



## CHESTER CARERS' TRAINING EVENT

*Including a light lunch*

Monday 4th March 10:00 to 2:00

AM - DWP Benefits Talk

PM - Moving and Handling demonstrations

**To reserve a place, please email**

**[clarec@cheshireandwarringtoncarerstrust.org](mailto:clarec@cheshireandwarringtoncarerstrust.org)**

**or phone the Helpline on 0300 102 0008**

*Please advise when booking if you have any specific dietary requirements or if you do not wish to attend the full day.*



## Chester Carer Groups & Activities January to June 2019

**All events, unless stated, in the  
Conference Room,  
The Bluecoat,  
Upper Northgate Street  
Chester, CH1 4EE**

To access the room, enter the open door at the front right of the building and go upstairs/up the lift

**Do you care for a friend or loved one who couldn't manage without you? If you live in or near Chester, and would like further information or to book a place at a luncheon club, please call our Helpline or contact Clare Crerand at [clarec@cheshireandwarringtoncarers.org](mailto:clarec@cheshireandwarringtoncarers.org)**

## Support Group

**2nd Wednesday of the month  
10 am to 12 noon**

*Feel free to drop in for a cuppa and a chat*

The support group is an opportunity to drop in and join some like minded people. At times we have opportunities to take part in a variety of activities and alongside this, sharing information, motivating each other and inspiring one another to cope and manage our caring roles.

9th January - taster therapies available

13th February - cuppa and chat

13th March - cuppa and chat

10th April - Chester Zoo Ranger Talk on Palm Oil

8th May - cuppa and chat

12th June - cuppa and chat

## Wellbeing Wednesdays

**Fourth Wednesday of the month (except Jan) 2-3pm**

*Feel free to drop in if you wish to attend*

30th January - GP Carer Link

27th February - Natural Health Service

27th March - Wellbeing Co-ordinator

24th April - Introduction to Pilates

22nd May - Foot Care

26th June - Walk to Retreat House

## Luncheon Club

**Fourth Wednesday of the month (except Jan)  
12 noon to 2pm**

*We request a £3 contribution towards catering*

**These sessions begin with an information talk,  
followed by a light lunch**

30th January - Making Space

27th February - BIRD Charity

27th March - CWAC Local Offer

24th April - Cheshire National Autistic Society

22nd May - First Aid

26th June - Pennysmart

**Booking Essential**

**To book a place, please phone the helpline on  
0300 102 0008 or email:**

**[clarec@cheshireandwarringtoncarers.org](mailto:clarec@cheshireandwarringtoncarers.org)**