

Carers Activities Request Form Jan-Mar 2017






Please enter your details on the one page summary sheet, tick events that are of interest to you and return your form to us.





PLEASE INFORM US OF ANY CHANGES TO YOUR EMAIL ADDRESS OR MOBILE NUMBER AS WE USE THESE TO COMMUNICATE RE: YOUR REQUESTS.




- Please note: the form is a **request only** and does not guarantee you will be selected as unfortunately we often have more requests than spaces. If you are offered a place you will receive an invitation from us confirming details of the venue, date and time of the activity approximately 2-3 weeks before the event. Activities will be held at Swindon Carers Centre unless otherwise stated and this will be confirmed in the letter offering you a place.
- Events are for **carers** registered with our centre (if your cared for person can attend with you too, **this will be stated**).
- Most events are free – if a contribution is required we will let you know. We may have to charge for non-attendance.
- We do try to ensure that carers who have not previously accessed a break before, or for a long time, are given priority when we offer places.
- The times and dates of these trips and courses **may be subject to change but all changes will be notified where possible.**
- We request you make your own way to and from an event, however, **if transport or respite issues would prevent you from attending**, please contact the Groups and Activities Co-ordinators to discuss.



★ = NEW event



Date	January events	Venue	Office use
Jan 4 th , 9 th , 19 th and 26 th Telephone for times ★	Neurological conditions drop-in Carers Cuppa. Do you care for someone with a neurological condition? Come and meet Stuart and other carers. Find out about the facilities at the therapy centre for the person you care for.	Swindon Therapy Centre for MS, Westmead Drive, Swindon. Tel 481700	B4
Thurs 5 th Jan 2pm-4pm	Dementia Peer Support Group (in partnership with The Alzheimer's Society). Cared for persons can participate in a social activity with refreshments while the carers meet in another room, in the same building, for information, support and friendship. (10 carers, 10 cared for persons)	St Andrew's Church, Raleigh Ave, Walcot	H1 (B1)
Thurs 5 th Jan 10am-12 noon	Wroughton Carers Cuppa drop-in, mutual support and friendship from other carers.	Wroughton Health Centre, Barrett Way, SN4 9LW	B1
Dates and times to be confirmed ★	Yoga. 6 session course delivered by a qualified teacher. Sessions would be either on Saturday mornings or one evening a week. (12 places)	<i>Please indicate preference we will go with the majority</i> Sat am / evening course	H6
Fri 6 th , 13 th , 20 th and 27 th Jan 10am-11:30am ★	Carer's Choir! Are you interested in joining our carer's choir? It will be led by a professional (Abby Mansi). Singing together is good for the soul. Meet other carers! No singing experience needed.	Christchurch Community Centre	B4, B10, H7



