

**Do you help to look after or support someone who  
couldn't manage without your help?**

**Do you find it difficult to find the time and energy to  
look after your own health and wellbeing?**

# **Carers Health & Wellbeing Event**

**All  
Free!**

**Lunch  
provided**

**Saturday 20<sup>th</sup> May, 10am – 3pm**

**South Leicestershire Salvation Army**  
Ladysmith Rd, off Saffron Rd. LE18 4UZ

## **Therapy tasters:**

Relaxing massage  
Reflexology  
Bowen Therapy  
Head Massage  
Aromatherapy  
Crystal therapy



## **Workshops:**

Laughing Therapy  
Recovery Assistance dogs  
Relaxation techniques  
Beginners Yoga  
Carers Rights Info  
Basic First Aid  
Arts & Crafts

**PLUS MANY INFORMATION & ADVICE STANDS FROM A WIDE VARIETY OF SERVICES!**

If you are interested in attending the event but are restricted by your caring responsibilities or transport, please contact us at the Carers Centre as we may be able to help.

**Phone: 0116 2510999 Email: [debbie@thecarerscentre.org.uk](mailto:debbie@thecarerscentre.org.uk)**



**LOTTERY FUNDED**



**The Carers Centre**

LEICESTERSHIRE & RUTLAND

*at the heart of caring*

**Registered Charity No: 1043956**

# What's On?

Tasters	Workshops
<p><b><u>Taster Therapies</u></b>  <b>10.15 – 3.00</b>  <b>(15 mins each):</b></p> <p>Indian head massage  Neck and shoulder massage  Thai foot massage  Bowen/crystal healing  Reflexology  Aromatherapy</p>	<p><b><u>An introduction to Laughing therapy</u></b>  <b>10.30 – 11.10</b>  A taster session exploring how laughter helps our wellbeing and can be used as a positive force in our day to day lives.</p>
	<p><b><u>Yoga for relaxation and wellbeing taster session</u></b>  <b>11.20 – 12.00</b>  A taster session that will introduce breathing techniques and explore how yoga can be used to relax the body and mind. Will be focusing on seated and standing postures.</p>
<p><b><u>Arts &amp; Craft Tasters</u></b>  <b>10.00 – 12.45</b></p> <p>Try some new hobbies including card making, origami and trinket box decoration.</p>	<p><b><u>An introduction to Recovery Assistance dogs</u></b>  <b>12.10 – 12.30 &amp; 12.40 – 1.00</b>  Find out more about how Recovery Assistance Dogs can help individuals regain independence and mental wellbeing.</p>
	<p><b><u>Basic First Aid</u></b>  <b>1.45 – 2.45</b>  An Introductory talk about basic first aid techniques</p>
	<p><b><u>Carers Assessments</u></b>  <b>12.15 – 1.00</b>  A session looking at: What is a Carers assessment? What can it do for me? How do I get one and how do I prepare?</p>
<p><b><u>Making Bags from recycled T.shirts</u></b>  <b>1.15 – 3.00</b>  No sewing skills necessary!  Have some fun making a funky bag from recycled old clothes.</p>	<p><b><u>Relaxation and how not to avoid it!</u></b>  <b>1.45 -2.30</b>  Session covers simple techniques to improve relaxation and reduce stresses in daily life.</p>

**Lunch served between 12.45 – 1.45: 'Divine Faith Youth Choir performing in the café.**

All workshops and taster sessions are free but numbers will be limited and therefore allocated on a 'first come first served' basis. Please sign up for your choices when you arrive at the event.

**Bus Routes:** no. 48 Arriva from Haymarket bus station, stopping at Namur Rd, opposite Salvation Army.

**For further information please contact us on 0116 2510999 or  
email [debbie@thecarerscentre.org.uk](mailto:debbie@thecarerscentre.org.uk)**