

Carers Week

10th – 16th June 2019



Tameside Carers Centre organised activities for Carers Week

If you would like to attend any of the events below that we have organised for Carers Week, please get in touch with Tameside Carers Centre to book your place; either call us: **0161 342 3344**, email us: **carerscentre@tameside.gov.uk** or send us a message through our Facebook page. If you email or send us a Facebook message we will reply to confirm if you have been allocated a place. **All events must be booked as places are limited.**



Monday 10th June
11am-2pm Carers Week Launch Event
Music from Tameside Voices, delicious buffet lunch at the new Restaurant at Tameside One, and an entertaining talk from award winning local cartoonist Tony Husband, who has himself been a Carer. This event will be held at Restaurant at Tameside One, Wellington Road, Ashton-under-Lyne OL6 6BL.

We will also be launching our new Tameside and Glossop's Joint Carers Strategy 2019-2022 which will be setting out our priorities for the future.



Tuesday 11th June
10.30am-11.30am & 2.30pm-3.30pm
Percussion session at Stalybridge Music Academy, 6 - 8 Melbourne St, Stalybridge SK15 2JE



Wednesday 12th June
Functional Reflex Therapy Session
10am-12.30pm & 1pm-3.30pm
The 2 x sessions are aimed at Carers of people with autism, anxiety and dementia. We will be learning hand massage techniques that you can then use with the person you care for. Please join us for one of the sessions at Houghton Green Young Peoples Centre, Lancaster Road, Denton M34 7JP.



Thursday 13th June. 5.30pm - 8.30pm.
Build your own Bird Box
Come along and learn a new skill and take home a bird box! The session is being held at The Shed, The Together Centre, Loxley House, Dukinfield, SK16 5AU.



Friday 14th June
10am-10.45am & 11am-11.45am
Tameside Music Service
Come along to one of the fun singing workshops. Guided vocal warm ups, breathing exercises and easy to learn songs. No experience, or reading skills necessary. Sessions are being held in the Main Hall at Hyde Town Hall, Corporation St, Hyde SK14 1AL.

Friday 14th June
12.30pm - 2pm Outreach Event
With a wide range of information stalls including Be Well Health Checks, Main Hall, Hyde Town Hall, Corporation St, Hyde SK14 1AL (No need to book this, please just pop in to look at the information stalls)



Friday 14th June
2.30pm - 4pm Fun Quiz
Please join us to test your general knowledge, meet other Carers and the Carers Centre Staff to have an entertaining end to Carers Week! The quiz will take place in Hyde Town Hall, Corporation Street, Hyde, SK14 1AL.