

CARERS WEEK

in Slough
12-17 June 2017

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

Monday 12 th June	Tuesday 13 th June	Wednesday 14 th June	Thursday 15 th June	Friday 16 th June
<p>10:00am New Horizons healthy walk including Mindful Photography and a picnic. Bring along your own camera or mobile phone. Booking essential</p> <p>4:30pm onwards evening event at the Cophorne Hotel</p> <p>With a selection of Health and Wellbeing exhibitors, including free massage taster sessions, a three course buffet dinner and entertainment. Entrance by ticket in advance only - £5 for Carers</p>	<p>10:30am Solutions4health Health workshop and seated boxercise 29 Church Street Booking essential</p> <p>12:00pm – 2:00pm FREE pizza for all carers who purchase a drink at Stone Bake Pizza Unit 25 Queensmere Observatory, Slough</p> <p>2:30pm Seated exercise Tuesday Fellowship Group Cippenham Baptist Church Hall Booking advisable</p>	<p>10:00am Garden Centre Trip Flowerland Bourne End Supported by SCT Booking essential</p> <p>1:00pm – 3:00pm Cippenham Carers Group Art and craft workshop Booking advisable</p> <p>2:15pm Runnymede Riverboat trip and cream tea Duration of trip 2 hrs Booking essential</p> <p>7:45pm Special screening of Lion (PG - 118mins) at The Venue, The Curve Exclusive discounted price for carers £1 Booking essential</p>	<p>10:30am - 1:30pm Exhibition Morning and pamper sessions at the Curve Booking advisable</p> <p>1:00pm – 3:00pm Cream Tea & Ceramic/mirror painting at Art Classes Group Gallery Level Observatory Shopping Centre Booking essential</p>	<p>10:30am Indoor Bowling and Curling 29 Church Street Booking advisable</p> <p>1:00pm Pub Quiz Herschel Arms For Carers wishing to stay a Thai Curry 1 drink and live music will be available for £4 for carers Booking essential</p> <p>3:00pm Adults Colouring at The Curve</p>

Extra Events Added! Saturday 17th June

There will be a host of free activities taking place in the Town Centre throughout the day. Events are still in the planning stage BUT keep checking the Slough Carers Support Website for more information. www.sloughcarerssupport.co.uk

Trip to the Royal Opera House La Traviata with a light refreshment reception.

Entrance by ticket in advance only - £5 for Carers The mini bus will leave 27 Church Street at 3pm and will leave the Royal Opera House to return to 27 Church Street at 11pm. Unfortunately, due to the location of the seats that we have been allocated the trip is not suitable for wheelchair users and may not be suitable for people with mobility issues.

Book your place for any of the activities / events at

www.sloughcarerssupport.co.uk

or contact Carrie on 01753 303 428 or sloughcarers@gmail.com

