

**CARER SUPPORT PROJECT**

**cares**

**S A N D W E L L**

**Pam Bowen**

*Carer Support & Counselling Co-ordinator*

**Marilyn Preen**

*Carer Support Development Worker*

**Val Vanes**

*Carer Support Group Worker*

**Tel: 0121 558 7725/7003**

Please add my details to the 'Carers Get Together' mailing list

Name: .....

Address: .....

.....

..... Tel: .....

Carer for: .....

Any special interest: .....

**PLEASE COMPLETE AND RETURN TO: PAM BOWEN  
CARES, 2 BEARWOOD ROAD, SMETHWICK, WEST MIDLANDS B66 4HH  
Registered Charity No. 519489**

**CARER SUPPORT PROJECT**

*Carers are people who look after  
a relative, friend or neighbour  
of any age, with an illness or disability*

**CARERS  
GET  
TOGETHER**

activities programme  
September and October 2008

*'Carers Get Together' provides you  
with an exciting opportunity  
to meet other carers*

**cares**  
**S A N D W E L L**



# DATES FOR YOUR DIARIES

## SEPTEMBER

- 8th** Talk from the DSA  
'Arrive Alive'  
11.30am - Smethwick
- 9th** Talk from the DSA  
'Arrive Alive'  
2.00pm - Blackheath
- 10th** Talk from the DSA  
'Arrive Alive'  
1.30pm - Tipton
- 15th** Card Making  
11.30am - Smethwick
- 16th** Agewell - Champions  
'Holding Back the Years'  
2.00pm - Blackheath
- 17th** Agewell - Champions  
'Holding Back the Years'  
1.15pm - Tipton
- 18th** Patient Advice Liaison  
11.00am - Great Barr
- 22nd** Trip to George Hooks  
Button Factory  
11.30am - Smethwick
- 22nd** Carer Get Together Craft  
Session  
Meadow School, Dudley  
Road East, Oldbury  
9.30am - 11.30am
- 23rd** Recycle Talk  
with freebies  
2.00pm - Blackheath

- 24th** Outing - Tipton
- 25th** Patient Advice Liaison  
11.00am - Hill Top
- 29th** Agewell - Champions  
'Holding Back the Years'  
11.30am - Smethwick

- 30th** Outing - Blackheath

## OCTOBER

- 1st** Countdown Quiz  
11.30am - Tipton
- 6th** General Knowledge Quiz  
11.30am - Smethwick
- 7th** General Knowledge Quiz  
2.00pm - Blackheath
- 8th** Glass Painting  
11.30am - Tipton
- 13th** Winter Warmth Talk  
11.30am - Smethwick
- 14th** Winter Warmth Talk  
2.15pm - Blackheath
- 14th** Alexandra Theatre  
Birmingham  
Roll Out the Barrel  
Details in newsletter  
2.30pm
- 15th** Winter Warmth Talk  
1.15pm - Tipton

- 16th** Spinning with Maria  
11.00am - Great Barr
- 20th** Fire Service - Safety in  
the Home  
11.30am - Smethwick
- 21st** Fire Service - Safety in  
the Home  
2.15pm - Blackheath

- 21st** Movers and Shakers  
(See Newsletter)  
Premier Inn, New Gas  
Street, West Bromwich  
12.30pm

- 22nd** Fire Service - Safety in  
the Home  
1.15pm - Tipton

- 23rd** Social  
10.00am - 12noon  
Hill Top

- 27th** Gentle Exercise  
(EXTEND)  
11.30am - Smethwick

- 27th** Carer Get Together  
Craft Session  
Meadow School, Dudley  
Road East, Oldbury  
9.30am - 11.30am

- 28th** Rheumatoid Arthritis Talk  
from the NHS  
2.00pm - Blackheath

- 29th** Gentle Exercise  
(EXTEND)  
11.30am - Tipton

## PLEASE NOTE:

All activities are FREE  
unless otherwise stated.  
Places are limited; if you  
would like to join us please  
let us know.  
Activities may be cancelled  
if insufficient interest  
is shown.

## CARERS GROUP VENUES

Carers Centre  
2 Bearwood Road  
Smethwick

Methodist Church  
High Street  
Blackheath

St Paul's Community Centre  
Brick Kiln Street  
Tipton

Methodist Church  
Sun Dial Lane  
Great Barr

The Hill Top Community  
Centre  
Hill Top  
West Bromwich

## TIME TO TALK

Support and  
Counselling Service  
0121 558 7725