



CARERS WEEK 2024

10TH - 14TH JUNE




Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for Carers Week 2024 is 'Putting carers on the map'.

| | |
|---|--|
| MONDAY 10TH JUNE WHITEFIELD | Sir Robert Peel, Sunnybank Rd, Bury. 12-30pm-2:30pm Come and join us for a light lunch. Say hello to other carers and staff. Ben Tyer Solicitor GLP will be offering 121 free legal sessions and information regarding future planning. Drop in. |
| TUESDAY 11TH JUNE PRESTWICH | Heaton Park 10:45am meet at The Stables Café. Carers Walk with the Stepping Out Project and Manchester and Salford Ramblers. Picnic lunch provided. Suitable for all levels of mobility including wheelchair users. Bookable FAIRFIELD GENERAL HOSPITAL BROADOAK SUITE 11.00am-2.00pm - EAST Carers Information stand FGH 11.00am-2.00pm |
| WEDNESDAY 12TH JUNE EAST | Bury Masonic Hall, Parsons Lane, Bury 10:30am-1.00pm Join the team for a morning of laughter, music, sweet treats and celebration. We will be joined by partner agencies offering information and guidance. Drop in. ONLINE OFFER Carers need to be registered with BCH to access the Zoom Links. Please call 0300 303 0207 WEDNESDAY 12th JUNE REIKI 2.00pm-3.00pm YOGA FLOW 6:15pm-7:30pm |
| THURSDAY 13TH JUNE NORTH | Cosalea Café, Walshaw 11.00am-2.00pm The Bury Carers' Hub Team are joining the Carers Art Group for a session of creativity. Refreshments provided. Drop in. |
| FRIDAY 14TH JUNE WEST | St Phillips Community Centre, Higher Dean Street, Radcliffe. 11.00am-12:30pm Wellbeing with Shelley. Refreshments provided. Bookable ONLINE OFFER Carers need to be registered with BCH to access the Zoom Links. Please call 0300 303 0207 THURSDAY 13th JUNE YOGA NIDRA (Guided meditation) 7.00pm |

If you are not registered with BCH, come along and we can complete this on the day.

Bookable Events Tuesday and Friday.

Please call 0300 303 0207 and ask to speak to a member of the team.