



Visible, Valued & Supported

Come and join us in making Unpaid Carers more Visible, Valued & Supported as part of our Queens Jubilee & Carers Week Celebrations

Wednesday 1st June: 1-3pm: The Queen's Platinum Jubilee: We will be hosting a Jubilee Street Party with music, food & children's entertainment. An afternoon to celebrate the Queen's Platinum Jubilee. For more details please email: admin@furnesscarers.co.uk

Monday 6th June: Adult Carers over 18 years are invited to enjoy a session with **Cumbria Wildlife Trust** in one of Furness's great outdoor locations: to book a place email: admin@furnesscarers.co.uk

Tuesday 7th June: If you are a Parent of a child or adult with a **SEND** then come along to our Carers Centre for our **Parent Carer Event**, **FREE** facial & relaxing treatments, **FREE** sensory advice & equipment demo, advice on ways to promote sleep & relaxation and to connect with other Parents and Carers. This event is being hosted by **Hanna Munro Occupational Therapy & Charlotte from Tropic beauty along with Furness Carers**. For more details please email: admin@furnesscarers.co.uk

Wednesday 8th June:

- ✓ 10am-12pm: **Carers Legal Café** with **Martin Oates from Poole Townsend** at our Carers Centre, Hindpool Community Centre, Nelson Street, Barrow. Just drop-in. For more details please email: admin@furnesscarers.co.uk
- ✓ 12.30-2.30pm: **Carer Champion** session for Health Professionals & other interested organisations. To book a place then please email our Carers Health Co-ordination Worker, Sylvia Garnett: sylviagarnett@furnesscarers.co.uk
- ✓ Come along for information and advice on all things Carer related with **Furness Carers** staff & the **LSCFT HARRI Bus** at Dane Garth/Furness General Hospital.

Thursday 9th June: Young Carers a workshop run by **Theatre Factory** on the themes of Carers Week 2022 – VISABLE, VALUED & SUPPORTED. For more details please email: admin@furnesscarers.co.uk

Friday 10th June: 10.30am-12.30pm: **FREE Health & Wellbeing Information Event** in the hall at Hindpool Community Centre. Unpaid Carers, their families and anyone else is welcome to come along and see what **FREE** support is available from local organisations. There will be café style seating in the hall for **FREE tea, coffee, refreshments and Pie and Peas** (until they run out!) For more details please email: admin@furnesscarers.co.uk

Saturday 18th June: Carers Trip to Liverpool. For **Adult Carers**, come and have a day out visiting Liverpool with its huge variety of shops, galleries, museums, restaurants and much more there's something for everyone. Leaving Barrow at 8.30 with pick-ups in Dalton & Ulverston. For more details please email: admin@furnesscarers.co.uk