Wed 10 th , 17 th , 24 th and 31 st Jan 2pm-4pm 	Afternoon tea and activities. Come along and meet new people and take part in different activities every week.	Christchurch Community Centre, Old Town	B1 & H1
Tues 10 th Jan Time to be confirmed 	Younger Carers Group (17-30's) Go Karting. A trip out to Go Karting for our younger carers aged 17-30. Could be daytime or evening, please specify your preference.	Venue to be confirmed (either Wroughton or Hullavington)	B1
Wed 11 th , 18 th , and 25 th Jan 11am 	Art classes. A weekly art class, materials provided.	Artsite, 9, Theatre Square	H3
Thurs 12 th Jan 10.30am-12 noon	Highworth Carers Cuppa drop-in, mutual support and friendship from other carers from the Highworth area.	Westrop Surgery	B1
Tues 17 th Jan 12.15pm-2.30pm	Parent Carer Lunch. Come and meet other parent carers for friendship and share experiences over lunch.	Restaurant to be confirmed	H1
Tues 17 th Jan 6.30pm-8.30pm 	Mental Health information session. Do you care for someone with a mental health condition? Join us to find out more about the condition and services available.	Swindon Carers Centre	H1
3 rd Wed of the month, 18 th Jan 10am-12 noon	Eldene Carers Cuppa drop-in, mutual support and friendship from other carers.	Acorn Building, Eldene Primary School, Collingsmead	H1
3 rd Wed of the month, 18 th Jan 10.30am-12 noon 	Mental Health Carer Group. Join other carers who support someone with a mental health condition for mutual support, information and a cuppa.	Acorn Building, Eldene Primary School, Collingsmead	H1
Tues 24 th Jan 12:30pm-2:30pm	Cupcake decorating and chocolate making workshop class. Have fun learning about different techniques and equipment, decorate cupcakes to take home! (18 places)	Studley Grange Craft Village, Wroughton	B1
4 th Wed of the month, 25 th Jan, 2.30pm-4pm	Ashington House, West Swindon Carers Cuppa drop-in, mutual support and friendship from other carers.	Ashington House Surgery, West Swindon	H1
Thurs 26 th Jan 10am-12pm	Grange Drive Carers Cuppa drop-in, mutual support and friendship from other carers.	Grange Drive Leisure Centre	B1
Thurs 26 th Jan 2pm-4pm	OPEN MINDS. Activity/social group for older carers. NB The person you care for is welcome to attend this event with you, particularly if they have dementia. A safe and welcoming setting with staff trained in older people/ dementia care. Sessions include craft, live entertainment. (40 places)	St Andrew's Church Hall, Raleigh Avenue	H1 (B1)
Sat 28 th Jan 2pm-4pm	Ladies pamper afternoon. Meet other lady carers and enjoy a pamper treatment and afternoon tea. (20 places)	Citifaith Church, 38 Regent Street	B1
Dates and times to be confirmed	Breathing Space (beginners). Learn new strategies/breathing techniques to help you relax and cope with daily stresses in your life. Course delivered by an experienced Psychotherapist/Energy Therapist.	Venue to be confirmed	H8
Dates and times to be confirmed	Breathing Space (advanced). For those carers who have already attended the above course. A chance to further develop your strategies/techniques.	Venue to be confirmed	H8, B7, H26


Dates and times to be confirmed 	Carer FOCUS GROUP. A chance to meet with senior management at Swindon Carers Centre and share caring experiences/services received to help influence change.	Please indicate the best time for you; we will go with the majority (am / pm / eve)	H1
Tues 31st Jan 10am-12noon 	Parent carer group with a CRECHE. We will trial this new group for parent carers with children under school age. Come and meet other parent carers while the children can enjoy supervised play/care from qualified early year's staff.	Venue to be confirmed depending on numbers	H1
Starting in January 2017 – 4 week course to be confirmed 	Golf Lessons and Green Time. We will be organising a 4 week course of golf tuition and time to play on the green after your lesson. Open to both male and female carers.	Ogbourne Down Golf Club, Near Marlborough	B4
Vouchers issued by Swindon Carers Centre	Pamper vouchers. Carer to arrange appointment with beauty salon. Carers will receive a treatment, such as massage, manicure, facial or pedicure from students training for a career in the beauty industry. Students will be assessed by their lecturers.	Equilibrium Beauty Salon, Swindon College	H1
Vouchers issued by Swindon Carers Centre	Hair vouchers. Carer to arrange appointment with hair salon. Carers will receive a treatment from students training for a career in the beauty industry. Students will be assessed by their lecturers.	Inspirations Hair Salon, Swindon College	H1
Date and time to be confirmed	Learning Disability Reps meeting. Meet with other carers to feedback experiences to influential professionals/services about support available for carers of people with learning disabilities.	Swindon Carers Centre	B2
Date and time to be confirmed	17-24 Group. A social group for carers aged between 17-24 years of age. Come and have some fun and meet other young adult carers for peer support.	Activity and venue to be confirmed	MF
Date	February events	Venue	Office
Feb 1 st , 6 th , 17 th and 23 rd Telephone for times	Neurological conditions drop-in Carers Cuppa. Do you care for someone with a neurological condition? Come and meet Stuart and other carers. Find out about the facilities at the therapy centre for the person you care for.	Swindon Therapy Centre for MS, Westmead Drive, Swindon. Tel 481700	B4
Wed 1 st , 8 th , 15 th and 22 nd Feb 11am 	Art classes. A weekly art class, materials provided.	Artsite, 9, Theatre Square	H4
Thurs 2 nd Jan 10am-12 noon	Wroughton Carers Cuppa drop-in, mutual support and friendship from other carers.	Wroughton Health Centre, Barrett Way, SN4 9LW	B1
Thurs 2 nd Feb 2pm-4pm	Dementia Peer Support Group. In partnership with The Alzheimer's Society. Cared for persons can participate in a social activity with refreshments while the carers meet in another room for information, support and friendship. (10 carers, 10 cared for persons)	St Andrew's Church, Raleigh Ave, Walcot	H1 (B1)
Fri 3 rd , 10 th , 17 th and 24 th Feb 10am-11:30am	Carers' Choir! Are you interested in joining our carer's choir? It will be led by a professional (Abby Mansi). Singing together is good for the soul. Meet other carers! No singing experience needed.	Christchurch Community Centre	B4 H9 B15

