

# EVENTS

At Carers Service

## Weekly



### Monday



**10:00am – 12:00pm:** Asian Carers Group in Activity Room 2

**11:30am – 12:30pm:** Exercise Class in Church

**12:30pm – 2:30pm:** Sewing Group in Activity Room 1

### Tuesday



**10:00am – 12:00pm:** Crafts Group in Activity Room 2

**1:00pm – 3:00pm – Every other week:** Mental Health Carers Support Group in Rainbow Room

### Wednesday

**10:00am – 12:00pm - 2<sup>nd</sup> & 4<sup>th</sup> Wednesday:** National Autistic Society in the Lounge

**1pm – 3pm:** Carers Veterans Support Group in Rainbow Room

### Thursday

**10:30am – 1:00pm – Walking Group - Various**

**1:00pm – 3:00pm -Every other week:** CASH Group in the Rainbow Room



# EVENTS

At Carers Service

## Monthly

### Dementia Cafe

**When:** 1<sup>st</sup> Tuesday of every month

**Where:** The Lounge **Time:** 1:00pm – 3:00pm

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### Dementia Peer Support Group

**When:** 3<sup>rd</sup> Tuesday of every month

**Where:** Activity Room 2 **Time:** 1:00pm – 3:00pm

### Older Carers Group

**When:** Last Tuesday of the month

**Where:** Activity Room 2 **Time:** 11am – 1pm

### Former Cash Group

**When:** 3<sup>rd</sup> Wednesday of the Month

**Where:** Rainbow Room **Time:** 1pm – 3pm

### LGBTQ+ Group

**When:** 3<sup>rd</sup> Wednesday of the Month

**Where:** Rainbow Room **Time:** 3:30pm – 5:30pm

### Working Carers Activities

**When:** 1<sup>st</sup> Thursday of every month

**Where:** Various **Time:** 5:30pm – 7:30pm

### SEND Friends Coffee Morning

**When:** 2<sup>nd</sup> Thursday of the month

**Where:** Lounge **Time:** 10:00am – 12:00 noon

Leading the fight  
against dementia  
**Alzheimer's  
Society**

ACTIVITIES

Caring  
Work  
Me

Something for  
**EVERYONE!**

