

District	Name of Group	Venue	Frequency	Time
CHARNWOOD	Loughborough Well-Being Group Contact: Joanne Clarke Tel. 01509 631782	John Storer House, Wards End, Loughborough LE11 3HA	1 st Thursday of each month	1.30pm – 3.30pm
	Shepshed Well-Being Group Contact: Joanne Clarke Tel. 01509 631782	Charnwood Road Community Centre 47A, Charnwood Road Shepshed Loughborough LE12 9QE	3 rd Tuesday of each month	2pm – 4pm
	Sileby and District Group Contact: Joanne Clarke Tel. 01509 631782	Boat House 14 Bridge Street, Barrow upon Soar Leicestershire LE12 8PN	Last Thursday of every month	12pm for 12.30 pm
OADBY & WIGSTON	Carers for One Another Contact: Burnadette Tel: 07905 558412	Central Avenue Church Central Avenue Wigston LE18 2AA	3 rd Thursday of each month	10am – 12pm
	Oadby & Wigston Carers Gp Contact: Burnadette Tel: 07905 558412	The Barnabus Centre 7 Paul's Close Oadby	3 rd Monday of each month	1.30pm – 3.30pm
BLABY	Caring Friends Contact: Alan Hooton 0116 284 1982	Palmers Garden Centre Café St John's, Enderby, Leicester LE19 2BS	1 st and 3 rd Tuesday of each month	10.30am – 12 noon
	Centre 88 Group Mental Health Carers John Bird Tel. 01455 284702	General Elliot Willoughby Waterleys	1 st Thursday of each month	7.30pm
	Rethink Mental Health Carers Group Contact: Nicky Daily Tel. 01530 276525	Cedar Centre Cedar Avenue (Off Moat Street) Wigston LE18 2LA	3 rd Thursday of each month	1pm – 3pm

HARBOROUGH	Carers Break Contact: Support for Carers Tel. 0845 689 9510	The Bower House 32 Coventry Road Market Harborough LE16 9BZ	4 th Thursday of each month	1.30pm – 3pm
	Knit and Natter Contact: Support for Carers Tel. 0845 689 9510	The Bower House 32 Coventry Road Market Harborough LE16 9BZ	3 rd Thursday on each month	1.30pm – 3pm
	Mental Health Carers Support Group Contact: Denise Bosworth Tel. 07918 196106	The Bower House 32 Coventry Road Market Harborough LE16 9BZ	2 nd Wednesday of each month (please call Denise Bosworth if attending 1 st time)	1.30pm – 3pm
	Lutterworth & District Carers Support Group Contact: Sheila Tel. 01455 208236	Hazeland Court Residential Lounge Guthlaxton Avenue Lutterworth	4 th Wednesday of each month	7pm – 9pm