

Carers Hub - June 2017



Bradford District Care
NHS Foundation Trust

The Hub gives carers a chance to meet other carers, access information and support, participate in free activities and take some time out for yourself.

Open Monday to Thursday - 10am to 4pm
Friday 10am - 3pm
at Horton Park Health Centre, Level 2,
99 Horton Park Ave
BD7 3EG
Tel: 01274 251112

Carerhub@bdct.nhs.uk
www.bdct.nhs.uk/support-for-carers

Please be aware that some of our activities and groups are led by volunteers and can sometimes be cancelled at short notice. We advise that you ring the Hub to check that the session is still on before attending.



Carers Week 12th - 16th June

Pamper Day

Afternoon Tea

Wednesday 14th June 10am - 4pm

Come along for Afternoon Tea on

Come along for a free 20 minute

Tuesday 13th June 1pm - 3pm

hand, foot, head or neck massage. please contact the hub to book an appointment



	Morning	Afternoon
Thurs 1st June	<p>Art Session 10am - 12noon</p>  <p>Learn new skills, make new friends and experience the therapeutic benefits of art.</p>	<p>Health Trainer Appointments 1pm - 4pm</p> <p>Free, confidential, one to one support is available to Carers over 16 years of age who would like to improve their health. To book, contact the Health Trainer Service on 01274 322666.</p> <p><u>The Hub is open for pre-booked appointments only.</u></p>
Friday 2nd June	<p>Carers Hub Time 10am - 1pm</p> <p>Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>	<p>Carers Hub Time 1pm - 3pm</p> <p>Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>

	Morning	Afternoon
Mon 5th June	<p>Horton Park Walking Group 10.30am - 11.30am Suitable for all abilities. Meet at Horton Park gates opposite Horton Park Health Centre.</p>  <p>Hub still open 10am - 1pm for Carers Coffee Morning</p>	<p>Health and Wellbeing Group 1pm - 3pm Feeling tired, lethargic and low on energy? Come to our wellbeing group and learn techniques which will make you feel ready to take on the day</p>
Tues 6th June	<p>Chit & Chat Carers Coffee Morning 10.30am - 12noon All Carers with Loved Ones are welcome</p>	<p>Carers Hub Time 1pm - 4pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>
Wed 7th June	<p><u>The Hub is closed for a pre booked carers session</u></p>	<p><u>The Hub is closed for a pre booked carers session</u></p>
Thurs 8th June	<p>Art Session 10am - 12noon</p>  <p>Learn new skills, make new friends and experience the therapeutic benefits of art.</p>	<p>Health Trainer Appointments 1pm - 4pm Free, confidential, one to one support is available to Carers over 16 years of age who would like to improve their health. To book, contact the Health Trainer Service on 01274 322666. <u>The Hub is open for pre-booked appointments only.</u></p>
Friday 9th June	<p>Carers Hub Time 10am - 1pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>	<p>Carers Hub Time 1pm - 3pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>



Carers Week

12th - 16th June

Mon
12th
June

Horton Park Walking Group 10.30am - 11.30am

Suitable for all abilities.

Meet at Horton Park gates opposite Horton Park Health Centre.



**Hub still open
10am -1pm for
Carers Coffee
Morning**

Health and Wellbeing Group 1pm - 3pm

Feeling tired, lethargic and low on energy?

Come to our wellbeing group and learn techniques which will make you feel ready to take on the day

Tues
13th
June

Chit & Chat Carers Coffee Morning

10.30am - 12noon

All Carers with Loved Ones are welcome

Afternoon Tea 1pm - 3pm

Come along for free Afternoon Tea at the hub



Wed
14th
June

Pamper Day 10am - 4pm

Come along for a free 20 min hand, foot, head or neck massage. Please contact the Hub to book an appointment

Pamper Day



Thurs
15th
June

Art Session 10am - 12noon



Learn new skills, make new friends and experience the therapeutic benefits of art.

Health Trainer Appointments 1pm - 4pm

Free, confidential, one to one support is available to Carers over 16 years of age who would like to improve their health. To book, contact the Health Trainer Service on 01274 322666.

The Hub is open for pre-booked appointments only.

Friday
16th
June

Relaxation Session 10.30am—12noon



Carers Hub Time 1pm - 3pm

Carers welcome to use our computer facilities, book library, have a drink and meet other carers

	Morning	Afternoon
Mon 19th June	<p>Horton Park Walking Group 10.30am - 11.30am Suitable for all abilities. Meet at Horton Park gates opposite Horton Park Health Centre.</p>  <p>Hub still open 10am -1pm for Carers Coffee Morning</p>	<p>Health and Wellbeing Group 1pm - 3pm Feeling tired, lethargic and low on energy? Come to our wellbeing group and learn techniques which will make you feel ready to take on the day</p>
Tues 20th June	<p>Information Session Infection Prevention 10.30am - 11.30am Information on how to protect yourself the people you care for from infections.</p>  	<p>Carers Hub Time 1pm - 4pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>
Wed 21st June	<p>Carers Hub Time 10am - 1pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>	<p><u>The Hub is closed for a pre booked carers session</u></p>
Thurs 22nd June	<p>Art Session 10am - 12noon</p>  <p>Learn new skills, make new friends and experience the therapeutic benefits of art.</p>	<p>Health Trainer Appointments 1pm - 4pm One to one support is available to Carers over 16 years of age who would like to improve their health. To book, contact the Health Trainer Service on 01274 322666. <u>The Hub is open for pre-booked appointments only.</u></p>
Friday 23rd June	<p>Relaxation Session 10.30am—12noon</p> 	<p>Carers Hub Time Carers welcome to use our computer facilities and book library, have a drink and meet other carers 1pm - 3pm</p>

	Morning	Afternoon
Mon 26th June	<p>Horton Park Walking Group 10.30am - 11.30am Suitable for all abilities. Meet at Horton Park gates opposite Horton Park Health Centre.</p>  <p>Hub still open 10am -1pm for Carers Coffee Morning</p>	<p>Health and Wellbeing Group 1pm - 3pm Feeling tired, lethargic and low on energy? Come to our wellbeing group and learn techniques which will make you feel ready to take on the day</p>
Tues 27th June	<p>Chit & Chat Carers Coffee Morning 10.30am - 12noon All Carers with Loved Ones are welcome</p>	<p>Carers Hub Time 1pm - 4pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>
Wed 28th June	<p>Carers Hub Time 10am - 1pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers</p>	<p><u>The Hub is closed for a pre booked carers session</u></p>
Thurs 29th June	<p>Art Session 10am - 12noon</p>  <p>Learn new skills, make new friends and experience the therapeutic benefits of art.</p>	<p>Health Trainer Appointments 1pm - 4pm One to one support is available to Carers over 16 years of age who would like to improve their health. To book, contact the Health Trainer Service on 01274 322666. <u>The Hub is open for pre-booked appointments only.</u></p>
Friday 30th June	<p>Relaxation Session 10.30am—12noon Experience guided relaxation sessions with gentle background music . Some seated gentle exercise included too</p> 	<p>Carers Hub Time Carers welcome to use our computer facilities, book library, have a hot drink and meet other carers 1pm - 3pm</p>