

6th – 12th June



Join us to celebrate Carers Week 2022 and help to Make Caring Visible, Valued and Supported.

We have a packed programme of free events open to any unpaid adult carer.

Monday 6th

Carers Garden Visit

A relaxing afternoon in a beautiful NGS garden in Newton Linford.
Tea, Cakes & Chats included!

Tuesday 7th

Carers Celebration Event: 11-3pm Soft Touch Arts, New Walk Leicester.

A Drop In Event with a wide range of activities throughout the day including: Crafts, Tai Chi, Laughter Yoga, Music, Poetry, Drama, Wellbeing and the launch of our Jubilee Arts Exhibit.

Refreshments & light Lunch available

Wednesday 8th

Carers Event: 10.30-12.30

Loughborough Wellbeing Centre
Drop In Event with wellbeing activities and refreshments for all.

Rutland Carers Event: 10-3pm Oakham Castle

Drop in Event organised by Rutland County Council with lots of information stands and advice for carers.

Thursday 9th

Valued & Visible: Online 10.30-12

Join us on ZOOM for a Carers Self-Care Session and a chat about what you would like from The Carers Centre's services

Friday 10th

Attenborough Arboretum Visit

Join us for a laid back walk followed by coffee, cakes and chats.

For more information and to book:
W. www.claspthecarerscentre.org.uk
E. enquiries@thecarerscentre.org.uk
T. 0116 2510999

All events are free and carers travel expenses can be reimbursed.