

# North Staffordshire Hub Clubs May 2019



<p>Friday 3rd May 10.30am – 12.30pm</p> <p>1<sup>st</sup> Friday of each month</p>	<p><b>Healthwatch</b></p> <p>Healthwatch Staffordshire is the independent consumer champion for health and social care in your local area. Our job is to champion the consumer interests of those using health and social care services across the county, and give local people an opportunity to speak out about their concerns and health care priorities. We can also signpost you to local services and give you information on what is available.</p>	<p><b>Bradwell Carers Hub Club</b></p> <p>Jill Clews Academy Riceyman Road Bradwell ST5 8LF</p>
<p>Wednesday 8th &amp; Wednesday 22nd May 10.00am – 12.00pm</p> <p>2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month</p>	<p><b>8th - Social Morning</b></p> <p><b>22nd—Coffee &amp; Cake</b></p> <p>Join us for a chat and a coffee and cake morning.</p>	<p><b>Cheadle Carers Hub Club</b></p> <p>Cheadle Community Fire Station Ashborne Road ST10 1HF</p>
<p>Monday 13th May 10.30am—1.00pm</p> <p>2nd Monday of each month</p>	<p><b>Time for me</b></p> <p>Time for me is a craft group run in partnership with the Cultural Sisters. Come along, learn a new skill and make friends. Carers have found this group a great way to relax.</p>	<p><b>Tesco Hanley Community Room</b></p> <p>Clough Street, Hanley, ST1 4LS</p>
<p>Monday 20th May 1.30 pm– 3.00pm</p> <p>3<sup>rd</sup> Wednesday of each month</p>	<p><b>Music Quiz</b></p> <p>Can you guess the songs in our fun music quiz.</p>	<p><b>The Green Treehouse Carers Hub Club</b> The Green Treehouse Community Café High Street, Biddulph ST8 6AS</p>
<p>Tuesday 21st May 10.00am – 12.00pm</p> <p>3<sup>rd</sup> Tuesday of each month</p>	<p><b>Motability Scheme</b></p> <p>Nissan Hanley dealership would like to chat with carers about their Motability Scheme and to understand if you are using your disability allowance to it's full potential. A lot of carers don't realize they sometimes qualify for a car on the motability scheme. Holdcroft is a family run business.</p>	<p><b>Leek Carers Hub Club</b></p> <p>Daisy Haye Retirement Village, Ball Haye Road, Leek, ST13 6BW</p>
<p>Friday 31st May 1.30pm – 3.00pm</p> <p>Last Friday of each month</p>	<p><b>First Aid</b></p> <p>The British Red Cross will be delivering life saving skills, enabling you to respond to emergencies.</p>	<p><b>Headway Carers Hub Club</b></p> <p>Headway Day Services Cobridge ST6 2JE</p>

Get in touch

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All carers are very welcome to bring their cared for along to our groups.

\*Some groups maybe subject to change.



# South Staffordshire Hub Clubs May 2019



<p>Wednesday 1st May 10.00am – 12.00pm</p> <p>1st Wednesday of each month</p>	<p><b>Famous Folk of Staffordshire</b></p> <p>A celebration of the most inspirational Staffordshire folks; from Philip Astley and his circus to Shane Meadows and his films - enjoy a whistle-stop trip around this great county.</p>	<p><b>Codsall Cross Borders Drop in</b> Billbrook &amp; Codsall Fire Station Duck Lane Codsall Wolverhampton WV8 1HU (Parking for the Fire Station is on Carter Avenue)</p>
<p>Thursday 2nd May 10.00am – 12.00pm</p> <p>1st Thursday of each month</p>	<p><b>Chair Yoga</b></p> <p>Come and experience some time for yourself, your body and your mind. Classes will include gentle movements and relaxation. Yoga helps to relieve stress, calm the mind and strengthen the body.</p> <p>Please wear comfy clothing and blankets are optional ♥</p>	<p><b>Tamworth Carers Hub Club</b> Sacred Heart Church, Silver Link Road, Glascote, Tamworth, B77 2EA</p>
<p>Tuesday 7th May 10.00am – 12.00pm</p> <p>1st Tuesday of each month</p>	<p><b>Music Quiz</b></p> <p>Can you guess the songs in our fun music quiz.</p>	<p><b>Lichfield Carers Hub Club</b> The Freeman Lounge Beacon Park Village, Lower Sandford Street, Lichfield, Staffordshire WS13 6RB.</p>
<p>Friday 10th May 10.00am – 12.00pm</p> <p>2nd Friday of each month</p>	<p><b>Dispelling the Myths - An Introduction to Bats</b></p> <p>"All bats are blind!", "Bats get tangled in your hair!" Have you heard or said these things? Find out the truth behind the myths and discover more about the fascinating world of these amazing mammals.</p>	<p><b>Cannock Carers Hub Club</b> Cannock Library, WS11 1AA</p>
<p>Tuesday 14th May 10.00am – 12.00pm</p> <p>2nd Tuesday of each month</p>	<p><b>Mobility Scheme</b></p> <p>Nissan Hanley dealership would like to chat with carers about their Motability Scheme and to understand if you are using your disability allowance to it's full potential. A lot of carers don't realize they sometimes qualify for a car on the motability scheme. Holdcroft is a family run business.</p>	<p><b>Uttoxeter Carers Hub Club</b> Uttoxeter Library 57 High Street, ST14 7JQ</p>
<p>Thursday 9th May 11.00am – 1.00pm</p>	<p><b>Time Out for Carers Stafford</b></p> <p>This is a group for Carers run by Carers Volunteers. There are a range of activities to join in with. Everyone welcome.</p>	<p><b>Time Out for Carers Hub Club</b> Rising Brook Community Fire Station Hesketh Road, Stafford, ST17 9NF</p>
<p>Wednesday 15th May 10.30am – 12.30pm</p> <p>3rd Wednesday of each month</p>	<p><b>Newport Cross Borders Hub Club</b></p> <p>The Carers Hub Stafford &amp; Carers Centre Telford &amp; Wrekin, have joined together to run a Carers Hub Club for people living on the border of Staffordshire, Telford &amp; Wrekin. Carers from both Staffordshire, Telford &amp; Wrekin are both welcome.</p>	<p><b>Newport Cross Borders Drop in</b> Newport Library 53-57 High Street, Newport, TF10 7AT</p>
<p>Friday 24th May 10.00am – 12.00pm</p> <p>3rd Friday of each month</p>	<p><b>Introduction to Basic Buddhist Style Meditation</b></p> <p>Enjoy some breathing and relaxation methods to help you feel relaxed</p>	<p><b>Stafford Carers Hub Club</b> Northfield Centre Magnolia Avenue (Off Cooperative Street) Stafford, ST16 3DU</p>
<p>Friday 31st May 10.00am – 12.00pm</p> <p>Last Friday of each month</p>	<p><b>Chair Yoga</b></p> <p>Come and experience some time for yourself, your body and your mind. Classes will include gentle movements and relaxation. Yoga helps to relieve stress, calm the mind and strengthen the body.</p> <p>Please wear comfy clothing and blankets are optional ♥</p>	<p><b>Burton Carers Hub Club</b> Burton Library, Room 2, Riverside, Burton, DE14 1AH</p>

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