

Activities – Events December 2019

When	Activity/Event	Cost	Where
Saturday 30th November 10am – 1pm	<u>Christmas Market</u> A festive fair, with an array of stalls. If you are looking for that special Christmas gift, come and see what you can pick up at a very reasonable price. Food, games, raffles and tombola, all to entertain you, for a lovely morning out.	Free	United Reformed Church Carers Service Kingsway
Fortnightly Tuesday and Thursday 10am – 12noon	<u>Bee Keeping Course</u> and other outdoor activities Two groups running every fortnight Starting November 2019 to March 2020 <i>Check dates with Reception</i>	Free	Most sessions will take place at Cherry Tree Library Cherry Tree Lane Blackburn BB2 5NX
Tuesday 3rd December 1pm – 3pm	<u>Sing Song and Mince Pies Christmas Party</u> This activity is for anyone who enjoys singing, we have an entertainer coming in to get you singing along to your 50's, 60's and 70's-time favourite songs. You will be able to enjoy an afternoon in a relaxed environment and provided with mince pies, and refreshments.	Free	Carers Service Kingsway
Wednesday 4th December 9.30am – 11.30am	<u>Christmas Coffee Morning</u> Come and enjoy our festive Coffee Morning. Meet people and get the right information to support you in your caring role. Reiki and massages available There will be a raffle and gifts to buy.	Small cost	Carers Service Kingsway

PARKING IS **NOT** PERMITTED ON THE DAY TRIPS

These Activities and trips are for **CARERS** registered with **Blackburn with Darwen Carers Service**

For further information or to book onto any of the activities please call at

Reception/Carers Service on 01254 688440

Our out of hours phone line will be open 4pm – 9pm

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<p>Thursday 5th December</p> <p>5.30pm – 7.30pm</p>	<p><u>Working Carers</u></p> <p>Come along where you will have the chance to meet others in the same position, share knowledge and support, or just take a couple of hours for yourself to chill and chat</p> <p>This week 'My Journey as a Carer'</p> <p>With Reiki also available</p>		<p>Carers Service Kingsway</p>
<p>Friday 6th December</p> <p>Doors open at 7pm for 8pm start until 10pm</p>	<p><u>Georges Comedy Club at King Georges Hall, Windsor Suite, Blackburn Library Theatre</u></p> <p>You would need to book at the Carers Service in advance to secure a place</p> <p>Fans of live stand-up comedy in Darwen are in for a treat when we start delivering the cream of the UK and international comedy circuit to their doorstep!</p> <p>Make sure you book early to avoid disappointment! This event sells out every single month!</p> <p>Booking is essential</p>	<p>Free</p>	<p>King Georges Hall</p>
<p>Saturday 7th December</p> <p>Doors open at 7pm for 8pm start until 10pm</p>	<p><u>Comedy at Darwen Library Theatre</u></p> <p>You would need to book at the Carers Service in advance to secure a place</p> <p>Fans of live stand-up comedy in Darwen are in for a treat when we start delivering the cream of the UK and international comedy circuit to their doorstep!</p> <p>Make sure you book early to avoid disappointment! This event sells out every single month!</p> <p>Booking is essential</p>	<p>Free</p>	<p>Darwen Library Theatre</p>

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<p>Tuesday 10th December</p> <p>Leaving at 5pm returning from destination at 9pm</p>	<p><u>Garstang Victorian Christmas Market Festival</u></p> <p>People from all over the region join locals to enjoy an evening of fun. From 6pm until 9pm the Town Centre is closed to traffic to enable everyone to wander safely, taking in all there is on offer. And there certainly is plenty on offer! There are bands, singers, stilt walkers, Punch and Judy, and all kinds of street entertainment and not forgetting, of course, Santa himself who arrives in style and sets up shop in his grotto on the High Street. Nobody goes hungry either with a vast array of stalls selling everything from Hog Roast and German Sausages, to candy floss and doughnuts. Most of the shops stay open for the evening so you have a chance to get those last-minute gifts.</p>	<p>£6.00</p>	<p>Garstang</p> <p>Must meet 15 minutes before time to leave Carers Service</p>
<p>Thursday 5th, December</p> <p>10:30am – 1:30pm</p> <p>Every Thursday</p> <p>Last meet Dates for the New Year to be arranged</p>	<p><u>Walking Group</u></p> <p>Easy pace for all abilities</p> <p>The walks are ideal for all ages and abilities. It will help you improve your general health and wellbeing, introduce you to new friends and help you discover new areas to walk on your doorstep.</p> <p>The volunteer led walk may involve hills, rough grounds and stiles.</p> <p>Suitable footwear must be worn</p>	<p>Free unless transport is needed</p>	<p>Meeting at various places</p>

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<p>Tuesday 17th December</p> <p>Leaving at 10.30am returning at 4pm</p>	<p><u>Christmas Lunch at Oswaldtwistle Mills</u></p> <p>For Carers looking after people with Dementia or older people and the person they care for if appropriate.</p>	<p>£5.00 per person</p>	<p>Oswaldtwistle Mills</p> <p>Must meet 15 minutes before time to leave Carers Service</p>
<p>Wednesday 8th January 2020</p> <p>11am – 4pm</p>	<p><u>Rivington Barn</u></p> <p>Our festive Christmas lunch is back at this fantastic venue, decorated in a winter wonderland, in this beautiful scenic area of Lancashire. Come and have a darn good meal and a knees up!</p>	<p>£22 per person</p>	<p>Leaving Kingsway at 11am</p> <p>Must meet 15 minutes before time to leave Carers Service</p>
<p>Starting in the New</p>	<p><u>Sewing Craft Class</u></p> <p>New Class commencing in January An opportunity to learn new skills</p>	<p>Free</p>	<p>Carers Service Kingsway</p>
<p>Date to be arrange</p>	<p><u>Reading Group</u></p> <p>Join our reading group we provide the books, you provide the insight choose from Comedy, Crime, Non-Fiction, Poetry and more!</p>	<p>Free</p>	<p>Carers Service Kingsway</p>
<p>Date to be arrange</p>	<p><u>Life After Caring 6 Weeks Course</u></p> <p>The course is for anyone who has left their caring role for any reason</p> <ul style="list-style-type: none"> • parent whose son or daughter has gone onto independent living • A smaller child who has started full time education • Bereavement • Person going into full-time residential care. • Separation or divorce from the cared for person perhaps due to mental health or substance misuse. 	<p>Free</p>	<p>Carers Service Kingsway</p>

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<p>Ongoing Every Monday 11.30 – 12.30</p>	<p>Exercise Class Specifically designed around the needs of carers of all ages. Will benefit in:</p> <ul style="list-style-type: none"> ♦ Flexibility ♦ Mobility ♦ Muscle Tone ♦ Stamina ♦ Inject Energy ♦ Aide Co – ordination & Balance ♦ Strengthen <p>Making exercise fun and enjoyable with moving to your</p>	<p>Free</p>	<p>Carers Service Kingsway</p>
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