

What's On in November 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 |
| Tue 5 th /12 th /19 th /26 th | Eat Together/ Cook Together | 10.30am - 12.30pm |
| Wed 6 th /13 th /20 th /27 th | Photography Club | 10.00am - 12.00pm |
| Thu 7 th /14 th /21 st /28 th | Arts, Crafts & Needlework Group | 10.00am - 12.00pm |
| Thu 7 th /14 th /21 st | Emotional Wellbeing Group | 13.30pm - 3.00pm |
| Fri 1 st /8 th /15 th /22 nd /29 th | Relaxation Yoga – All welcome | 5.15pm to 6.15pm |

FORTNIGHTLY

| | | |
|--|-------------------------------------|-------------------|
| Tue 5 th /9 th | New Horizons Cancer Survivors Group | 1.00pm - 3.00pm |
| Tue 12 th /26 th | Dementia Group "Amazing Memories" | 2.00pm - 3.30pm |
| Tue 5 th /19 th | "All Can Sing Group" | 10.30am - 12.00pm |

MONTHLY

| | | |
|----------------------|---------------------------------------|-------------------|
| Thu 7 th | Former Carers Group | 10.30am - 12.00pm |
| Wed 6 th | Evening Carers Support Group | 6.30pm - 8.30pm |
| Tue 12 th | Lifeworks/Pegis Parent Carers Drop In | 12.30pm - 2.30pm |
| Thu 14 th | Parkinsons Support Group | 1.30pm - 3.00pm |
| Fri 15 th | Winter Lobby Club – All welcome | 12.30am - 2pm |
| Mon 18 th | Brain Tumor Support Group | 1.30pm - 3.30pm |
| Fri 29 th | Legal Advice Clinic | Appointment Only |

WHAT'S NEW

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|--|-------------------------------------|-------------------|
| Sat 2 nd | Walking Group For Carers | 9am - 12pm |
| Wed 6 th | Tai Chi for Beginners - All Welcome | 10.30am - 11.30am |
| Thu 6 th /8 th /14 th /22 nd | Therapies for Carers | Appointment Only |
| Thu 28 th | Carols & Mince Pies 4pm to 7pm | Ticket Only |

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

