

**Wednesday 2nd
September**

**HARTSHILL Mental
Health support group**

A supportive group do you
look after someone who is
suffering with their Mental
Health

1:30pm - 3:30pm

Hartshill, CV10 0LY

**Thursday 3rd
September**

**CARING TOGETHER
Self-Care 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

1:30pm - 2:30pm

Nuneaton

**Saturday 5th
September**

**CARING TOGETHER
Alcester Carers Café
Drop in**

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

11am - 12pm

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

**Monday 7th
September**

**Warwickshire County
Council Carers Focus
Workshop**

A focus at the sessions will be
gathering feedback from
Carers on carers services.

Leamington Spa

Monday 7th
September

**Bidford Upon Avon
Dementia Café**

**A supportive group
for individuals
affected by memory
difficulties.**

11am - 1pm

**Crawford Hall,
Bidford Upon Avon**

Tuesday 8th
September

**Dementia Next Steps
Event**

**Come along to see what
support we can offer you as a
carer. We will be attending
and supporting the next steps
events across the county.**

2pm -4:30pm

**Loxley Centre
Stratford Healthcare
Building 2, CV37 6NX**

Tuesday 8th
September

**Warwickshire County
Council Carers Focus
Workshop**

**A focus at the sessions will be
gathering feedback from
Carers on carers services.**

10am - 12:pm

**Stratford Upon
Avon**

Wednesday 9th
September

**Warwickshire County
Council Carers Focus
Workshop**

**A focus at the sessions will be
gathering feedback from
Carers on carers services.**

ONLINE SESSION

**Thursday 10th
September**

**Warwickshire County
Council Carers Focus
Workshop**

A focus at the sessions will be
gathering feedback from
Carers on carers services.

10am - 12:pm

Rugby

**Friday 11th
September**

**Stratford Parent
Carers walk and Talk**

Join us for a gentle stroll
by the river stopping off
for a coffee and chat in a
local café

10:30am 12:30pm

**Stratford upon Avon
Riverside**

**Monday 14th
September**

**Warwickshire County
Council Carers Focus
Workshop**

A focus at the sessions will be
gathering feedback from
Carers on carers services.

10am - 12:pm

Nuneaton

**Tuesday 15th
September**

**Warwickshire County
Council Carers Focus
Workshop**

A focus at the sessions will be
gathering feedback from
Carers on carers services.

ONLINE SESSION

**Wednesday 16th
September**

**Stratford on Avon
Mental Health &
support group**

A supportive group do you look after someone who is suffering with their Mental Health join us in a supportive environment

2:30pm - 4:30pm

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

**Wednesday 23rd
September**

**The Makery Carers
Cafe**

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

A creative and social café session for carers.

10:30am 12:30pm

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

**Wednesday 23rd
September**

**Rugby Mental Health
support group**

A supportive group do you look after someone who is suffering with their Mental Health join us in a supportive environment

2pm - 4pm

**Hill Street
Community Centre,
Hill Street, Rugby,
CV21 2NB**

**Thursday 24th
September**

The Pensioners Fayre

A wide range of local agencies and services represented to support pensioners who also may be carers in Nuneaton with their concerns and needs. Caring Together Warwickshire will be on hand to answer all your questions and query's

10am - 1pm

Nuneaton Town Hall

**Saturday 26th
September**

Bidford Upon on Avon Health & Wellbeing Event

Are you looking after someone that you care about but not sure what help is available? This is the perfect opportunity to speak with all the local services in your area that may be able to support you.

6pm - 8pm

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

**Sunday 27th
September**

Coping with Caring Course

To book and find out more information, please go to the recovery and wellbeing website. These sessions are supported by a Caring Together Warwickshire wellbeing advisor

1pm

Online session

**Tuesday 29th
September**

Health Exchange Community Showcase Coventry & Warwickshire

Bringing together organizations supporting the health and wellbeing of our communities. and highlight the support available to local people.

11am - 2pm

**Coventry Transport
Museum**

For more information:

Email: hello@careringtogetherwarwickshire.org.uk

Phone: 0800 1975544