

Carers Week

Timetable of events 12 June – 16 June 2017



Oldham
Council

Date	Event	Time	Venue
Monday 12 June	Get active with Oldham Community Leisure <ul style="list-style-type: none"> • Tour the new Oldham Leisure Centre • Listen to myths and beliefs about exercise • Watch a demonstration of chair based exercise • Have a tea or coffee and a chat • Free voucher for a class at one of the Oldham Leisure Centres and the chance to win a Fitbit 	10.30am	Oldham Leisure Centre Middleton Road, Oldham OL9 6AF
Tuesday 13 June	Introduction to mindfulness Experience the calming benefits of this relaxation technique. Give us your views and help us to produce a course to support Carers in Mental Health	1pm	Maple House, Whitney Court, Southlink Business Park, Hamilton Street, OL4 1DB To book please contact Paula Warriner 0161 716 2666 hwcollege.penninecare@nhs.net or Kate Cronin 344 8048
Tuesday 13 June	Walk for health Join us for a walk from Alexandra Park to Glodwick Lows	1pm	The Boat House Café, Alexandra Park, Kings Road, Oldham OL8 2BN
Tuesday 13 June	Carers' drop in Come along for a tea or coffee and chat with other carers. Enjoy Reiki 10am–1pm. Be pampered 10am–1pm and 2–3pm	10am–1pm and 2pm–4pm	The Link Centre, 140 Union Street, Oldham OL1 1DZ
Wednesday 14 June	Get active with Oldham Community Leisure <ul style="list-style-type: none"> • Tour the new Oldham Leisure centre • Listen to myths and beliefs about exercise • Watch a demonstration of chair based exercise • Have a tea or coffee and a chat • Free voucher for a class at one of the Oldham Leisure Centres and the chance to win a Fitbit 	12.30pm	Oldham Leisure Centre Middleton Road, Oldham OL9 6AF
Thursday 15 June	Carers' drop in Come along for a tea or coffee and chat with other carers Enjoy Reiki 10–11.30am Be pampered 10am–12noon Mindfulness Art session 10am–12noon Buffet lunch 12noon–1pm	10am–1pm	The Link Centre, 140 Union Street, Oldham OL1 1DZ
Thursday 15 June	Living, laughing and caring Join special guest – Robin Graham – Laughter Therapist for a fun session including: <ul style="list-style-type: none"> • Why we laugh and what laughter means • How it changes our physiology • Why we sometimes inhibit our laughter • How we can use laughter as a coping mechanism for life's challenges • How we can bring more laughter into our lives. There are also cupcakes for carers and a raffle to raise funds for the Mayor's charity, prizes include a helicopter ride, tickets to Oldham Athletic, restaurant vouchers, ODEON cinema passes and the chance to win a year's pass to Oldham Community Leisure	1–3pm	The Link Centre, 140 Union Street, Oldham OL1 1DZ
Friday 16 June	Coffee Morning Chat to staff and find out more about the Health and Wellbeing College and the Triangle of Care	10am	Maple House, Whitney Court, Southlink Business Park, Hamilton Street, OL4 1DB