

WHATS ON OCTOBER

WEEKLY*

Mon 3rd/10th/17th 24th/ 31st	Carers Support Group	10.00am - 12.00pm
Wed 5th/12th/19th/26th	Camera Club	10.00am - 12.00pm

FORTNIGHTLY*

Tue 11th/25th	New Horizons Cancer Survivors Group	1:00pm - 3:00pm
Tue 11th/25th	“All Can Sing” Singing Group - All Welcome	10:30am - 12:00pm
Tue 4th/18th	Memory loss Group “New Generation”	11.00am - 12:30pm
Tue 4th/18th	Dementia Group “ Amazing Memories”	2.00pm - 3:30pm
Thu 6th/20th	Lifeline Carers Support Group	10:30pm - 12:00pm

MONTHLY*

Thu 6th	Former Carers Support Group	10:30am - 12:00pm
Wed 5th	Evening Carers Support Group	6:00pm - 8:00pm
Tue 11th	Face2Face/Lifeworks Parent Carer Drop In	12:30pm - 2:30pm
Wed 12th	Parkinson’s Support Group	1:30pm - 3:00pm
Fri 14th	Direct Payments Drop In for Carers	10:00am - 12:30pm
Wed 19th	Macmillan Cancer Social Group Event	1:30 pm - 3:00pm
Thu 20th	Brain Tumour Support Group	1:30pm - 3:30pm
Fri 21st	Fish n Chip Club	11:30am - 1:30pm
Sat 22nd	“Lets Talk About Dementia” Information Session	3:00pm - 5:00pm
Tue 25th	Fibromyalgia Support Group	1:00pm - 2:30pm
Fri 28th	Legal Advice Clinic	Appt Only
Fri 28th	Film Club (Bring your own lunch)	12:30pm - 4:00pm

WHAT’S NEW

Wed 5th	IT For Beginners - All Welcome	11am - 12:30pm
Fri 7th	Dementia Services Open Day	10:00am - 4pm
Mon 10th/17th/24th	Wellbeing Course for Carers	1:30pm - 3pm
Fri 14th/28th	Therapies for Carers	Booking Required
Thu 27th	Arts, Crafts and Needlework Club	10:30am - 12pm