

What's On In July 2019

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

WEEKLY

| | | |
|---|-----------------------------|-------------------|
| Mon 1 st 8 th 15 th 22 nd 29 th | Carers Support Group | 10.00am - 12.00pm |
| Tue 2 nd 9 th 16 th 23 rd 30 th | Eat Together/ Cook Together | 10.30am - 12.30pm |
| Wed 3 rd 10 th 17 th 24 th 31 st | Photography Club | 10.00am - 12.00pm |
| Wed 3 rd 10 th 17 th 24 th 31 st | Yoga Nidra | 2.00pm - 3.00pm |

FORTNIGHTLY

| | | |
|---|-------------------------------------|-------------------|
| Thu 11 th 25 th | Arts, Crafts & Needlework Group | 10.00am - 12.00pm |
| Tue 2 nd 16 th 30 th | "All Can Sing" Singing Group | 10.30am - 12.00pm |
| Tue 2 nd 16 th 30 th | New Horizons Cancer Survivors Group | 1.00pm - 3.00pm |
| Tue 9 th 23 rd | Dementia Group "Amazing Memories" | 2.00pm - 3.30pm |

MONTHLY

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|----------------------|---------------------------------------|------------------|
| Wed 3 rd | Evening Carers Support Group | 6.30pm - 8.30pm |
| Thu 11 th | Parkinsons Support Group | 1.30pm - 3.00pm |
| Tue 9 th | Lifeworks/Pegis Parent Carers Drop In | 12.30pm - 2.30pm |
| Fri 19 th | Fish N Chip Club | 11.30am - 1.30pm |
| Mon 15 th | Brain Tumor Support Group | 1.30pm - 3.30pm |
| Fri 26 th | Legal Advice Clinic | Appointment Only |

WHAT'S NEW

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|--|-------------------------------|------------------|
| Thu 4 th 19 th 25 th | Therapies for Carers | Appointment Only |
| Thu 4 th 11 th 18 th 25 th | Emotional Wellbeing Group | 1.30am - 3.00pm |
| Sat 6 th 13 th 20 th 27 th | Family Fun Club – All Welcome | 9.00am - 12.00pm |

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

