

FREE events for Carers during



NOTTINGHAMSHIRE

11th - 17th June 2018

Date	Venue	Details
Monday 11 th June	Ashfield Health and Wellbeing Hub Portland Street KIRKBY IN ASHFIELD NG17 7AE	1pm – 3pm plus free Afternoon Tea for Carers! Join our special Carers Week session at Ashfield Carer Support Group where Jane Parke from County Enterprise Foods , Nottinghamshire County Council, will serve tasters of their delicious home-delivered meals.
Monday 11 th June	Rosie Lea's Tea Room 17 Wilkinson Street BEESTON , NG9 2NL	1pm - Afternoon Tea for Carers for only £5 per person! Come and enjoy a special afternoon tea to celebrate Carers Week – <i>Places limited to 20 carers – please book by ringing number below.</i>
Tuesday 12 th June	Gedling Methodist Church Gedling Road CARLTON NG4 3EX	10.30am – 12.30pm plus free buffet! Try a FREE TASTER SESSION of chair-based 'OTAGO' exercises! Join our special Carers Week session at Gedling Carer Support Group where a trainer from Everyone Health will talk to us about Falls Prevention and the new ENGAGE classes starting near you for people aged over 55 who have mobility and stability challenges.
Tuesday 12 th June	Kilton Forest Golf Course Blyth Road WORKSOP S81 0TL	12pm – 2pm Carers Event! BPL (Bassetlaw Premier Leagues) in partnership with Home Instead are holding a Carer's Event – come and speak to service providers in your area for advice and information. <i>Refreshments / cakes available.</i>
Wednesday 13 th June	The Crossing Newcastle Street WORKSOP S80 2AT	10am – 12pm plus free buffet! Join our special Carers Week session at Workshop Carer Support Group for a fun get-together with other carers and local support worker.
Thursday 14 th June	Castle House Great North Road NEWARK NG24 1BY	10am – 12pm plus free tea and cakes! Join our special Carers Week session at Newark Carer Support Group where Samantha Hey from Home Direct (Together is Better) will discuss the benefits of an NHS Personal Budget for those in receipt of direct payments.

For more information or to book, contact

NOTTINGHAMSHIRE CARERS HUB

T: 0115 824 8824

www.carerstrustem.org/hub