

# What's On In January 2020

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

Mon 6 <sup>th</sup> 13 <sup>th</sup> 20 <sup>th</sup> 27 <sup>th</sup>	Carers Support Group	10.00am - 12.00pm
Tue 7 <sup>th</sup> 14 <sup>th</sup> 21 <sup>st</sup> 28 <sup>th</sup>	Eat Together/ Cook Together	10.30am - 12.30pm
Wed 8 <sup>th</sup> 15 <sup>th</sup> 22 <sup>nd</sup> 29 <sup>th</sup>	Photography Club	10.00am - 12.00pm
Mon 6 <sup>th</sup> 13 <sup>th</sup> 20 <sup>th</sup> 27 <sup>th</sup>	Relaxation Yoga – All welcome (There is a charge for Yoga – Concessional Rate for Carers)	6.00pm to 7.00pm

## FORTNIGHTLY

Tue 14 <sup>th</sup> 28 <sup>th</sup>	New Horizons Cancer Survivors Group	1.00pm - 3.00pm
Tue 7 <sup>th</sup> 21 <sup>st</sup>	Dementia Group “Amazing Memories”	2.00pm - 3.30pm
Thu 9 <sup>th</sup> 23 <sup>rd</sup>	Arts, Crafts & Needlework Group	10.00am - 12.00pm
Tue 14 <sup>th</sup> 28 <sup>th</sup>	All Can Sing Group	10.30am - 12.00pm

## MONTHLY

Thu 2 <sup>nd</sup>	Former Carers Group	10.30am - 12.00pm
Thu 9 <sup>th</sup>	Parkinsons Support Group	1.30pm - 3.00pm
Tue 14 <sup>th</sup>	Lifeworks/Pegis Parent Carers Drop In	12.30pm - 2.30pm
Fri 17 <sup>th</sup>	Pie n Pea Club - All welcome	12.30am – 2.00pm
Mon 20 <sup>th</sup>	Brain Tumor Support Group	1.30pm - 3.30pm
Fri 17 <sup>th</sup> 31 <sup>st</sup>	Legal Advice Clinic	Appointment Only

## WHAT'S NEW

Wed 8 <sup>th</sup>	Therapies for Carers	Appointment Only
Fri 10 <sup>th</sup> 24 <sup>th</sup>	Therapies for Carers	Appointment Only
Mon 20 <sup>th</sup>	Carers Forum - All welcome	12.00pm - 1.00pm
Thu 30 <sup>th</sup>	Yoga Nidra	2.00pm to 3.00pm

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

[optin@carersfirst.com](mailto:optin@carersfirst.com)

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