Mon 6 th Feb Time to be confirmed 	Archery Taster Session. A taster session to learn some archery skills. If we have enough interest, we will run a course of lessons later in the month. Please register your interest.	Venue to be confirmed	B1
Tues 7 th Feb 12.30pm-2.30pm	Craft group. All materials provided, different activities each month. Come and have some fun, meet other carers and be creative! Please bring a packed lunch. Drinks will be provided.	Christchurch Community Centre, Old Town	B1 (H1)
Tues 7 th , 14 th , 21 st and 28 th Feb	Afternoon tea and activities. Come along and meet new people and take part in different activities every week.	Christchurch Community Centre, Old Town	B1 & H1
Wed 8 th Feb 6.30pm-8.30pm	Coping with caring. Explore in a safe group setting, with a Counsellor and member of our staff, different feelings and emotions around your caring role. Explore managing your own wellbeing and stress and learn relaxation tips and where to access more support. (15 places)	Swindon Carers Centre	H1
Thurs 9 th Feb 10am-12pm	Highworth Carers Cuppa drop-in mutual support and friendship from other carers from the Highworth area.	Westrop Surgery, Highworth	B1
Tues 14 th Feb Time to be confirmed	Family Focus. Half term event for parent carers, the cared for child and siblings to enjoy some fun, quality time together and meet other families.	Venue to be confirmed	H1 (B1)
Wed 15 th Feb 10am-12 noon	Eldene Carers Cuppa drop-in, mutual support and friendship from other carers	Acorn Building, Eldene Primary School, Collingsmead	H1
3 rd Wed of the month, 15 th Feb 10.30am-12 noon 	Mental Health Carer Group. Join other carers who support someone with a mental health condition for mutual support, information and a cuppa.	Acorn Building, Eldene Primary School, Collingsmead	H1
Sat 18 th Feb (to be confirmed) 2pm-5pm	VIP Football Trip. An opportunity to visit Swindon Town FC for a VIP Day and to watch a match.	Swindon Town Football Club	B1
Dates to be finalised if enough interest	Fitstep Classes. Follow the moves to Latin and Ballroom dances such as 'The Cha Cha', Jive, Quickstep, American Smooth and many more! The classes are fun, easy to follow and keep you moving for an hour without you realising that you are exercising! (20 places)	Adelta Dance Studio	H3
4 th Wed of the month, 22 nd Feb 2.30pm-4pm	Ashington House, West Swindon Carers Cuppa drop-in, mutual support and friendship from other carers.	Ashington House Surgery, West Swindon	H1
Thurs 23 rd Feb 10am-12 noon	Grange Drive Carers Cuppa drop-in, mutual support and friendship from other carers.	Grange Drive Leisure Centre	B1
Thurs 23 rd Feb 2pm-4pm	OPEN MINDS. Activity/social group for older carers. NB The person you care for is welcome to attend this event with you, particularly if they have dementia. A safe and welcoming setting with staff trained in older people/ dementia care. Sessions include craft, live entertainment. (40 places)	St Andrew's Church Hall, Raleigh Avenue	H1 (B1)
Day time session Date to be confirmed 	Quilting workshop. Learn how to do patchwork quilting, all materials provided.	Studley Grange Craft Village	H1

