

# What's On In January 2019

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

**PLEASE NOTE : The Carers Centre will re-open after the Christmas Holidays on Wednesday 2<sup>nd</sup> January 2019**

## WEEKLY

Mon 7 <sup>th</sup> /14 <sup>th</sup> /21 <sup>st</sup> / 28 <sup>th</sup>	Carers Support Group	10.00am – 12.00pm
Wed 9 <sup>th</sup> /16 <sup>th</sup> /23 <sup>rd</sup> /30 <sup>th</sup>	Camera Club	10.00am – 12.00pm
Wed 9 <sup>th</sup> /16 <sup>th</sup> /23 <sup>rd</sup> /30 <sup>th</sup>	Yoga Nidra	2.00pm – 3.00pm

## FORTNIGHTLY

Thu 10 <sup>th</sup> /24 <sup>th</sup>	Arts, Crafts & Needlework Group	10.00am – 12.00pm
Tue 15 <sup>th</sup> /29 <sup>th</sup>	“All Can Sing” Singing Group	10.00am – 12.00pm
Tue 15 <sup>th</sup> /29 <sup>th</sup>	New Horizons Cancer Survivors Group	1.00pm – 3.00pm
Tue 8 <sup>th</sup> /22 <sup>nd</sup>	Dementia Group “Amazing Memories”	2.00pm – 3.30pm

## MONTHLY

Wed 9 <sup>th</sup>	Evening Carers Support Group	6.30pm – 8.30pm
Thu 3 <sup>rd</sup>	Former Carers Support Group	10.30am – 12.00pm
Tue 8 <sup>th</sup>	Lifeworks Parent Carers Drop In	12.30pm – 2.30pm
Thu 10 <sup>th</sup>	Parkinson’s Support Group	1.30pm – 3.00pm
Mon 21 <sup>st</sup>	Brain Tumour Support Group	1.30pm – 3.30pm
Fri 18 <sup>th</sup>	Fish N Chip Club	11.30am – 1.30pm
Tue 29 <sup>th</sup>	Fibromyalgia Support Group	1.00pm – 3.00pm
Fri 25 <sup>th</sup>	Legal Advice Clinic	Appointment Only

## WHAT’S NEW

11 <sup>th</sup> /18 <sup>th</sup> /31 <sup>st</sup>	Therapies for Carers	Appointment Only
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