

Events and Activities

Taking place between 11th June – 17th June 2018

Monday 11th
June 1pm to
4pm

- Join us at Dudley Carers Hub for Tea & cakes and choice of activities
At Queens Cross Network, Wellington Road, Dudley DY1 1RB
- Feel Good Choir
 - 'Local History Talk'. (Capture memories of living in the Black Country)
 - Cushion Conversation workshop. (Share your stories , design and create a cushion to tell your story)

Places to be booked - contact 01384 818723

Tuesday 12th
June 11am to
1pm

- 'Taking Care' a poetry on loan session
At Dudley Library, St James's road, DY1 1RH
- A joyful morning with the Poet 'Emma Purshouse' - Come and create a poem to reflect carers in Dudley.

Places to be booked - contact Cara Evans to book a place 01384 815555.

Thursday 14th
June 10.30am to
6.30pm

- Open Day at Dudley Carers Hub -Supporting Carers to Stay Healthy and Connected
- Drop in throughout the day between 10.30am to 6.30pm
At Queens Cross Network, Wellington Road, Dudley DY1 1RB, 01384 818723
- Relaxation Therapies (Complementary (Free) Taster Therapy sessions)
 - Mindfulness Session (30 mins group taster sessions)
 - Let's get Healthy – Health Checks
 - Adult learning – Eating healthy taster sessions
 - Meet other carers and speak to professionals about support available to you.

Thursday 14th
June 12.30pm

- Invitation to carer to join an amble through Saltwells Nature Reserve
- Meet up at 12.30pm for a walk at Saltwells Lane carpark, DY5 1AW.
- For more information contact 01384 812795 or
Email: alan.preece@dudley.gov.uk

Friday 15th June
10am to 12pm

- Free Breakfast bap and brew- From 10am to 12 noon
At DY1 Stafford Street with Health Watch Dudley
Places to be booked - contact 01384 573381

For more information please contact:

Dudley Carers Hub, Queens Cross Network, Wellington Road, Dudley, DY1 1RB.

Contact :01384 818723, Email; carers.network@dudley.gov.uk

