Carers Hub - June 2017



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.

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

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



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

Come along for Afternoon Tea on

Tuesday 13th June 1pm - 3pm



Wednesday 14th June 10am - 4pm Come along for a free 20 minute

hand, foot, head or neck massage. please contact the



		hub to book an appointment
	Morning	Afternoon
Thurs	Art Session 10am - 12noon	Health Trainer Appointments 1pm - 4pm
1st		Free, confidential, one to one
June	Learn new skills, make new friends and experience the therapeutic benefits of art.	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	Carers Hub Time	Carers Hub Time
	10am - 1pm	1pm - 3pm
2nd	Carers welcome to use our	Carers welcome to use our
	computer facilities, book library,	computer facilities, book library,
June	have a drink and meet other carers	have a drink and meet other carers

	Morning	Afternoon
Mon 5th June Tues 6th 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 10.30am - 12noon All Carers with Loved Ones are welcome	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 Carers Hub Time 1pm - 4pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers
Wed 7th June	The Hub is closed for a pre booked carers session	The Hub is closed for a pre booked carers session
Thurs 8th 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 prebooked appointments only.
Friday 9th June	Carers Hub Time 10am - 1pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers	Carers Hub Time 1pm - 3pm Carers welcome to use our computer facilities, book library, have a drink and meet other carers

Carers	Carers Week	12th - 16th June
Mon	Horton Park Walking Group 10.30am - 11.30am	Health and Wellbeing Group 1pm - 3pm
12th	Suitable for all abilities. Meet at Horton Park gates opposite Horton Park Health Centre.	Feeling tired, lethargic and low on energy?
June	Hub still open 10am -1pm for Carers Coffee Morning	Come to our wellbeing group and learn techniques which will make you feel ready to take on the day
Tues	Chit & Chat Carers Coffee Morning	Afternoon Tea 1pm - 3pm
 13th	10.30am - 12noon	Come along for free
June	All Carers with Loved Ones are welcome	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 prebooked appointments only.
Friday	Relaxation Session 10.30am—12noon	Carers Hub Time 1pm - 3pm
16th June	PR Survey Laure A	Carers welcome to use our computer facilities, book library, have a drink and meet other carers

	Morning	Afternoon
Mon	Horton Park Walking Group	Health and Wellbeing Group
1046	10.30am - 11.30am Suitable for all abilities.	1pm - 3pm
19th	Meet at Horton Park gates opposite Horton Park Health Centre.	Feeling tired, lethargic and low on
June	Hub still open 10am -1pm for Carers Coffee	energy? Come to our wellbeing group and
	Carers Coffee Morning	learn techniques which will make
		you feel ready to take on the day
Tues	Information Session	Carers Hub Time 1pm - 4pm
20th	Infection Prevention	19111 1 9111
	10.30am - 11.30am	Carers welcome to use our
June	Information on how to protect yourself the people you care for from	computer facilities, book library, have a
	infections.	drink and meet other carers
Wed	Carers Hub Time 10am - 1pm	The Hub is closed for
21st	100	a pre booked carers
	Carers welcome to use our	session
June	computer facilities, book library, have	<u> </u>
	a drink and meet other carers	
Thurs	Art Session	Health Trainer Appointments
22nd	10am - 12noon	1pm - 4pm One to one support is available to
22110	Learn new skills	Carers over 16 years of age who
June	Learn new skills, make new friends	would like to improve their health. To book, contact the Health Trainer
	and experience the therapeutic benefits of art.	Service on 01274 322666.
	benefits of art.	The Hub is open for pre-booked appointments only.
	Relaxation Session	
Friday	10.30am—12noon	Carers Hub Time
23rd		Carers welcome to use our computer
June		facilities and book library, have a drink and meet other carers
Julie	RELAX	
		1pm - 3pm

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