

Sutton Carers Centre

Carers Week 2017 Events!

Date	Time	Event	Venue
Saturday 10th June	12:00 - 17:00	Health Hub at Carshalton Carnival - Come along and kick start Carers Week with us at the carnival! We will be there to raise awareness about the support available for Carers	Carshalton Park, Ruskin Rd, Carshalton, SM5 3DD
Monday 12th June	10:30 - 12:00	Meditation and Relaxation - a chance for Carers to take some time for themselves	Sutton Carers Centre
	12:30 - 14:00	Mayor's Reception and Buffet Lunch - a chance for Carers to meet and be honoured by Sutton's new Mayor	Sutton Civic Offices
Tuesday 13th June	12:00 - 14:00	Information Point - come along and pick up information about the support available for Carers	ASDA, Sutton
	17:00 - 20:00	Late Night Drop In - an opportunity for working Carers to speak with a staff member and gain information	Sutton Carers Centre
	18:00 - 19:30	Family Skills Workshop - for those who care for people with substance misuse. Speaker: Inspire partnership	Sutton Carers Centre
	18:30 - 20:00	Male Carers Support Group - an opportunity to meet with other male Carers and chat informally	Grapes Pub, Sutton
Wednesday 14th June	10:00 - 12:00	Coffee Morning - pop in for a hot cuppa and a chance to chat with other Carers and staff	Sutton Carers Centre
	12:00 - 14:00	Sutton Carers Forum - Trudy Richards from Trading Standards will be talking about scam awareness and we will also have Jessica Crowe and Sam Baker from LBS talking about the council's new data site: COVALENT	Sutton Civic Offices
Thursday 15th June	12:00 - 14:00	MH Carers Support Group - for those who care for people with a mental health condition	Sutton Civic Offices
	11:00 - 13:00	Information Point - come along and pick up information about the support available for Carers	Sainsbury's North Cheam
Friday 16th June	10:00 - 12:00	Keeping the Balance Workshop - learn some effective ways to improve wellbeing and ability to cope with stress	Sutton Carers Centre
	11:00 - 15:00	Taster Complementary Therapies - drop in for some relaxing reflexology and massage sessions at the Centre	Sutton Carers Centre
	12:00 - 14:00	Free Health Checks - Kingston University nurses will be coming in to give Carers free health checks	Sutton Carers Centre
	16:30 - 18:00	Young Carers Celebration - to recognise and appreciate what they do, with party food, games and more	Sutton Carers Centre
Friday 23rd June	19:00 - 21:30	Carers' Quiz Night - a fun, annual fundraising event with fish and chips or a vegetarian option £12 per ticket. Come on your own or in teams of 8. All welcome!	Robin Hood Junior School Thorncroft Rd. SM1 1RL

**We will constantly be updating this timetable as we go along so watch this space for more external events!
What events are you organising for Carers Week? To tell us what you have planned, or to book your place at any of our events, please give us a call.**

Benhill House, 1st Floor, 12-14 Benhill Avenue Sutton, Surrey, SM1 4DA | Tel: 020 8296 5611 | Fax: 020 8296 5616 | Web: www.suttoncarerscentre.org

www.carers.org/sutton | E-mail: enquiries@suttoncarerscentre.org

