



CARERS CENTRE NEW OPENING TIMES

MONDAY—WEDNESDAY 10am—4pm

THURSDAY 10am—7pm

FRIDAY 10am—4pm

SATURDAY 10am—12.30pm



CARERS GROUP VISIT TO WATERPERRY GARDENS

Thursday 15th July 2010

10am—3.30pm

LIMITED PLACES £5 PER PERSON

CONTACT CAROL - Tele. 205192



CARERS CENTRE DAY TRIP TO BOURNEMOUTH

FRIENDS AND FAMILY WELCOME

WEDNESDAY 25TH AUGUST 2010

£10 PER ADULT (up to three children per
adult) Children go free

PLEASE COMPLETE & RETURN
BOOKING FORM ENCLOSED

AT THE CARERS CENTRE



Wednesdays— Carers 'Coffee' Break'

10.30am -12.30pm **ALL WELCOME**—Drop in for a
cup of tea or coffee and a chat with other carers

Please note no meetings 8th July - 7th September

Tuesdays— Sahara Support group for Asian Carers

1.30pm—3.30pm - an opportunity to meet other
Asian Carers.



ABBEY TRIPS

Autumn dates are currently being
arranged— please phone Jayne for further
details—tele: :205192

MESSAGE, ACUPUNCTURE AND ALEXANDER TECHNIQUE SESSIONS

Sessions available to all carers at the Carers Centre

Massage and Acupuncture—available Tuesday mornings, Tuesday evenings and Saturdays.

Alexander Technique—available Thursday evenings and Saturday mornings

APPOINTMENTS NECESSARY—please phone 01865 205192

VOLUNTEERS NEEDED FOR LINK— self directed support project

Are you in receipt of home care or respite packages from Oxfordshire Social Services? Oxfordshire LINK is about to start a research project to understand individuals' experiences of the social care system and are really keen to listen to those who are already in receipt of home care or respite packages.

If you would like to get involved please contact—Jo Ord. Tel: 01993 862855 or email her at oxfordshirelink@makesachange.org.uk



FUTURE EVENTS AND COURSES

Activities, occupations & ideas for Carers of older people

Starting Wednesday 15th September 2010— a four week course to be held in Kidlington. 5 places available. We can help with transport and care if needed. Telephone Carol on 205192

MOVING MUSIC CONCERT

JACQUELINE de PRE MUSIC BUILDING

Please ring Carol on 205192 for further details

CARERS REFERENCE GROUP

Two very successful meetings have already taken place allowing Carers to talk and discuss with Carers centre staff. Our thanks to all Carers who have attended. Your comments are most welcome. Already from the discussions our new opening hours have been arranged giving more flexibility for appointment times/drop in or telephone calls, with a late night opening and Saturday morning opening (see times on front page).

The next meeting is planned for early Autumn—please phone Pat or Philippa on tele:205192 for further details.