			B8 H12
Tues 28 th Feb 10am-12noon 	Parent carer group with a CRECHE. We will trial this new group for parent carers with children under school age. Come and meet other parent carers while the children can enjoy supervised play/care from qualified early year's staff.	Venue to be confirmed depending on numbers	H1
Tues 28 th Feb 7pm-9:30pm	Male Carer Event. Join other male carers for a social evening out at a local restaurant for a meal. Hosted by Stuart and Becky.	Restaurant to be confirmed	B1
Date	MARCH events 2017	Venue	
Mar 1 st , 6 th , 17 th , 23 rd , 29 th Telephone for times	Neurological conditions drop-in Carers Cuppa. Do you care for someone with a neurological condition? Come and meet Stuart and other carers. Find out about the facilities at the therapy centre for the person you care for.	Swindon Therapy Centre for MS, Westmead Drive, Swindon. Tel 481700	B4
Thurs 10am-12 noon	Wroughton Carers Cuppa drop-in, mutual support and friendship from other carers.	Wroughton Health Centre	B1
Every Wed, 1 st , 8 th , 15 th , 22 nd and 29 th March 11am	Art classes. A weekly art class, materials provided.	Artsite, 9, Theatre Square	H4
Thurs 2 nd Mar 2pm-4pm	Dementia Peer Support Group. In partnership with The Alzheimer's Society. Cared for persons can participate in a social activity with refreshments while the carers meet in another room for information, support and friendship. (10 carers, 10 cared for persons)	St Andrew's Church, Raleigh Ave, Walcot	H1 (B1)
Fri 3 rd , 10 th , 17 th , 24 th and 31 st Mar 10am-11:30am	Carer's Choir! Are you interested in joining our carer's choir? It will be led by a professional (Abby Mansi). Singing together is good for the soul. Meet other carers! No singing experience needed.	Christchurch Community Centre	B5
Mon 6 th Mar Time to be confirmed 	Female Carer Event. Join other female carers for a social trip to the cinema. Daytime or evening possible, please specify your preference.	Cinema to be confirmed	B1
Tues 7 th Mar 12.30pm-2.30pm	Craft Group. All materials provided, different activities each month. Come and have some fun, meet other carers and be creative! Please bring a packed lunch. Drinks will be provided.	Christchurch Community Centre, Old Town	B1 (H1)
Tues 7 th , 14 th , 21 st , 28 th Mar 2pm-4pm	Afternoon tea and activities. Come along and meet new people and take part in different activities every week.	Christchurch Community Centre, Old Town	B1 & H1
w/c 6 th March to be confirmed	Basic First Aid course. Learn how to manage an emergency situation, practise CPR and the recovery position etc. (8 places)	Swindon Carers Centre	H1
Thurs 9 th Mar 10.30am-12 noon	Highworth Carers Cuppa drop-in mutual support and friendship from other carers from the Highworth area.	Community Centre	B1
Tues 14 th Mar 12.15pm-2.30pm	Parent Carer Lunch. Come and meet other parent carers for friendship and share experiences over lunch.	Restaurant to be confirmed	H1

