

Carers Week

11-18th June 2018

carers'
HUB

Rochdale

coffee & chat

FREE Taster Sessions

MEET OTHER CARERS

Sessions. Meetings. Advice



ONE
IN EIGHT
people in the UK
are Carers

Are you a Carer?

Do you have a family member, friend or neighbour who cannot manage without your support?

Then we may be able to help you...

Why not come along to one of our events during **Carers Week**, to meet with a member of staff from **Carers Hub** and see how we can help you in your caring situation. There is no cost to you, just a small amount of your time, so that you may find invaluable advice and information to support you now or in the future.

All our **Coffee & Chat** sessions during that week offer:- lovely refreshments, cake, a pamper session, a blood pressure check

and a chance to meet other carers who may be in a similar position to yourself. This is definitely a '**Date for your Diary**'.

You are very welcome, the **Coffee & Chat** sessions are really friendly and informal and a great chance to relax, have some well earned time out, and seek support all at the same time. We'd love to see you there, just turn up! **Coffee & Chats** with added extras during **Carers Week**! Meet and chat with other Carers, speak to a **Carers Support**

Worker and take a well-earned break from your caring role whilst enjoying a **FREE** (non-alcoholic) drink.

If you have never been to a **Coffee & Chat** before don't worry! Everyone has been a 'first timer'. A friendly **Carers Support Worker** will be there to greet you and offer a warm introduction. There is no need to book, please just come along and look out for a group of friendly Carers.

See over for dates and times...

coffee & chats

Khubsurat House

Castlemere Street,
Rochdale OL11 3SE

Held every other Monday
10:00am - 12 noon

11th June **CARERS WEEK**
Henna, Threading, Massage,
Blood Pressure Checks, Craft Session,
Local Solicitor Present.

Other Coffee & Chat Sessions:
14th May, 11th June, 25th June,
9th July and 23rd July



Rochdale Boroughwide Housing

Sheltered Housing Scheme,
Sheriff Street, Milnrow OL16 3PN

Held every other Tuesday -
1:00pm - 3:00pm

15th May, 29th May, 12th June,
26th June, 10th July and 24th July



Rochdale Town Hall

Clock Tower Dining Room,
Rochdale OL16 1AB

Held every Wednesday -
10:00am - 11.30am

13th June **CARERS WEEK**
Nails, Massage,
Blood Pressure Checks, Afternoon Tea,
Stroke Services Information



Compleat Café

Midway House, 5 Long Street,
Middleton M24 6TE

Held every other Monday 1:00pm - 3:00pm

11th June **CARERS WEEK**
Middleton Arena 1:00pm - 3:00pm

Shoulder Massage, Nails,
Blood Pressure Checks,
Coffee and Cake

Other Coffee & Chat sessions:
14th May, 11th June, 25th June,
9th July and 23rd July



Gateway Leisure

2 Kenion Street,
Rochdale OL16 1SN

Held every other Thursday -
10:00am - 12 noon.

14th June **CARERS WEEK**
Henna, Threading, Massage,
Blood Pressure Checks,
Mental Health Services Information.

Other Coffee & Chat Sessions:
10th May, 24th May, 7th June, 21st June,
5th July and 19th July



Carers Week Evening

Monday 11th June
Evening 7.00pm - 9.00pm
Sandbrook Park

Young Carers Bowling
Competition - taking on a
team from 'CIRCLE'. Come and join us!
Free game and refreshments provided.
Come and support our young carers.



Heywood Magic

Heywood Indoor Market
OL10 1LT

Held every Tuesday 10:00am - 12:00 noon

12th June **CARERS WEEK**
Nails, Massage, Hair, Henna, Threading,
Blood Pressure Checks,
Enjoy a Cream Tea, Craft Session,
Dementia Services Information



Rebecca's Coffee Shop

5 Hare Hill Rd,
Littleborough OL15 9AB

Held every other Thursday -
1:00pm - 3:00pm

**Littleborough Coffee & Chat Sessions
are moving from Rebecca's to...**

Hare Hill Café

Hare Hill Café, Inglis Street,
Littleborough OL15 9LA

14th June **CARERS WEEK**
Nails - File and Polish at Hare Hills Cafe,
Blood Pressure Checks,
Coffee and Cake, CIRCLE information -
activities for over 50's.

Other Coffee & Chat Sessions at
Rebecca's Cafe: 24th May and 7th June
NEW Coffee & Chat Sessions at
Hare Hill Café: 14th June, 21st June,
5th July and 19th July



CARERS WEEK - Free Hanging Basket Session - (for you to take away)

Tuesday 12th June - 1.00pm - 3.00pm

Bunnings, Sandbrook Park, Rochdale

Come and make a 'Hanging Masterpiece' and take it home with you.
Everything provided. Places limited, ring to book on Tel. **0345 0138 208.**



FREE Taster Sessions at Link4Life across the Rochdale Borough

We are pleased to announce that we are working in partnership with **Link4Life** through the **activ8tème** programme to offer you a free activity taster sessions to celebrate **Carers Week**. The classes are fun, friendly and social.

Come along either on your own or bring a friend, **there are no charges for these activities**. Meet new friends and feel good at the same time. All ages and abilities are welcome. Beginner friendly.

No booking, just turn up!

To try out one of our FREE taster sessions, listed below during **Carers Week**, simply say '**Carers1**' to the instructor or receptionist when you arrive at the class.

Monday 11th June

Link4Life to provide an information stand with leaflets at Middleton Arena, 1pm - 3pm

Taster Zumba Basic, 1pm - 3pm
at Middleton Arena,
Cardio Club, 6pm - 7pm
at Bowlee Park Sports Centre,
Yoga, 7pm - 7.45pm
at Bowlee Park Sports Centre,

Tuesday 12th June - Heywood

Zumba Basic sessions, 10.30am - 11.30am
and Clubbercise, 6pm - 7pm
at Heywood Civic Centre

Wednesday 13th June - Rochdale

Zumba Basic sessions, 10.30am - 11.30am
at St Aidan's Church Hall, Castleton

Yoga, 5.45pm - 6.45pm
at Milnrow Working Men's Club
Zumba, 7pm - 8pm
at Milnrow Working Men's Club

Thursday 14th June - Littleborough

Zumba Basic sessions, 10am - 11am
at Littleborough Sports Centre. (These do
need to be booked in advance, please call
01706 927 560).

Walking Netball, 6pm - 7pm
at Kingsway Park Sports Centre

Badminton, 8pm - 9pm
at Kingsway Park Sports Centre (There is no
coordinator at this session but they are a
friendly group).

**This is your chance to come and meet others
or bring a friend, have some fun and socialise
and all free for you to try out. Make a date for
your Diary!**

