



10-16 June 2024

DATE	TIME	EVENT/ACTIVITY/WHERE	WHO IS THIS OPEN TO	ORGANISATION RUNNING EVENT	HOW TO BOOK IF INTERESTED/NOTES
MONDAY 10th June	10.30am 4.00pm	Trip to Kew Gardens (We will be meeting up at Hackney Central and travelling via the overground).	All carers welcome	City & Hackney Carers Centre	To book call 020 8533 0951 or email info@hackneycarers.org.uk There will be a lot of walking so please wear comfortable shoes. CHCC will cover the entrance costs to Kew Gardens however you will need to pay for your travel and lunch so please top up your oyster card and bring a packed lunch or money to purchase food from the café in Kew
TUESDAY 11th June	11.00am- 3.00pm	Art and Wellbeing Picnic VENUE CHANGE This will now be taking place at Haggerston Park (Whiston Rd Entrance)	All carers welcome	Carers First	To book call 0300 3031555 or complete the following form https://www.carersfirst.org.uk/hackney/groups-and-events/valuing-carers-wellbeing-session-in-st-mary-s-secret-garden/
WEDNESDAY 12th June	11.00am- 5.00pm	Trip to Hampton Court	All carers welcome	Carers First	To book call 0300 3031555 or complete the following form https://www.carersfirst.org.uk/hackney/groups-and-events/hampton-court-day-trip/
THURSDAY 13th June	10.30am- 4.00pm	St Joseph's Hospice Carers Week Activity/Carers Garden Party	Residents of Hackney, Newham and Tower Hamlets who care for someone with life-limiting condition	St Joseph's Hospice	To book or if you have any questions please contact Jo Bedford on 020 8525 6026 or email j.bedford@stjh.org.uk Due to limited capacity this event is only open to the carer of a life-limiting condition and not the person they care for.
	10.45am- 1.00pm	Information session and free yoga taster class Britannia Leisure Centre	All carers welcome	City & Hackney Carers Centre City	To book call 020 8533 0951 or email info@hackneycarers.org.uk
FRIDAY 14th June	10.30am – 2.00pm	Hackney SEND Parent Carer Forum Wellbeing Event	Parent Carers of those with SEND aged 0-25	City & Hackney Carers Centre	To book call 020 8533 0951 or email info@hackneycarers.org.uk

For our **CITY CARERS** please contact **Carer Connections** to find out what they are doing for carers week. You can do this by calling **07380 182458** or visit the website <https://ccth.org.uk/city-carers/>