

**Wednesday 1st July**

**Hosted by Carers  
Trust Heart of  
England**

**Hartshill Mental Health  
Group.**

Are you a carer for someone who is struggling with their Mental Health? This is a supportive and informative session.

**1:30 pm - 2:30 pm**  
**Hartshill  
Community Centre,  
Nuneaton  
CV10 0LY**

**Friday 3<sup>rd</sup> July**

**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 4<sup>th</sup> July**

**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**

**Monday 6th July**

**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**

**Wednesday 8th  
July**

**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**

|                                                                                                     |                                                                                                                                                                                        |                                                                                                         |
|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Saturday 11<sup>th</sup> July</b>                                                                | <b>Party in the Park<br/>community event</b><br>Local community event<br>with lots of stalls fun and<br>laughter for all the family<br>and friends                                     | <b>12 pm</b><br><br><b>Baddesley Ensor<br/>Atherstone</b>                                               |
| <b>Wednesday 15<sup>th</sup> July</b><br><br><b>Hosted by Carers<br/>Trust Heart of<br/>England</b> | <b>Stratford Mental<br/>Health Group</b><br>Are you a carer for someone<br>who is struggling with their<br>Mental Health? This is a<br>supportive and informative<br>session.          | <b>2:30pm - 4:30pm</b><br><br><b>Lifeways Centre,<br/>Albany rd, Stratford,<br/>CV37 6PG</b>            |
| <b>Thursday 16<sup>th</sup> July</b>                                                                | <b>The Fat Pug<br/>Carers Cafe</b><br><br>A relaxed "cuppa and<br>chat" session for carers.                                                                                            | <b>2 pm - 3 pm</b><br><br><b>The Fat Pug Pub,<br/>Leamington,<br/>CV32 5BZ</b>                          |
| <b>Friday 17<sup>th</sup> July</b><br><br><b>Hosted by Carers<br/>Trust Heart of<br/>England</b>    | <b>National Picnic in the<br/>Park</b><br><br>As part of National Picnic week<br>bringing your own lunch to join<br>us with family and friends for a<br>relaxing with fun and laughter | <b>1 pm - 3 pm</b><br><br><b>Abbey Fields Kenilworth<br/>&amp;<br/>Miners Welfare Park<br/>Bedworth</b> |
| <b>Saturday 18<sup>th</sup> July</b><br><br><b>Hosted by Carers<br/>Trust Heart of<br/>England</b>  | <b>Atherstone Carers Café</b><br><br>A relaxed "cuppa and<br>chat" session for carers                                                                                                  | <b>11 am - 12:30 pm</b><br><br><b>The Red Lion Hotel,<br/>Atherstone, CV9 1BB</b>                       |

**Friday 24<sup>th</sup> July**

**Hosted by Carers  
Trust Heart of  
England**

**Questions & Answers Online  
Session**

Time to chat to one of our  
Wellbeing advisors and find  
out about all the services that  
we offer to carers

**3 pm - 4 pm**

**Online**

**Wednesday 29<sup>th</sup> July**

**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**

**For more information:**

**Email:** [hello@careringtogetherwarwickshire.org.uk](mailto:hello@careringtogetherwarwickshire.org.uk)

**Phone:** 0800 1975544