

What's On in September 2020

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

Welcome Back!

We are now open for one to one appointments and gradually recommencing small groups at our large Carers Centre in accordance with government guidelines
Everyone visiting is asked to adhere to social distancing and safety measures which are in place at all times.

Thank you.

For further information contact us on 01782 793100

Mon 7 th 14 th 21 st 28 th	Carers Support Group	10.00am-12.00pm
Wed 2 nd 9 th 16 th 23 rd 30 th	Photography Club	10.00am-12.00pm
Thu 3 rd 17 th	Arts and Crafts Group	10.00am-12.00pm
Thu 10 th 17 th 24 th	Emotional Wellbeing Group	2.00pm-3.30pm
Tue 8 th 22 nd	New Horizons Cancer Survivors Group	1.00pm-3.00pm
Tue 8 th	Lifeworks/Pegis Parent Carers Drop In	12.30pm-2.00pm
Tue 15 th 29 th	Amazing Memories Group	2.00pm-3.30pm
Thu 24 th	Yoga Nidra Relaxation	2.00pm-3.00pm
Fri 25 th	Legal Advice Clinic	Appointment Only

**If any Carer would like to meet with one of our team in the Carers Centre for information, advice and support please call us to book an appointment on 01782 793100.
We are here for you!!!!**

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

