

National Carers Week 2009

8-14 June

Time to unwind

Haringey's event details and information



www.haringey.gov.uk



Caring for a loved one, day in day out, can be draining. Carers Week is a chance for carers to spend a little 'me' time and refresh themselves. If you will be prevented from joining in because you cannot leave the person you look after, please contact the Carers Service administrator on tel. 020 8489 3967 by 8th June. We will gladly arrange some home care without charge.

Programme

Monday 8th June 2009 11am - 2pm

Complementary Therapy and Pampering

VENUE: Clarendon Centre Clarendon Road N8

FOR: Carers of adults living in Haringey with mental health needs

CONTACT: Trevor Rock **020 8489 4860**

Bowls event 11:30am - 2:30pm

VENUE: Chapmans Green Bowls Club Perth Road, N22

FOR: All carers and cared for

CONTACT: Haringey Carers Centre **020 8888 0808**

Tuesday 9th June 11am - 12noon

'We care, we count': Presentation by Rethink

VENUE: Clarendon Centre, N8

FOR: Carers of adults living in Haringey with mental health needs

CONTACT: Trevor Rock **020 8489 4860**

Electric Barge Trip - Pre Booking Required

VENUE: Along Regents Canal

FOR: All carers

CONTACT: Haringey Carers Centre **020 8888 0808**

Wednesday 10th June

Day trip to Margate – Pre Booking Required

VENUE: Departs Clarendon Centre at 9:30am

FOR: Carers of adults living in Haringey with mental health needs

CONTACT: Trevor Rock **020 8489 4860**

Day Opportunities Ermine Services 1 - 2:30pm

Strawberries & Cream Tea Afternoon

VENUE: Ermine Centre, 2 Ermine Road, London, N17 6DB

CONTACT: Ian Kahn **020 8800 8155**

Day Opportunities Keston Services 1 - 2:30pm

Strawberries & Cream Tea Afternoon

VENUE: Keston Centre, Keston Rd, London, N17 6PW

CONTACT: Sybil Brown **020 8880 3515**

Launch of *Tom's Club* 11am - 1:30pm

VENUE: Victoria Day Unit St Ann's Hospital N15

FOR: People with dementia and their carers

CONTACT: Admiral Nurse Service **020 8442 6149**

Thursday 11th June

Tour of Studio 306

Meet at Clarendon Centre 11am

VENUE: The Chocolate Factory, Clarendon Road, N22

FOR: Carers of adults living in Haringey with mental health needs

CONTACT: Trevor Rock **020 8489 4860**

Launch of *Family and Friends Booklet* 2:30pm

VENUE: Wood Green Library 187-197A High Road Wood Green N22 6XD

FOR: Family and friends supporting someone with a drug or alcohol problem.

CONTACT: Souad Akbur **020 8489 6932**

Friday 12th June 1pm

Dinner at Clarendon. Our cook Sharon O'Brien will prepare a delicious meal.

VENUE: Clarendon Centre, N8

FOR: Carers of adults living in Haringey with mental health needs

CONTACT: Trevor Rock **020 8489 4860**

Carers' Week Conference...."Hidden and Invisible" 12 - 4:30pm

Keynote speakers, networking, Forum Theatre, benefits advice, lunch, presentation of Carer of the Year Award 2009

VENUE: White Hart Lane Community Sports Centre,
White Hart Lane, N22

FOR: All carers

CONTACT: Nimet Sayar Black and Minority Ethnic Carers Support Service
020 8801 5530

If you need transport, contact Jan Bryant **020 8489 3420** by 8th June 2009

Saturday 13th June Sale

VENUE: Winkfield Resource Centre, 33 Winkfield Road, N22

FOR: All carers, family and friends

CONTACT: Haringey Carers Centre **020 8888 0808**

Sunday 14th June

Complementary therapies and vegetarian dinner (2 - 6pm)

Please ring and book your place to assist with catering

VENUE: St John Vianney Church Hall, West Green Road,
London, N15 3QL

FOR: All carers, family members and friends. Carers on Haringey Council's Carers Register will have priority for pampering and therapies.

CONTACT: **020 8365 7708 / 07984 175238**

