

What's On in February 2019

at the Carers Centre, 1 Duke Street, Fenton, Stoke-on-Trent, ST4 3NR

WEEKLY

Mon 4 th /11 th /18 th /25 th	Carers Support Group	10.00am – 12.00pm
Wed 6 th /13 th /20 th /27 th	Camera Club	10.00am – 12.00pm
Wed 6 th /13 th /20 th /27 th	Yoga Nidra	2.00pm – 3.00pm

FORTNIGHTLY

Thu 7 th /21 st	Arts, Crafts & Needlework Group	10.00am – 12.00pm
Tue 12 th /26 th	“All Can Sing” Singing Group	10.00am – 12.00pm
Tue 12 th /26 th	New Horizons Cancer Survivors Group	1.00pm – 3.00pm
Tue 5 th /19 th	Dementia Group “Amazing Memories”	2.00pm – 3.30pm

MONTHLY

Wed 6 th	Evening Carers Support Group	6.30pm – 8.30pm
Thu 7 th	Former Carers Support Group	10.30am – 12.00pm
Tue 12 th	Lifeworks/Pegis Parent Carers Drop In	12.30pm – 2.30pm
Thu 14 th	Parkinson's Support Group	1.30pm – 3.00pm
Fri 15 th	Fish N chip Club	11.30am – 1.30pm
Fri 22 nd	Legal Advice Clinic	Appointment Only
Tue 26 th	Fibromyalgia Support Group	1.00pm – 3.00pm

WHAT'S NEW

Mon 4 th 8 th /25 th	Free Hearing Screening for Carers	10.30am – 1.00pm
Thu 14 th /21 st /28 th	Therapies for Carers	Appointment Only
Tue 19 th /26 th	IT For Carers	10.30am – 12.00pm
Mon 25 th	Eat Together/ Cook Together	10.30am – 12.30pm
	Carers Forum	12.00pm - 1.00pm

If you would like to receive a copy of our monthly What's On please email

optin@carersfirst.com

Any information you share with us will be kept safe and secure and processed in line with our privacy policy. This can be seen on our website www.carersfirst.com or you can request a copy from us by calling NSC on 01782 793100

