

What's On in October 2020

at the Carers Centre, 1 Duke Street, Fenton, Stoke-on-Trent, ST4 3NR

The Carers Centre is now open for one to one appointments and small groups in accordance with government guidelines.

Everyone visiting is asked to wear face masks at all times whilst in the Carers Centre and to adhere to social distancing and safety measures which are in place.

For further information contact us on 01782 793100

Mon 5 th 12 th 19 th 26 th	Carers Support Group	10.00am-12.00pm
Tue 6 th 20 th	New Horizons Cancer Survivors Group	1.00pm-3.00pm
Tue 6 th	Lifeworks/Pegis Parent Carers Drop In	12.30pm-2.00pm
Tue 13 th 27 th	Amazing Memories Group	2.00pm-3.30pm
Wed 7 th 14 th 21 st 28 th	Photography Club	10.00am-12.00pm
Thu 1 st 15 th 29 th	Arts and Crafts Group	10.00am-12.00pm
Thu 1 st 8 th 15 th 22 nd	Emotional Wellbeing Group	2.00pm-3.30pm
Thu 22 nd	Yoga Nidra Relaxation	2.00pm-3.00pm
Fri 30 th	Legal Advice Clinic	Appointment Only

If any Carer would like to meet with one of our team in the Carers Centre for information, advice and support please call us to book an appointment on 01782 793100.

We are here for you!!!!

If you would like to receive a copy of our monthly What's On please email

optin@carersfirst.com

Any information you share with us will be kept safe and secure and processed in line

with our privacy policy. This can be seen on our website www.carersfirst.com

or you can request a copy from us by calling NSC on 01782 793100

