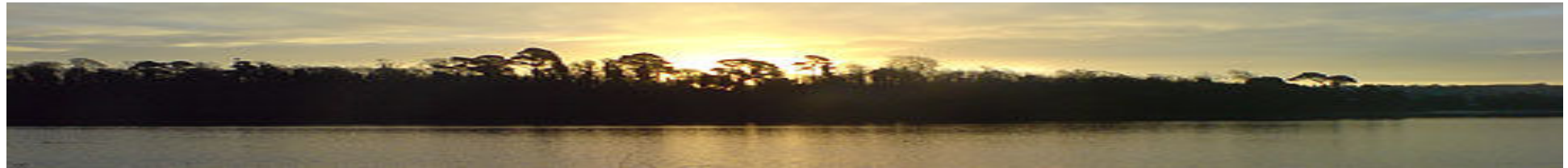




# Carers Week newsletter

Plymouth City Council  
Community Services  
Adult Social Care

8th June - 14th June 2009



This newsletter provides information details on the different range of activities due be held during carers week, **Monday 8th June - Sunday 14th June 2009**. If you wish to book a place on one of these activities please contact the relevant organiser stated in the information table and their contact details can be found on page 3 of this newsletter.

Date	Organiser	Activity	Time Start	Time Finish	Venue	Additional Details
Monday 8th June	Carers UK	Hoppie Ear Candling	10.30	13.30	Virginia House	
	Carers UK	Individual Therapy with Paul Woods	10.00	14.00	Virginia House	
	Carers Champions	Lots of useful information and contacts	10.00	15.00	Derriford Hospital	
Tuesday 9th June	Carers UK	Hand Reflexology	10.30	13.30	Virginia House	
	Carers UK	Sailing	10.00	14.00	Horizons Mayflower Marina	
	Plymouth Age Concern	Cream Tea	13.30	15.30	Venton Centre	

Date	Organiser	Activity	Time Start	Time Finish	Venue	Additional Details
Wednesday 10th June	Carers UK	Indian Head Massage	10.30	13.30	Virginia House	
	Carers UK	Cream Tea Dance	14.00	16.00	Duke of Cornwall Hotel	To include person who is cared for
Thursday 11th June	Carers Champions	Women's Health Fair	10.00	16.00	Plymouth Guild Hall	
	Carers UK	Carers Award Lunch	12.00	14.30	Duke of Cornwall Hotel	
Friday 12th June	Carers UK	Relaxation Techniques	10.30	13.30	Virginia House	
	Carers Champions	Trip to Torquay Seaside	10.30	15.30	Torquay	Leaving Plymouth at 10.30 and leaving Torquay at 15.30
	Carers UK	Cruise around the Sound	19.00	22.00	Devon Bell	New Jetty on Barbican
Saturday 13th June	Carers UK	Young Carers Sailing, BBQ & Awards Ceremony	10.00	15.30	Horizons Mayflower Marina	
	Carers Champions	LINKs Celebration Event	10.00	16.00	Plymouth Piazza	
Sunday 14th June	Carers Champions	Information Stand at Plymouth Mega Ride	10.00	16.00	Plymouth Hoe	Vouchers for a discount meal at one of two local restaurants
	Carers UK	Bowling & Basket Lunch	10.30	13.30	Warner Village	

**For further details and to book your place on any of the above events please contact the relevant organisation via the contact details listed on Page 3.**

Organiser	Telephone	Email	Additional Details
Carers UK	01752 204369	<a href="mailto:info@friendsandfamilies.org.uk">info@friendsandfamilies.org.uk</a>	Please book by Friday 29th May
Carers Champions	01752 211348		<a href="http://www.colebrookhousing.co.uk">www.colebrookhousing.co.uk</a>
Plymouth Age Concern	01752 665424	<a href="mailto:contact@plymouthageconcern.org.uk">contact@plymouthageconcern.org.uk</a>	

Carers UK have also organised '**Carers in the Country**' which will be taking place over seven weeks from **19th June till 31st July 2009**. A time to celebrate the great outdoors by visiting places of interest and seeing the UK's great wealth of wildlife, nature and great estates at their best. Meeting at Virginia House at 9.30am each week. To book your place please phone 01752 204369 or email [info@friendsandfamilies.org.uk](mailto:info@friendsandfamilies.org.uk).

Date	Organiser	Activity	Meeting	Meeting Venue	Additional Details
Friday 19th June	Carers UK	Choughs on the Lizard	9.30	Virginia House	
Friday 26th June	Carers UK	Greenways	9.30	Virginia House	Agatha Christie's Home & Gardens
Friday 3rd July	Carers UK	Stover Country Park	9.30	Virginia House	Nature for all
Friday 10th July	Carers UK	Overbecks	9.30	Virginia House	House of collections & gardens
Friday 17th July	Carers UK	Visit Dawlish & Dawlish Warren	9.30	Virginia House	Swans, Shopping & Sandy Secrets
Friday 24th July	Carers UK	Trelissick Gardens	9.30	Virginia House	Overlooking the Fal Estuary
Friday 31st July	Carers UK	Roadford Lake	9.30	Virginia House	One of nature's great reservoirs