



## Recognising and supporting carers in the community



Dear Carers,

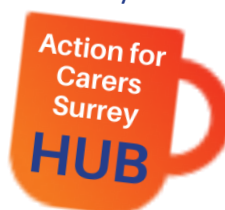
Carers Week is here again, and we will be celebrating in our Hubs and in our online groups. It's a chance to thank you for all your care – mostly unseen by others.

You are invited to attend our Hubs for special tea and cake celebrations during the Week, with a variety of special events taking place (see reverse). You'll receive a little Goody Bag when you're there.

And we'll be asking you to share your views on being a carer – related to the theme of being recognised and supported in the community' – on our 'graffiti walls'. We'll be sharing those views with SCC Commissioners and the national carer charities.

I look forward to seeing many of you during the Week.

Rachel Brennan, Adult Service Manager  
Action for Carers Surrey



## Carers Week events online via Zoom

### Yoga – with Saara

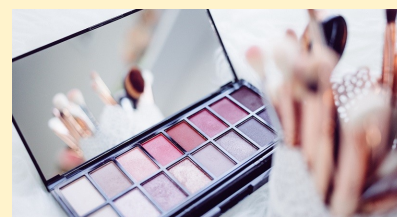
Monday 5th June, 10.30-11.30am

Join us to start the week with a positive, fun yoga session to look after you in both body and mind.

### Skin Care and Make Up

Monday 5th June 6.30-8pm

A session on how best to look after your skin, plus make up tips! We have some free goodies to send out to attending carers. Places limited! **Please register quickly if you'd like to take part.**



### All Carers Support Group

Tuesday 6th June, 10-11.30am

Join us for a chat, plus a free coffee and biscuit using your favourite mug! **Please register by 1 June to receive your freebies.**

### Mindfulness

Tuesday 6th June, 4pm-4.45pm

Take some time for *you*. Join us for a mindfulness session where we will practise techniques to promote wellbeing and reduce stress.

### Parent Carers Support Group

Friday 9th June, 10.30am-12 noon

Join us for a chat, plus a free coffee and biscuit using your favourite mug! **Please register by 1 June to receive your freebies.**

For more information or to book events, please give us a call on 0303 040 1234, option 1; or email [CSAdmin@actionforcarers.org.uk](mailto:CSAdmin@actionforcarers.org.uk)



## Being Well, Doing Well — wellbeing at Polesden Lacey

Led by Taj Gilligan

Saturday 10th June, 10-12.30pm

Looking to keep yourself well and doing well? Join us to address issues that arise because of your caring role like stress, giving yourself time out, while increasing your confidence and self-esteem.

There's also time to relax, have a picnic and explore the grounds of beautiful Polesden Lacey.

## Interested in creating 'zines?

That's DIY magazines/comics – then come to a taster session!

- Astolat, Burpham, Tuesday 6th June, 10am-12.30pm
- Leatherhead Hub, Friday 9th June, 1-2.30pm

A chance to explore your creativity and experiment with writing, drawing and collage techniques.

No artistic skills or experience needed, just a willingness to get stuck in and have some fun!



# Carers Week in our Hubs

## Free cake , events and goody bags! 😊

Please join us in celebrating Carers Week, by dropping in to one of our Hubs and joining our free activities, back care sessions and enjoying some tea and cake with us.

**We also have FREE goodies including a shopping trolley token , in a new tote bag to give away to carers!**

We will be joined by some other community organisations, also offering information and support.

See details of all the Hubs open in Carer Week and what's happening at each, below. And keep an eye on our website as we add more information/activities closer to the Week.



## Hospital stalls

Look out for our stalls in Surrey hospitals and find out about our support for carers with a loved one in hospital.



## Hubs: when, where, and what's on!



The Hubs are open from 10am-2.30pm on the days shown below, with coffee/tea and cake on offer throughout that time.

### MONDAY 5th June

**CRANLEIGH** The Bandroom, Village Way, Cranleigh GU6 8AF

**Carer Support Group** 10.30-12pm

**Back Care Session** 10.30-11.30am

**Mindful Colouring** 10.30am-2pm

**GUILDFORD** The Hive, Park Barn Drive, Guildford GU2 8EN.

**Arts & Crafts and Mindful Colouring** 10.30am-2pm

**WOKING** The Vyne Centre, Knaphill, Woking GU21 2SP

**Talk on Benefits for Carers of Children with Special Needs (aged 14-25) Led by Surrey Welfare Rights** 10.30-12.30pm

**Parent Carer Support Group** 10.30-12pm

**Arts & Crafts** 12.30-2pm

### TUESDAY 6th June

**CAMBERLEY** High Cross Church, Knoll Road, Camberley GU15 3SY

**Carer Support Group** 10.30-12pm

**Tai Chi** 10.30-11.30am

**Hand Massage** 12-2.30pm

**EPSOM** St Barnabas Church, Temple Road, KT19 8HA

**Carer Support Group with Crafting Activity** 10.30-12pm



### WEDNESDAY 7th June

**HORLEY** Horley Baptist Church, 289 Ct Lodge Rd, Horley RH6 8RG

**Carer Support Group** 10.30-12pm

**Mindful Colouring** 12-1pm

**SHEPPERTON** Greeno Centre, 14 Meadow View, Glebeland Gardens, Shepperton TW17 9DH

**Carer Support Group** 10.30-12pm

## Graffiti Wall

We'll have a 'graffiti wall' up in the Hubs for you to share your views on the Carers Week theme 'Recognising and Supporting Carers in the Community'.

**Arts & Crafts and Mindful Colouring** 10.30am-2pm

### THURSDAY 8th June

**CATERHAM** Westway Community Café, 25 Chaldon Road, Caterham CR3 5PG

**Carer Support Group** 10.30-12pm

**Back Care Session** 10.30-12pm

**HERSHAM** Centre for the Community, 7 Queens Road, Hersham, Walton-on-Thames KT12 5LU

**Carer Support Group with Crafting Activity** 10.30-12pm

### FRIDAY 9th June

**LEATHERHEAD** Leatherhead Community Hub, Kingston Road, Leatherhead KT22 7PX

**Carer Support Group** 10.30-12pm

**'Zine Workshop** 1-2.30pm