

Carers Week Activity Schedule

Tuesday 7th June

Carers Coffee & Chat
Tullie House
@ 10:30 - 12:00

Carers Mental Health Support
Botcherby Community Centre
@ 18:30 - 20:00

Wednesday 8th June

Carers General Knowledge Quiz
Online
@19:30 - 20:30

Young Carers Free Time
Carlisle Youth Zone
@17:30 - 20:00

Thursday 9th June

Carers Drop In
Carlisle Library
@ 10:00 - 12:00

Parent Carer Coffee & Chat
Harraby Community Centre
@10:30 - 12:00

Carers Special - Afternoon Tea
The Halston
@13:00 - 15:30**

Sing like no one is listening
Live concert - Online
@14:30 - 15:30

Friday 10th June

Happy & Glorious - A Royal
Reminiscence Session with Kath
Reynolds -Online
@14:30 - 15:30

Carers Art Afternoon
Botcherby Community Centre
@ 13:00 - 16:00

To register for any of the
activities or for further
information please call
01228 542156 or email
admin@carlislecarers.org.uk

**Booking essential