 0116 251 3514 E: enquiries@claspthe carerscentre.org.uk W: www.claspthe carerscentre.org.uk



Carers of Leicestershire Advocacy and Support Project
 Registered Charity No: 1043956 • Company No: 2994023 • 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.





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DATE	ACTIVITY	VENUE	TIME	COST
Wednesday 13 th March	PREPARED TO CARE WITH CONFIDENCE PART 3 MANAGING STRESS EFFECTIVELY	The Hall at St Anne's Letchworth Road Western Park Leicester LE3 6FN	10:00 a m – 1pm	FREE
Thursday 14 th March	CITY AUTISM FORUM	Tom Elkington, Business Change Commissioning Manager for Leicester City Council will be attending to listen to ideas Carers would like to see as priorities for supporting people with Autism in the City At: THE CARERS CENTRE, UNIT 19, 4th FLOOR MATRIX HOUSE, 7 CONSTITUTION HILL LEICESTER, LE1 1PL	11:00 a m – 1:00 pm	FREE
Friday 15 th March	SELF-HELP GROUP	The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	11:00 – 1pm	FREE
Monday 18 th March	Crafty Carers	Scrapbook Designing The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	10:30 – 12:30	FREE
Tuesday 19 th March	CARERS CENTRE SUPPORT GROUP	A walk and refreshments around the lovely surroundings of Gorse Farm Park Gorse Farm Park Anstey Lane Leicester	From 103.0 a m	FREE
Wednesday 20 th March	MAKING EVERY PENNY COUNT	SCAMS AND FRAUD At The Carers Centre Unit 19 4 th Floor Matrix House 7 Constitution Hill Leicester LE1 1PL	10:30 – 1PM	FREE
	PREPARED TO CARE WITH CONFIDENCE PART 4 CARING AND COMMUNICATION	The Hall at St Anne's Letchworth Road Western Park Leicester LE3 6FN	10:00 a m – 1pm	FREE

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Thursday 21 st March	CITY MENTAL HEALTH FAMILY CARERS GROUP	Claire Myers Senior Care Co-ordinator from The PIER Team Merlyn Vaz Centre will be attending to talk informally about The Early Intervention Service The meeting will be held at: THE CARERS CENTRE UNIT 19, 4 TH FLOOR MATRIX HOUSE, 7 CONSTITUTION HILL LEICESTER LE1 1PL	11:00 a m – 1pm	FREE
Friday 22 nd March	SELF-HELP GROUP	The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	11:00 – 1pm	FREE
Tuesday 26 th March	Crafty Carers	Easter Crafts The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	1pm – 3pm	FREE
Wednesday 27 th March	CARERS CENTRE SUPPORT GROUP	Coffee Morning Come along to the friendly surroundings of The Never Too Latte Café Sandhill Avenue Hamilton Leicester	From 10.30 a m	Price of drinks
	PREPARED TO CARE WITH CONFIDENCE PART 5 CARING DAY TO DAY	The Hall at St Anne's Letchworth Road Western Park Leicester LE3 6FN	10:00 a m – 1pm	FREE
Thursday 28 th March	Learning Disability Group	The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	11:00 – 1:00pm	FREE
Friday 29 th March	SELF-HELP GROUP	The Carers Centre Unit 19 Matrix House 7 Constitution Hill Leicester LE1 1PL	11:00 – 1pm	FREE

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