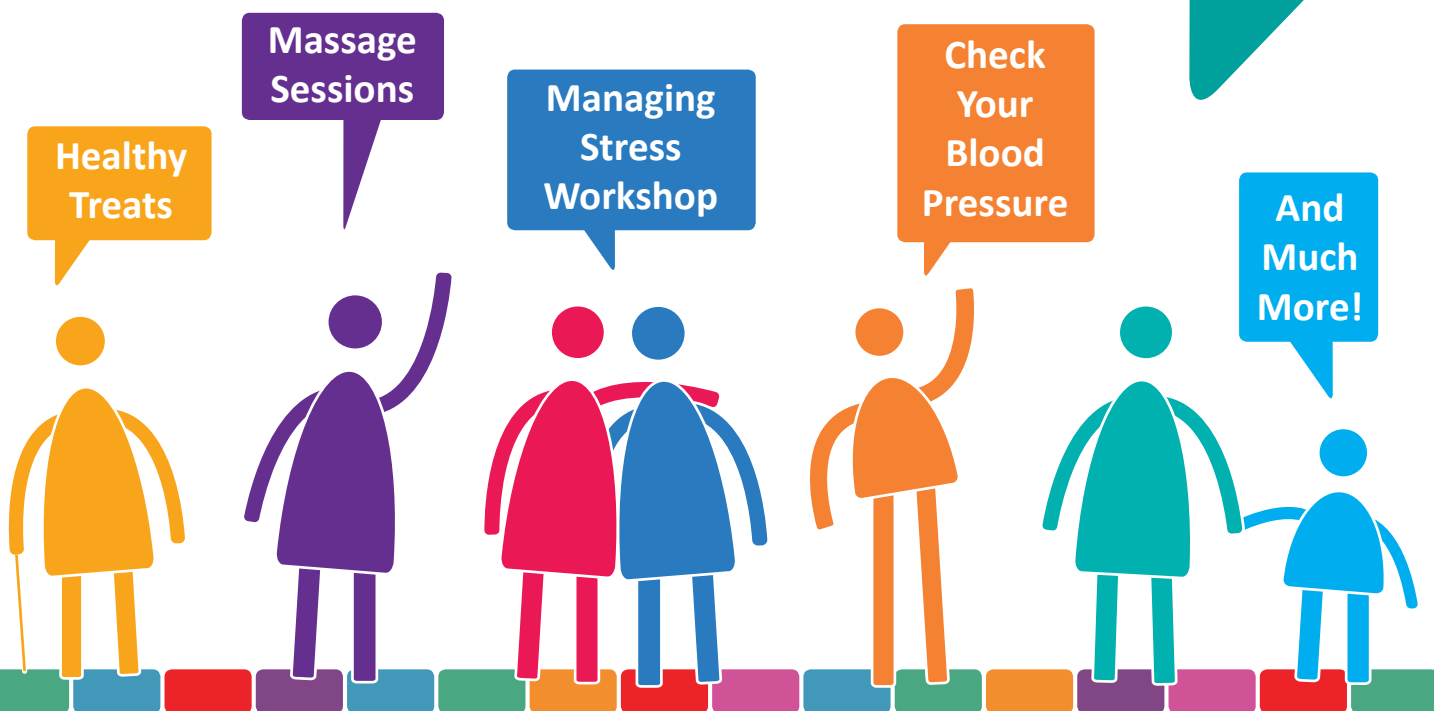


10-16 June 2019

Carers Support Centre, 24 George Street, Croydon CR0 1PB

Caring for a friend, family member or neighbour due to illness, disability or old age in Croydon?

We have FREE Carers Week events just for you this June at the Carers Support Centre. Turn over the page for dates and details.



Carers Support Centre, 24 George Street, Croydon CR0 1PB
Open Monday to Friday, 10am – 4pm

- 020 8649 9339, option 1
- info@carersinfo.org.uk
- www.carersinfo.org.uk
- Facebook icon
- Twitter icon

In Partnership with:



As a Carers Week special, we're extending our Carers Café opening hours to 10.30am-3pm from Monday 10 to Friday 14 June. Please note that some Café-based activities will finish before 3pm.

Monday 10 June

Cuppa & Chat @ Health and Wellbeing Carers Café, 10.30am-3pm (Drop-In)

Research suggests that eight out of ten carers feel lonely and isolated. Talking face-to-face with people who share similar experiences can help. Drop in for a free cuppa and a chat with fellow carers, and try our conversation menu!

Amanda's Art Party, 10am-12noon (Drop-In)

Unleash your creativity with Amanda's Art Party. Drop in and decorate a miniature plant pot or bird feeder, or design your own canvas shopping bag. This event isn't for experts - it's for everyone! Art materials will be provided.

Tuesday 11 June

Juice Bar @ Health and Wellbeing Carers Café, 10.30am-12.30pm (Drop-In)

Enjoy free samples of delicious fresh fruit juice blends, then have a go at making your own!

Managing Stress Workshop, 10.30am-12.30pm (Booking Required)

Caring for someone can be very stressful at times. Learn practical techniques to monitor and manage your stress levels in a healthy way.

Amanda's Art Afternoon in the Carers Café, 1pm-3pm (Drop-In)

Unleash your creativity with Amanda's Art Afternoon in the Carers Cafe. Drop in and decorate a miniature plant pot or bird feeder, or design your own canvas shopping bag. This event isn't for experts - it's for everyone! Art materials will be provided.

To book, call 020 8663 5674
or email
enquiries@carersinfo.org.uk

Wednesday 12 June

Healthy Treats @ Health and Wellbeing Carers Café, 10.30am-3pm (Drop-In)

Enjoy free healthy food samples with your cuppa in the Carers Café.

Carers Week Sing with Croydon Carers Choir, 10.30am-11.45am (Drop In)

Sing your heart out at this fun and friendly session - all abilities welcome.

Massage, 10.30am-1.30pm (Booking Required)

Enjoy a relaxing massage with a trained massage therapist.

Poetry Workshop with Rachel Sambrooks, 1pm-3pm (Booking Required)

Express yourself with our free poetry workshop for carers, led by Rachel Sambrooks. Rachel is Writer in Residence at Sutton Libraries, a published poet, short story writer and award-winning community facilitator, who juggles her creative career with being a parent carer. All experience levels welcome.

Carers Week Poetry and Spoken Word Open Mic, 3pm-4pm (Drop-In)

Join our Carers Week open mic for carers. If you would like to sign up, please email amydeakin@carersinfo.org.uk

Thursday 13 June

Massage, 10.30am-3.30pm (Booking Required)

Enjoy a relaxing massage with a trained massage therapist.

Sugar Smart and Live Well @ Health and Wellbeing Carers Café, 11am-12.30pm (Drop In)

Get tips and support to make healthy lifestyle changes from the Sugar Smart and Live Well teams.

Friday 14 June

Check Your Blood Pressure @ Health and Wellbeing Carers Café, 10.30am-12.30pm (Drop-In)

Free blood pressure checks and advice from the local Stroke Association.

Massage, 10.30am-3.30pm (Booking Required)

Enjoy a relaxing massage with a trained massage therapist.

Creative Dance Class, 10.30am-11.30am (Drop-In)

A mixture of taught dance inspired by Bollywood, Swing, Belly Dancing and other styles. No previous dance experienced needed. Come along, have some fun and get fit.

Taster Tai Chi, 2pm-3pm (Booking Required)

Tai Chi is a meditative Chinese martial art, using slow movement and breathing to promote health and relaxation.