

## June

### Carers Week ...Carers The UK's Secret Service

#### Saturday 6<sup>th</sup> June

##### **Thames Walk**

Begins at City Hall on The South Bank at 11.00am. The walk is approx 10 miles. If you wish to sponsor our walkers or take part contact Fiona at The Centre.

#### Monday 8<sup>th</sup> June

##### **Complementary Therapies Coffee Morning**

At Barnet Carers Centre from 10.00am – 2.00pm.

We will have a range of therapies available including massage, reflexology and head and shoulder massage. **Appointments by prior booking only**, there will be a fee of £1 per therapy. Call to book your place.

#### Tuesday 9<sup>th</sup> June

##### **Professionals Conference**

9.45am – 1.00pm, for Professionals working with Carers in Barnet. Focusing on the needs of Older Carers and Carers of Older People. At Committee Room 1, First floor, Barnet House, Whetstone, N20. Call to book a place.

#### Wednesday 10<sup>th</sup> June

**Care and Confidentiality Workshop**, 10.00am – 12.00pm at: Trinity Church, 15 Nether Street, Finchley, London, N12 7NN. Call to book your place.

**Wine tasting for Carers who are aged 18 – 30** at The Centre from 7.00pm – 9.00pm. Cost will be £5 per head. Please call to book your place.

#### Thursday 11<sup>th</sup> June

**Goldman Sachs Trip to Greenwich**. Leaving the Centre at 9.45am, packed lunch will be provided. Priority will be given to

current Carers who have not accessed one of our trips before. Call to book a place.

#### Friday 12<sup>th</sup> June

**Carers Concert and Buffet** at: Trinity Church, Nether Street, North Finchley, N12 9EH. The concert will be in the church from 1.30pm followed by the buffet in the church hall. Cost will be £5 per head for carers and £10 for their guests.

## July

#### Tuesday 7<sup>th</sup> July and Tuesday 14<sup>th</sup> July

**Basic Two week Computer Training For Older Carers and Carers of Older People** (over 60). 2.00pm – 4.00pm. £10 for the course. Call Fiona for more details.

#### Tuesday 21<sup>st</sup> July and Tuesday 28<sup>th</sup> July

**Basic Two Week Computer Training For Older Carers and Carers of Older People** (over 60). 2.00pm – 4.00pm. £10 for the course. Call Fiona for more details.

#### Monday 20<sup>th</sup> July

**A-Z Information Session for Carers New to the Centre**. From 1.00pm – 3.00pm. Call Shail for more information.

## August

#### Thursday 6<sup>th</sup>

**Open Forum Caring and Sharing Discussion Group** at the Mental Health Carers Support Group. At the Centre from 6.30pm – 8.30pm. Call Anna for more details.

#### Thursday 13<sup>th</sup>

**'Celebrate Summer' Coffee Morning**, at the Centre from 10.30 – 12.30pm. Strawberries and cream will be served, no need to book.

*To help offset some of the Centre's costs, donations are requested for some activities and services. Barnet Carers Centre gratefully accepts all donations on the basis that they can be used, when necessary, to support any of the Centre's activities and services.*

## **Regular Groups and Meetings:**

### **Relaxation Day**

On the 1<sup>st</sup> Friday of every month, 10.00am – 3.00pm at Christ Church, North Finchley, London N12 0NU. A £5 donation is requested

### **Relaxation Evening**

On the 3<sup>rd</sup> Wednesday of every month, 6.30pm – 9.00pm at Barnet Carers Centre, Ballards Lane, North Finchley, N12 8NP. A £4 donation is requested.

### **Carers Get Together**

Every Thursday 10:30am – 12:30pm at the Centre

### **Arts & Crafts Group**

Every Tuesday 12.00pm – 3.00pm at the Centre

### **Welfare Benefits Surgeries**

On the 1<sup>st</sup> and 3<sup>rd</sup> Monday evening of every month, 6.00pm – 8.00pm and every Thursday morning at the Centre 10.00am – 12.00pm (by appointment only)

### **Adult Carers Support Groups: (at the Centre)**

**Mental Health:** On the 1<sup>st</sup> Thursday of every month 6.30pm – 8.00pm

**Multicultural:** On the last Wednesday of the month 11.00am - 1.00pm

**Physical Disabilities and Sensory Impairments:** On the last Tuesday of every month from 6.30pm – 8.00pm.

**Older Carers and Carers of Older People Group,** first Tuesday of each month, 11.00am – 1.00pm

### **Former Carers Group**

On the 1<sup>st</sup> Monday of every month 1.00pm – 3.00pm at the Centre

### **Barnet Young Carers And Siblings Clubs**

Angels Club, Fun Club and Crazy Club and BYCAS Crew every fortnight.

(For full details please call BYCAS on 020 8343 9698)

### **Carers Walking Club**

Meet at the Centre at 10.00am on the second Tuesday of each month.



The Princess Royal Trust  
*Barnet Carers Centre*

# Carers Events Calendar

## June – August 2009

3<sup>rd</sup> Floor, Global House, 303 Ballards Lane, North Finchley, London N12 8NP

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