

CARERS WEEK



11th-17th June 2018

FREE events and
activities for CARERS



STAYING HEALTHY AND CONNECTED

Event details

Monday 11th June

Unsung Heroes Celebratory Event

To launch Carers Week 2018, we will be celebrating in style to recognise the invaluable contribution of the carers of Slough. The day will involve performances from Slough artists, information and advice, interactive sessions with local organisations and groups, pampering sessions and more! A sandwich lunch will be provided.

11.00am-3.30pm

Masonic Centre, Ragstone Road, Slough, SL1 2PX

<https://www.eventbrite.co.uk/e/unsung-heroes-celebratory-event-tickets-45513378741>

Tuesday 12th June

Carers Networking Lunch – Mindfulness Session

If you are looking for ways to take a break from the demands of the modern world, this mindfulness session will highlight ways that your tech can help you. It will focus on two apps with sections on sleep, meditation and breathing. As this is an interactive session, please bring your smartphone with you. A sandwich lunch is included.

11.00am-1.00pm

Main Hall, 29 Church Street, Slough, SL1 1PL

Booking instructions: The mindfulness session is free, however there are only 15 spaces available. To book your space, contact Slough Carers Support. Please also provide any dietary requirements, including allergies and intolerances.

<https://www.eventbrite.co.uk/e/carers-networking-lunch-mindfulness-session-tickets-45680925879>

Slough Carers Support contact details:

Website: www.sloughcarerssupport.co.uk

Telephone: 01753 303428



Tuesday 12th June

Active Slough

Active Slough are hosting two 30-minute sessions; beginner friendly Yoga and Boccia & Indoor Curling.

Yoga session from 2.00pm-2.30pm

Boccia & Indoor Curling from 2.30pm-3.00pm

Main Hall, 29 Church Street, Slough, SL1 1PL

Carers can sign-up to one or both sessions.

What to wear: Comfortable clothing. Please also bring a bottle of water.

Booking instructions: Both activities are free however there are only 15 spaces available for Yoga and 20 for Boccia & Indoor Curling. To book your place, please email ciaran.crean@slough.gov.uk or call 01753 875 754.

Men's Matters Afternoon Tea

Men's Matters would like to thank all of the unpaid carers in Slough who work hard to make people's lives better. There will be a presentation, information and advice and tea and scones served. This session is aimed at all age groups, young carers welcome.

2.00pm-4.00pm

Resource Centre, Longwood Park, Bryon House, Common Road, Langley, SL3 8TN

This event is free, however booking is required.

<https://www.eventbrite.co.uk/e/mens-matters-afternoon-tea-tickets-45681045236>

Wednesday 13th June

Carers pampering session

Healthwatch Slough and Living in Harmony are working in partnership to deliver hand massages and Reiki to carers.

11.00am-12.00pm

Main Reception, Wexham Park Hospital, Wexham, Slough SL2 4HL

This event is free and booking in advance is not required.

Cippenham Carers Group

Singing and mindfulness session.

1.00pm-3.00pm

Cippenham Baptist Church, 11 Elmshott Lane, Slough SL1 5QS

This event is free and booking in advance is not required.

Wednesday 13th June

Memory Clinic / Older Person's Mental Health Team

3.30pm-6.30pm

Location: TBC

Please contact Katie Thresher on 01753 690 950 or katie.thresher@berkshire.nhs.uk to book your place.

Thursday 14th June

U3A Social Event

U3A are hosting a range of activities including: table tennis, scrabble, bridge, dart and general chat and refreshments.

10.30am-12.30pm

Horsemoor Green Youth & Community Centre, Common Road, Langley, Slough SL3 8JU

This event is free and booking in advance is not required.

Slough Community Mental Health Team — Carers Café Creative Activities Session

New Horizons, Pursers Court, Elliman Avenue, Slough, SL2 5B

Art with Bill

3.00pm-5.30pm

This is a workshop led by one of our experienced volunteer peer mentors. He will lead a canvas art project with you. You can learn new skills using acrylic paints and have great fun too.

Carer Café refreshments

5.30pm-6.00pm

Samba drumming - Brazilian Carnival Music Experience

6.00pm-8.00pm

Drums, Agogos, Cowbells, Shakers, Tamborims and group participation combine in this high-energy and multi-layered performance spectacle. Participants are led through a series of rhythmical exercises and challenges, teaching them the rhythms and sounds of Brazil. Participants will be divided into smaller groups and taught separate rhythmic parts on the different percussion instruments, combining as a whole to make up the full sound of a Brazilian samba band. Participants will also learn collective solo parts, interactive breaks and a system of calls and responses, which will all be brought together into an exhilarating, multi-layered final performance.

Its loud, impressive, high energy, exhilarating and fun!

Please contact Katie Thresher on 01753 690 950 or katie.thresher@berkshire.nhs.uk to book your place onto either Art with Bill, the Samba Workshop, or both. There are limited spaces on both workshops so book as soon as you can! Car parking is available.

Friday 15th June

Deep relaxation class for carers

Group session on mindfulness and being happy. Guided relaxation, learn to relax your body and mind. Students will lie on a mat with a pillow and a blanket and enjoy being guided into relaxation. The class is open to all levels – no experience of meditation is needed.

What to wear: Warm clothing, socks, bring your own pillow and blanket if you like. Please also bring a bottle of water.

10.00am-11.00am

Main Hall, 29 Church Street, Slough, SL1 1PL

The relaxation class is free however booking is required. There are 12 spaces available. To book your place at this session, please contact Slough Carers Support.

<https://www.eventbrite.co.uk/e/deep-relaxation-class-for-carers-tickets-45681099398>

Royal Opera House – Swan Lake

Swan Lake at the Royal Opera House matinee show including afternoon tea. Due to the location of the seats, this event is not suitable for people with restricted mobility or those in wheelchairs.

10.00am-7.30pm

Royal Opera House, London

This trip costs £5 per ticket which includes the taxi journey, afternoon tea and show. There are only 12 spaces available and booking is required. To book your place and find out how to pay, get in touch with Slough Carers Support. Please also provide any dietary requirements including allergies and intolerances.

Contact Slough Carers Support to book your place. Telephone 01753 303428 or e-mail sloughcarers@gmail.com

Special Voices Coffee Day

Description of activity: Special Voices would like to invite all carers who have a disabled/special needs child/children, young people and adults to their coffee day. They have arranged a nail polish swap shop where you bring a nail polish you no longer use or like and swap it for one you do. Don't worry if you don't have one to bring, there will be lots of colours for you to try out. Lunch will also be provided.

10.00am-1.00pm

P.A.L.S, 225-227 Northern Road, Slough, SL2 1LU

This event is free and booking is not required.

Slough Young Carers Party

Pizza, Xbox, table tennis and many more games!

3.30pm onwards

YES Shop, Queensmere Shopping Centre, Slough

Drop-in

Contact jemma@aiksaath.com at Slough Young Carers.