

CARERS WEEK


8-16 June 2019

With lots of **FREE** events and activities for CARERS



TIMETABLE

Updates at www.sloughcarerssupport.co.uk

Saturday 8 th June	Sunday 9 th June	Monday 10 th June	Tuesday 11 th June	Wednesday 12 th June	Thursday 13 th June	Friday 14 th June
<p>Beatboxing/Rapping Music Workshop with Conrad Murray for young carers 3:00pm</p> <p>High Rise eState of Mind by Beats & Elements 7:00pm to 8:30pm A Hip hop, Grime and beat box musical show. Cost: Pay What You Decide</p> <p>Venue for both events: HOME on the High Street, Unit 43-45, Observatory Shopping Centre, Slough</p> <p>Book your place for both events at www.homeslough.org.uk</p> 	<p>Creative Workshop On Mental Health</p> <p>11:30am – 5:30pm Venue: HOME on the High Street, Unit 43-45, Observatory Shopping Centre, Slough Cost: Free Book here: https://bit.ly/2JrPvF4</p>	<p>Simple Ways to Support Carers</p> <p>8:30am – 10:30am Main Hall, 29 Church Street, Slough, SL1 1PL</p> <p>A short workshop for organisations and employers. Booking essential — https://bit.ly/304oFb7</p> <p>Gentle Social Ride for Carers</p> <p>5:30pm outside The Curve, Slough, SL1 1XY 6:00pm at Herschel Park Cycle Skills or a gentle social ride. Booking essential — https://bit.ly/2V6TdFf</p>	<p>Mamma Mia! - Carers 'Relaxation' Film Screening</p> <p>3:30pm The Curve, Slough, SL1 1XY Cost: £2 / person (10% discount with a Slough Carers Card - enter discount code 'Carer10' when booking.)</p> <p>Enjoy this musical romantic comedy, which tells the story of a bride-to-be trying to find her real father using hit songs by the popular '70s pop group ABBA! Booking essential — https://bit.ly/2VygtMC</p>	<p>Getting Carers Connected</p> <p>11am – 2:30pm Arbour Park, Stoke Road, Slough SL2 5AY</p> <p>Information stands and short presentations all aimed at helping carers get connected to advice and information, services, others, and technology. Booking essential — https://bit.ly/2Wb7QvY</p>	<p>'Taking Care of Yourself' Mindfulness Sessions for Carers</p> <p>10am – 11am & 11:30am – 12:30pm Main Hall, 29 Church Street, Slough, SL1 1PL</p> <p>Short sessions exploring the 5 secrets to happiness which will equip you with lots of helpful tips to change the way you think about life. Booking essential — https://bit.ly/2HAZTXH</p> <p>Asian Carers Group Pilates for All (Men and Women) 12:00pm - 1:00pm Slough Hindu Temple, Keel Drive, Slough, SL1 2XU Call 07592 570668 to register or drop in (subject to space).</p>	<p>Special Voices Drop-in Coffee Day (with Lunch)</p> <p>9:30am – 1pm Cippenham Baptist Church Hall, 11 Elmshott Lane, Slough, SL1 5QS</p> <p>All carers in Slough welcome. Free gift bag on entry, finger buffet lunch, refreshments and cake plus free parking & more! For more details email info@specialvoices.co.uk or call 07990 693439.</p>

FREE Sports / Leisure Taster Activities for Carers Throughout the week there will be free sports / leisure taster activities for carers including...

Slough Ice Arena - free ice skating session for anyone with a carers discount card.

The Centre - free swim and GX class for anyone with a carers discount card.

Langley Leisure Centre - free swim for anyone with a carers discount card