

Greenwich Carers Centre

If you have any questions call 0300 300 2233 or contact Sonia by email: activities@greenwichcarers.org

Please note events can be subject to alteration, change or cancellation

DAY	DATE	SESSION TYPE	WHAT'S ON in July 2022	LOCATION	START	END
Fri	1st	Skill and Social	artFix	Centre Based Free	11.30	13.00
Fri	1st	Social	Singing	Centre Based cost £5	14.00	16.00
Mon	4 th	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Mon	4 th	Health & Wellbeing	Tai Chi- For Carers and Cared -for	Centre Based Cost £5	12.45	13.45
Tue	5 th	Social	Games	Centre Based Cost £5	11.00	13.00
Tue	5 th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Weds	6 th	Information	Metro Gad	Centre Based	10.00	15.00
Weds	6 th	Information	Carers Assessment "Pop UP Surgery"	Centre Based	11.30	13.30
Weds	6 th	Information	Worry Workshop	Centre Based Free	11.30	12.30
Weds	6 th	Skill and Social	Knit & Natter	Centre Based Free	13.00	15.00
Thurs	7 th	Information	Carers Meet Up at Eltham Library	Eltham Centre Library SE9 1HA	11.00	12.00
Thurs	7 th	Skill & Social	Art with Maggie	Online Free	11.00	13.00
Thurs	7 th	Information and social	Dementia Cafe	Centre Based Free	10.00	12.00
Thurs	7 th	Information	Pop in Surgery	Centre Based Free	13.00	15.00
Fri	8 th	Skill & Social	artFix	Centre Based Free	11.30	13.00
Fri	8 th	Social	Singing	Centre Based cost £5	14.00	16.00
Mon	11 th	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Mon	11 th	Health & Wellbeing	Tai Chi- For Carers and Cared -for	Centre Based Cost £5	12.45	13.45
Tue	12 th	Social	Games	Centre Based Cost £5	11.00	13.00
Tue	12 th	Health & Wellbeing	Drama Therapy	Centre based Free	13.30	15.30
Tue	12 th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Wed	13 th	Information	Metro Gad	Centre Based	10.00	15.00
Weds	13 th	Information	Carers Assessment "Pop UP Surgery"	Centre based	11.30	13.30
Weds	13 th	Information	A Greenwich Carers Centre Support Worker will be available for informal chats and information	G West Greenwich SE10 8JA	12.00	14.00
Wed	13 th	Social	Knit & Natter	Centre Based Drop in Free	13.00	15.00

Thurs	14th	Skill & Social	Art with Maggie	Online Free	11.00	13.00
Thurs	14th	Information	Carers meet up	Centre Based Free	11.00	12.00
Fri	15th	Skills & Social	artFix	Centre Based Free	11.30	13.00
Fri	15th	Skill & Social	Singing Group	Centre Based Cost £5	14.00	16.00
Mon	18th	Health & Wellbeing	Greenwich Carers Mental Health Peer Support Group	online	14.00	15.30
Mon	18th	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Mon	18th	Health & Wellbeing	Tai Chi- For Carers and Cared -for	Centre Based Cost £5	12.45	13.45
Tues	19th	Social	Games	Centre Based Cost £5	11.00	13.00
Tues	19 th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Weds	20th	Information	Metro Gad	Centre Based Free	10.00	15.00
Weds	20th	Information	Carers Assessment “Pop up Surgery”	Centre Based Free	11.30	13.30
Thurs	21st	Information	Carers Meet Up at Eltham Library	Eltham Centre Library SE9 1HA	11.00	12.00
Thurs	21st	Skill & Social	Art with Maggie	Online	11.00	13.00
Fri	22nd	Social	Summer Fair – booking required	Centre based Free	11.00	16.00
Fri	22nd	Skill & Social	Singing Group	Centre Based Cost £5	14.00	16.00
Mon	25th	Health & Wellbeing	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Tues	26th	Health & Wellbeing	Carers Forum on Mental Health	online	15.00	17.00
Tues	26th	Social	Games	Centre Based Cost £5	11.00	13.00
Tues	26th	Health & Wellbeing	Healthy Eating Event	Centre Based Cost £4	11.00	12.30
Tues	26th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Weds	27th	Information	Carers Assessment “Pop Up Surgery”	Centre Based	11.30	13.30
Weds	27th	Information	Anxiety workshop	Centre Based Free	11.30	12.30
Weds	27th	Social	Knit & Natter	Centre Based Drop in Free	13.00	15.00
Thurs	28th	Information	Carers Meet Up	Centre Based	11.00	12.00
Thurs	28th	Skill & Social	Art with Maggie	Centre Based Cost £5	11.00	13.00
Fri	29th	Skill & Social	Singing Group	Centre Based Cost £5	14.00	16.00