

# What's On in December 2019

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

## PLEASE NOTE

Carers Centre will be closed on Friday 20<sup>th</sup> December 2019

Carers Centre will be closed for the Christmas Holidays from 24<sup>th</sup> December 2019 at 4.00 pm and re-open on 2<sup>nd</sup> January 2020

## WEEKLY

Mon 2 <sup>nd</sup> /9 <sup>th</sup> /16 <sup>th</sup> /23 <sup>rd</sup>	Carers Support Group	10.00am - 12.00pm
Tue 3 <sup>rd</sup> /10 <sup>th</sup> /17 <sup>th</sup>	Eat Together/ Cook Together	10.30am - 12.30pm
Wed 4 <sup>th</sup> /11 <sup>th</sup> /18 <sup>th</sup>	Photography Club	10.00am - 12.00pm
Thu 5 <sup>th</sup> /12 <sup>th</sup> /19 <sup>th</sup>	Arts, Crafts & Needlework Group	10.00am - 12.00pm
Thu 5 <sup>th</sup> /12 <sup>th</sup> /19 <sup>th</sup>	Emotional Wellbeing Group	13.30pm - 3.00pm
Fri 6 <sup>th</sup> /13 <sup>th</sup>	Relaxation Yoga – All welcome	6.00pm – 7.00pm

(There is a charge for Yoga – Concessional Rate for Carers)

## FORTNIGHTLY

Tue 3 <sup>rd</sup> /17 <sup>th</sup>	New Horizons Cancer Survivors Group	1.00pm - 3.00pm
Tue 10 <sup>th</sup>	Dementia Group "Amazing Memories"	2.00pm - 3.30pm
Tue 3 <sup>rd</sup> /17 <sup>th</sup>	"All Can Sing Group"	10.30am - 12.00pm

## MONTHLY

Tue 10 <sup>th</sup>	Lifeworks/Pegis Parent Carers Drop In	12.30pm - 2.30pm
Thu 12 <sup>th</sup>	Parkinsons Support Group	1.30pm - 3.00pm

## WHAT'S NEW

Sat 7 <sup>th</sup> 4 <sup>th</sup> /13 <sup>th</sup>	Walking Group For Carers Therapies for Carers	9am - 12pm Appointment Only
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If you would like to receive a copy of our monthly What's On please email

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