Wed 15 th Mar 10am-12 noon	Eldene carers Cuppa drop-in, mutual support and friendship from other carers.	Acorn Building, Eldene Primary School, Collingsmead	H1 H11 B16
3 rd Wed of the month, 15 th March 10.30am-12 noon 	Mental Health Carer Group. Join other carers who support someone with a mental health condition for mutual support, information and a cuppa.	Acorn Building, Eldene Primary School, Collingsmead	H1
Sat 18 th Mar 2pm-4pm	Social afternoon. For registered carers and cared for , over the age of 18. Live entertainment and afternoon tea. (50 places)	Citifaith Church, 38 Regent Street	H1
4 th Wed of the month 22 nd Mar 2.30pm-4pm	Ashington House, West Swindon Carers Cuppa drop-in, mutual support and friendship from other carers.	Ashington House Surgery, West Swindon	H1
Date and time to be confirmed	Fishing Day. Event for new and experienced fisherman/women, open to both our male and female carers. Enjoy a day coarse fishing with all equipment provided.	Flaxlands Fisheries, Royal Wootton Bassett	B1
9 th or 16 th Mar Date and time to be confirmed	Transitions roadshow. Information/advice session for carers of young people transferring from children's services to adult services.	Venue to be confirmed	B1 H1
Date and time to be confirmed 	Learn to Massage for Relaxation Course. (up to 6 sessions) Learn how to massage for relaxation for yourself and the person you care for. Led by a qualified instructor. (4-8 places)	Venue to be confirmed	B6
Date and time to be confirmed	Relationships. Session led by a qualified Counsellor. Explore in a safe setting, your relationships with the person you care for, your partner/other family members. Explore how to react and cope with different situations, how to improve relationships, communication skills and expressing yourself etc. (8-10 places)	Venue to be confirmed	H1
Dates and time to be confirmed	Bereaved/ex-carer course. (10 sessions) Life after caring. Explore your feelings in a safe setting with a qualified Counsellor (and other carers who experienced the loss of the person they have been caring for). (4-8 places)	At the Counsellors' practice	H10
Dates and time to be confirmed	Pottery. Are you interested in pottery? If we have enough carers interested, we will be able to offer a pottery course.	Artsite, 9, Theatre Square Please indicate preferred time, we will go with the majority am / pm / eve	H1
Dates and time to be confirmed	Mosaics. Are you interested in mosaics? If we have enough carers interested, we will be able to offer a mosaic course.	Artsite, 9, Theatre Square Please indicate preferred time, we will go with the majority am / pm / eve	H1
Thurs 23 rd Mar 2pm-4pm	OPEN MINDS. Activity/social group for older carers. NB The person you care for is welcome to attend this event with you, particularly if they have dementia. A safe and welcoming setting with staff trained in older people/ dementia care. Sessions include craft, live entertainment. (40 places)	St Andrew's Church Hall, Raleigh Avenue.	H1 (B1) H19 B9

Tues 28 th Mar 10am-12noon 	Parent carer group with a CRECHE. We will trial this new group for parent carers with children under school age. Come and meet other parent carers while the children can enjoy supervised play/care from qualified early year's staff.	Venue to be confirmed depending on numbers	H1
Thurs 30 th Mar 10am-12 noon	Grange Drive Carers Cuppa drop-in, mutual support and friendship from other carers.	Grange Drive Leisure Centre	B1
Contact Carewatch for details of their next course	Manual Handling course. Learn what you should and should not do when supporting someone you care for to move safely, e.g. transferring, pushing a wheelchair, hoisting etc. You will infill to a course for paid carers.	Contact Carewatch, Alexander Way, Fleming Way, SN1 2NG. Tel 01793 432666	
Times to be confirmed 	Do any of the following talks interest you? If so, please tick which ones and <u>if we have at least 6 carers interested</u> we will arrange a talk for you: <ul style="list-style-type: none"> • Lasting Power of Attorney • CV writing and back to work skills • Medication • Special diets e.g. lactose, gluten intolerance • Infection Control when caring for someone • Food safety and hygiene • Safeguarding of Vulnerable Adults. Who is a vulnerable adult? What is meant by the term abuse? What can be done about it? The MCA. • End of life care. Explore in a safe setting, issues and information around end of life that a carer might benefit from knowing. • Continence. Continence Nurse will discuss continence issues, services and products etc. • Aphasia (following a stroke) • Other? please specify..... 	Swindon Carers Centre	H2
Contact CGL for more details	Carers group for those that support someone with drug/ alcohol dependency(formerly SWADS)	Please contact CGL on 01793 611870 for details	
Carer to book themselves on to the course of their choice	Wellbeing courses that include CALM (Mindfulness and relaxation), Stress and Mood management, Overcoming Panic, Anxiety and Worry. Free if you are registered with a GP in Swindon. (day/eve and Saturday courses offered).Contact LIFT Psychology on 01793 836836 or www.segol.org/lift-psychology .	Various venues around Swindon, contact LIFT direct	
Individual appointment to be arranged by carer	Health Checks. Are you 40-74 years of age and interested in receiving a health check from a Nurse and Health Ambassador? (Blood pressure, weight, BMI, cholesterol levels etc.).You ned to be registered with a Swindon GP and NOT already receiving checks for arthritis, cholesterol or diabetes to be eligible.	Carer to ring 01793 465543 to book an appointment	
Carer to view website	FREE Online training SCIE. Visit www.scie.org.uk , in search box type SOCIAL CARE TV and the scroll down to the topic of interest for various videos.	N/A	H3 B1

