

What's On in March 2020

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

WEEKLY

Mon 2 nd 9 th 16 th 23 rd 30 th	Carers Support Group	10.00am - 12.00pm
Tue 3 rd 10 th 17 th 24 th 31 st	Eat Together/ Cook Together	10.30am - 12.30pm
Wed 4 th 11 th 18 th 25 th	Photography Club	10.00am - 12.00pm
Thurs 5 th 12 th 19 th 26 th	Emotional Wellbeing Group	2.00pm - 3.30pm

FORTNIGHTLY

Tue 10 th 24 th	New Horizons Cancer Survivors Group	1.00pm - 3.00pm
Tue 3 rd 17 th 31 st	Dementia Group "Amazing Memories"	2.00pm - 3.30pm
Thu 5 th 19 th	Arts, Crafts & Needlework Group	10.00am - 12.00pm
Tue 10 th 24 th	All Can Sing Group	10.30am - 12.00pm

MONTHLY

Wed 4 th	Evening Carers Group	6.30pm - 8.30pm
Thu 5 th	Former Carers Group - Mini Bus Trip	Appointment Only
Thu 12 th	Parkinsons Support Group	1.30pm - 3.00pm
Tue 10 th	Lifeworks/Pegis Parent Carers Drop In	12.30pm - 2.30pm
Fri 20 th	Pie n Pea Club - All welcome	12.30am – 2.00pm
Mon 16 th	Brain Tumor Support Group	1.30pm - 3.30pm
Fri 13 th 27 th	Legal Advice Clinic	Appointment Only

WHAT'S NEW

Wed 4 th	Therapies for Carers	Appointment Only
Fri 6 th	Therapies for Carers	Appointment Only
Thu 26 th	Yoga Nidra – All Welcome	2.00pm - 3.00pm
Fri 27 th	Online Benefit Checks for Carers	Appointment 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

