



“Getting Carers Connected in their Communities”



10 – 16 June 2019

For more information visit [carersweek.org](http://carersweek.org)



Central and North West London  
NHS Foundation Trust

Monday 10 <sup>th</sup> June	Tuesday 11 <sup>th</sup> June	Wednesday 12 <sup>th</sup> June	Thursday 13 <sup>th</sup> June	Friday 14 <sup>th</sup> June	Saturday 15 <sup>th</sup> June	Sunday 16 <sup>th</sup> June
<p><b>Strength, Growth &amp; Resilience for Carers Workshop</b> Brent Carers Centre 11am - 1pm To enhance your caring skills, increase your confidence in caring, and improve wellbeing. Contact team for details.</p>	<p><b>Stress Management Workshop</b> Brent Carers Centre 10am - 12pm. Improve your coping strategies when dealing with stress. Contact team for details.</p>	<p><b>Mindfulness Workshop</b> Brent Carers Centre 10am - 12pm A simple introduction to a profoundly better way of living. Contact team for details.</p>	<p><b>Trip to The British Museum</b> Brent Carers Centre Meeting at 11am @ Willesden Junction Station Event is open to registered carers only. To book a place please contact team.</p>	<p><b>Day Trip to Stratford-upon-Avon</b> Brent Carers Centre Meeting at 9.15am @ Willesden Centre for Health &amp; Care, Robson Avenue Event is open to registered carers only. To book a place please contact team.</p>	<p><b>Young Carers Trip to see “Wicked” Musical</b> Brent Carers Centre Leaving at 1pm Apollo Theatre, Victoria Contact team for details.</p>	<p><b>Opera at Tower of London (includes a Free Tour)</b> Brent Carers Centre St Katharine's &amp; Wapping Show begins at 1.30pm Event is open to registered carers only. To book a place please contact team.</p>
<p><b>Outreach Day</b> Harrow Carers The team is out and about promoting our services in the local community. If you would like to come out and join the team, please contact team.</p>	<p><b>Wellbeing Taster Day</b> Harrow Carers Mindfulness: 10:30 – 12:00 Cognitive Behaviour Therapy: 14:00 – 15:30 Contact team for details and to book.</p>	<p><b>Carers Retreat Day</b> Harrow Carers Meet at Harrow Carers Centre (376-378 Pinner Road) at 9:15am. Contact team for details and to book.</p>	<p><b>Skills Training Day</b> Harrow Carers Crime Prevention: 10:30 – 11:30 First Aid : 12:00 – 14:00 Fire Safety Awareness: 14:30 – 15:00 Contact team for details and to book.</p>	<p><b>Carers Festival</b> Carers Network Paddington Recreation Ground 12:30pm-3:30pm Carers will be the centre of attention, sharing their skills and talents with fellow carers attending.</p>	<p><b>Young Carers Family Fun Day</b> Hillingdon Carers Harlington Young Peoples Centre, Pinkwell Lane Hayes Contact team for details.</p>	
<p><b>Guided tour of the Houses of Parliament</b> Carers Network Meet outside Westminster tube @ 9am <b>St Paul's Cathedral</b> Meet there @ 2pm For registered carers only. Contact team for details and to book.</p>	<p><b>Relaxing Art Workshop for LD Carers</b> Camden Carers The Charlie Ratchford Resource Centre, 10:30-12:30 Contact team for details and to book.</p>	<p><b>Events with Carers Network</b> Tour of Chelsea FC - 11am Tour of the Royal Mews at Buckingham Palace - 1pm Trip to Chiswick House - 3pm. Trip to Bush Theatre to see the play Strange Fruit - 7pm For registered carers only. Contact team for details and to book.</p>	<p><b>Street Party for Dementia Carers</b> Camden Carers 2pm - 4pm. There will be good, bunting, games, music, dance and singing. Contact team for details and to book.</p>	<p><b>Mamma Mia Sing-a-Long Cinema</b> Camden Carers The Charlie Ratchford Centre 4:45pm Contact team for details and to book.</p>	<p>If you are interested in / would like to book any of these events or would like more details, please <b>contact the organisations directly</b> and they will be able to help. For most events, you will need to be a <b>registered carer</b> within that organisation or a <b>carer in that borough</b>. If you are unsure, please contact the organisation to avoid disappointment.</p> <p><b><u>Brent Carers Centre</u></b> - 020 3802 7070</p> <p><b><u>Harrow Carers</u></b> - 020 8868 5224</p> <p><b><u>Carers Network</u></b> (Westminster, Kensington &amp; Chelsea, Hammersmith &amp; Fulham) - 020 8960 3033</p> <p><b><u>Camden Carers</u></b> – 020 7428 8950</p> <p><b><u>Hillingdon Carers</u></b> - 01895 811206</p>	
<p><b>Trip to Kew Gardens</b> Camden Carers Guided tour by trained walk leaders. Contact team for details and to book.</p>	<p><b>Hillingdon's Carer Fair</b> Hillingdon Carers Centre 126 High St, Uxbridge, UB8 1JT Contact team for details</p>	<p><b>Tour of Fulham Palace</b> - 2pm <b>Trip to the Royal Court Theatre</b> to see White Pearl - 7pm Carers Network Contact team for details</p>	<p><b>Community Day</b> Harrow Carers Shared lunch and entertainment. Contact team for details and to book.</p>			