For further details of any of the events please contact:
Becky Gammon or Heather Goldsmith 01793 401095 (direct line) or email
becky.gammon@swindoncarers.org.uk or heather.goldsmith@swindoncarers.org.
Please complete and return the page overleaf


**Please complete this form, indicating your preferences, and return it to:-
Swindon Carers Centre, Sanford House, Sanford Street, Swindon, SN1 1HE.**
(You can retain the 4 page form for your information).

Title..... First Name(s):
Last Name:.....

Email address:

Daytime Telephone No:.....

Mobile:.....

**REMEMBER TO PLEASE INFORM US OF ANY CHANGES TO YOUR EMAIL ADDRESS
OR MOBILE NUMBER AS WE USE THESE TO COMMUNICATE RE: YOUR REQUESTS.**

If you have anything you would like to inform us about, e.g. if you need respite care to attend or if you would like to attend with a friend (who must also be a registered carer with Swindon Carers Centre), please do so here-

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JANUARY events 2017	Please tick if interested	Office use
Neurological Conditions drop-in session		
Dementia Peer Support Group		
Wroughton Carers Cuppa		
Yoga		
Afternoon tea and Activities at Christchurch		
Art Classes		
Younger Carers Go Karting		
Highworth Carers Cuppa		
Parent Carers Lunch		
Eldene carers Cuppa		
Mental Health Carers Peer Support Group		
Grange Drive Carers Cuppa		
Open Minds Group		
Ladies pamper afternoon		
Mental Health Carer information session		
Breathing Space (beginners)		
Breathing Space (advanced)		
Carer Focus Group		
Parent Carer group with CRECHE		
Carers Choir		
Golf Lessons		
Cupcake and chocolates workshop		
Pamper vouchers		
Hairdressing vouchers		
Learning Disability Reps		
17-24 year olds Group		MF

FEBRUARY events 2017		
Neurological Conditions drop-in session		
Art class		
Archery Taster Session		
Carers Choir		
Wroughton Cuppa		
Dementia Peer Support Group		
Craft session		
Afternoon tea and activities		
Coping with caring		
Highworth Carers Cuppa		
Family Focus event		
Eldene Carers Cuppa		
Mental health carer peers support group		
VIP Football Day		
Fitsteps classes		
Ashington House Carers Cuppa		
Grange Drive Carers Cuppa		
Male Carer Event - Meal		
Open Minds Group		
Quilting workshop		
Parent Carers group with CRECHE		
MARCH events 2017		
Neurological Conditions drop-in session		
Wroughton Carers Cuppa		
Art classes		
Carers Choir		
Dementia Peer Support Group		
Female Carers Event - Cinema		
Craft Group		
Afternoon tea and activities		
Basic first aid course		
Highworth Carers Cuppa		
Parent Carers Lunch		
Eldene Carers Cuppa		
Mental Health Carer Peer Support Group		
Saturday Social afternoon		
Ashington House Carers Cuppa		
Relationships session		
Bereaved carers therapy group		
Pottery		
Mosaics		
Open Minds Group		
Parent Carer Group with CRECHE		
Grange Drive Carers Cuppa		
Learn to Massage for Relaxation Course		
Talks- <i>please state which is of interest to you</i>	