

# What's On in October 2019

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

## WEEKLY

Mon 7 <sup>th</sup> 14 <sup>th</sup> 21 <sup>st</sup> 28 <sup>th</sup>	Carers Support Group	10.00am-12.00pm
Tue 1 <sup>st</sup> 8 <sup>th</sup> 15 <sup>th</sup> 22 <sup>nd</sup> 29 <sup>th</sup>	Eat Together/ Cook Together	10.30am-12.30pm
Wed 2 <sup>nd</sup> 9 <sup>th</sup> 16 <sup>th</sup> 23 <sup>rd</sup> 30 <sup>th</sup>	Photography Club	10.00am-12.00pm
Wed 2 <sup>nd</sup> 9 <sup>th</sup> 16 <sup>th</sup> 23 <sup>rd</sup>	Yoga Nidra	2.00pm-3.00pm
Thu 3 <sup>rd</sup> 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	Emotional Wellbeing Group	13.30pm-15.00pm
Thu 3 <sup>rd</sup> 10 <sup>th</sup> 17 <sup>th</sup> 24 <sup>th</sup> 31 <sup>st</sup>	Arts, Crafts & Needlework Group	10.00am-12.00pm

## FORTNIGHTLY

Tue 8 <sup>th</sup> 22 <sup>nd</sup>	New Horizons Cancer Survivors Group	1.00pm-3.00pm
Tue 1 <sup>st</sup> 15 <sup>th</sup> 29 <sup>th</sup>	Dementia Group "Amazing Memories"	2.00pm-3.30pm
Tue 8 <sup>th</sup> 22 <sup>nd</sup>	"All Can Sing" Group - All Welcome	10.30am-12.00pm

## MONTHLY

Wed 2 <sup>nd</sup>	Evening Carers Support Group	6.30pm-8.30pm
Thu 3 <sup>rd</sup>	Former Carers Support Group	10.30am-12.00pm
Thu 10 <sup>th</sup>	Parkinsons Support Group	1.30pm-3.00pm
Tue 8 <sup>th</sup>	Lifeworks/Pegis Parent Carers Drop In	12.30pm-2.30pm
Fri 18 <sup>th</sup>	Fish N Chip Club	11.30am-1.30pm
Mon 21 <sup>st</sup>	Brain Tumour Support Group	1.30pm-3.30pm
Fri 25 <sup>th</sup>	Legal Advice Clinic	Appointment Only

## WHAT'S NEW

2 <sup>nd</sup> 11 <sup>th</sup>	Therapies for Carers	Appointment Only
Thu 10 <sup>th</sup>	Foot Care for Carers	Appointment Only

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

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