

# CARERS WEEK




11-17 June 2018  
With lots of **FREE** events and  
activities for CARERS



## TIMETABLE

[www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk)

<b>Monday 11<sup>th</sup> June</b>	<b>Tuesday 12<sup>th</sup> June</b>	<b>Wednesday 13<sup>th</sup> June</b>	<b>Thursday 14<sup>th</sup> June</b>	<b>Friday 15<sup>th</sup> June</b>
<p><b>Unsung Heroes Celebratory Event</b> 11:00am-3:30pm <b>Booking essential — 01753 303428</b></p> <p>To launch Carers Week 2018, we will be celebrating in style to recognise the invaluable contribution of the carers of Slough.</p> <p>The day will involve performances from Slough artists, information and advice, interactive sessions with local organisations and groups, pampering sessions and more!</p> <p>Sandwich lunch will also be included.</p> 	<p><b>Carers Networking Lunch – Mindfulness Session</b> 11:00am-1:00pm Main Hall, 29 Church Street, Slough, SL1 1PL A sandwich lunch is included. <b>Booking essential — 01753 303428</b></p> <p><b>Active Slough Yoga</b> 2:00pm-3:00pm <b>Boccia &amp; Indoor Curling</b> 2.30pm-3.00pm Main Hall, 29 Church Street, Slough, SL1 1PL <b>Booking essential — 01753 875754 or ciaran.crean@slough.gov.uk</b></p> <p><b>Men’s Matters — Afternoon Tea</b> 2:00pm-4:00pm Resource Centre, Longwood Park, Bryon House, Common Road, Langley, SL3 8TN This session is aimed at all age groups, young carers welcome. <b>Booking essential — 01753 303428</b></p>	<p><b>Pampering session</b> (delivered by Healthwatch Slough and Living in Harmony) 11:00am-12:00pm Main Reception, Wexham Park Hospital, Wexham, Slough, SL2 4HL <b>Drop-in</b></p> <p><b>Cippenham Carers Group</b> Singing and mindfulness session 1:00pm-3:00pm Cippenham Baptist Church, 11 Elmshott Lane, Slough SL1 5QS <b>Drop-in</b></p> <p><b>Memory Clinic / Older Person’s Mental Health Team</b> 3:30pm-6:30pm Location: TBC <b>Booking essential — 01753 690950 or katie.thresher@berkshire.nhs.uk</b></p>	<p><b>U3A Social Event</b> 10:30am-12.30pm Horsemoor Green Youth &amp; Community Centre, Common Road, Langley, Slough SL3 8JU <b>Drop-in</b></p> <p><b>CMHT Carers Café Creative Activities Session</b></p> <p><b>Art with Bill</b> 3:00pm-5:30pm</p> <p><b>Carer Café refreshments</b> 5:30pm-6:00pm</p> <p><b>Samba drumming - Brazilian Carnival Music Experience</b> 6:00pm-8:00pm New Horizons, Pursers Court, Elliman Avenue, Slough, SL2 5BX <b>Booking essential — 01753 690950 or katie.thresher@berkshire.nhs.uk</b></p>	<p><b>Deep relaxation yoga with Kat</b> 10:00am-11:00am Main Hall, 29 Church Street, Slough, SL1 1PL <b>Booking essential — 01753 303428</b></p> <p><b>Special Voices Coffee Day</b> 10:00am-1:00pm P.A.L.S, 225-227 Northern Road, Slough, SL2 1LU For all carers who have a disabled/special needs child/children, young people and adults <b>Drop-in</b></p> <p><b>Royal Opera House – Swan Lake</b> 10:00am-7:30pm Royal Opera House, London This trip costs £5 per ticket, <b>Booking essential — 01753 303428</b></p> <p><b>Slough Young Carers Party</b> YES Shop, Queensmere Shopping Centre 3.30pm onwards Pizza, xbox, table tennis and many more games! <b>Drop-in</b></p>