

# What's On In March 2019

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

## WEEKLY

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

## FORTNIGHTLY

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

## MONTHLY

Wed 6 <sup>th</sup>	Evening Carers Support Group	6.30pm – 8.30pm
Thu 7 <sup>th</sup>	Former Carers Support Group	10.30am – 12.00pm
Tue 12 <sup>th</sup>	Lifeworks/Pegis Parent Carers Drop In	12.30pm – 2.30pm
Thu 14 <sup>th</sup>	Parkinson's Support Group	1.30pm – 3.00pm
Fri 15 <sup>th</sup>	Fish N Chip Club	11.30am – 1.30pm
Mon 18 <sup>th</sup>	Brain Tumor Support Group	13:30 – 3:30pm
Tue 26 <sup>th</sup>	Fibromyalgia Support Group	1.00pm – 3.00pm
Fri 29 <sup>th</sup>	Legal Advice Clinic	Appointment Only

## WHAT'S NEW

Fri 8 <sup>th</sup> /14 <sup>th</sup>	Therapies for Carers	Appointment Only
Tue 5 <sup>th</sup> /12 <sup>th</sup> /19 <sup>th</sup> /26 <sup>th</sup>	Eat Together/Cook Together Cooking Club	10.30am – 12.30pm
Thu 7 <sup>th</sup>	IT for Carers	12.30pm - 12.30pm

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

[optin@carersfirst.com](mailto: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](http://www.carersfirst.com) or you can request a copy from us by calling NSC on 01782 793100

