

Monday 3rd August

Bidford Dementia Cafe

A supportive group for individuals affected by memory difficulties. A Caring Together Advisor will also be available to offer information and guidance.

11 am - 12:30 pm

**Crawford Memorial
Hall, Bidford Upon
Avon, B50 4EZ**

Friday 7th August

Alcester Carers Café Drop-in

A relaxed drop-in session for carers to enjoy a cup of tea and friendly conversation.

11 am - 12 pm

**Eric Payne Centre,
Alcester
B49 6AG**

Saturday 8th August

**Hosted by Carers
Trust Heart of
England**

Waverley Carers café

A friendly café session providing support and connection for carers

10:30 am - 12:30 pm

**Waverley Day
Centre, Kenilworth
CV8 1JL**

**Wednesday 12th
August**

**Hosted by Carers
Trust Heart of
England**

Self-Care August Wellbeing Session

Time to have some time for you as a thank you for all you do, join us for a morning of hand massages, Aromatherapy and wellbeing information

11 am - 1 pm

Rugby

Thursday 13th August

The Fat Pug Carers Cafe

A relaxed "cuppa and chat" session for carers.

2 pm - 3 pm

**The Fat Pug Pub,
Leamington,
CV32 5BZ**

**Wednesday 19th
August**

**Brunswick Triple Link Carers
Dementia Cafe**

A welcoming session offering activities, companionship, and support. Carers are encouraged to attend with the person they care for. Guest speakers

11 am - 12:30 pm

**98-100 Shrubland
Street Leamington,
CV31 3BD**

**Wednesday 19th
August**

**Hosted by Carers
Trust Heart of
England**

**Stratford Mental Health
Group**

Are you a carer for someone who is struggling with their mental health? This is a supportive and informative session

2:30 pm - 4:30 pm

**Lifeways Centre,
Albany Road,
Stratford, CV37 6PG**

Thursday 20th August

**Hosted by Carers
Trust Heart of
England**

**Self-Care August
Wellbeing Session**

Time to have some time for you as a thank you for all you do join us for a morning of hand massages, Aromatherapy and wellbeing information

11 am - 1 pm

Alcester

**Wednesday 26th
August**

**Hosted by Carers
Trust Heart of
England**

**The Makery Carers
Cafe**

A creative and social café session for carers.

10:30 am - 12:30 pm

**The Makery ,Abbey
gate, Nuneaton,
CV11 4EL**

Thursday 27th August

**Hosted by Carers
Trust Heart of
England**

**Self-Care August
Wellbeing Session**

Time to have some time for you as a thank you for all you do join us for a morning of hand massages, Aromatherapy and wellbeing information

1 pm - 3 pm

Coleshill



August 2026 ACTIVITIES CALENDAR



Thursday 27th August

**Hosted by Carers
Trust Heart of
England**

**Recovery and Wellbeing
Academy "Coping with
Caring "**

**Coping with caring course to
help with all your care needs**

10 am - 12 pm

Online

For more information:

Email: hello@careringtogetherwarwickshire.org.uk

Phone: 0800 1975544