

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 Aug 2022	LOCATION	START	END
Mon	1st	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Tue	2nd		Centre Closed for Training			
Weds	3rd	Information	Metro Gad	Centre Based	10.00	15.00
Weds	3rd	Information	Carers Assessment "Pop UP Surgery"	Centre Based	11.30	13.30
Weds	3rd	Skill and Social	Knit & Natter	Centre Based Free	13.00	15.00
Thurs	4th	Skill & Social	Art with Maggie	Online Free	11.00	13.00
Thurs	4th	Information and social	Dementia Cafe	Centre Based Free	10.00	12.00
Thurs	4th	Information	Pop in Surgery	Centre Based Free	13.00	15.00
Thurs	4th	Information	Carers Meet Up at Eltham Library	Eltham Centre Library SE9 1HA	11.00	12.00
Fri	5th	Social	Singing	Centre Based Free	14.00	16.00
Mon	8th	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Tue	9th	Health & Wellbeing	Drama Therapy	Centre based Free	13.30	15.30
Tue	9th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Weds	10th	Information	PALS and Healthwatch Workshop	Centre based Free	10.30	12.00
Weds	10th	Information	Carers Assessment "Pop UP Surgery"	Centre based	11.30	13.30
Weds	10th	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	10th	Social	Knit & Natter	Centre Based Drop in Free	13.00	15.00
Thurs	11th	Skill & Social	Art with Maggie	Online Free	11.00	13.00
Thurs	11th	Information	Carers meet up	Centre Based Free	11.00	12.00
Fri	12th	Skill & Social	Singing Group	Centre Based Free	14.00	16.00
Mon	15th	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Mon	15th	Health & Wellbeing	Tai Chi- For Carers and Cared -for	Centre Based Cost £5	12.45	13.45
Mon	15th	Health & Wellbeing	Greenwich Carers Mental Health Peer Support Group	online	14.00	15.30
Tues	16 th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Weds	17th	Information	Carers Assessment "Pop up Surgery"	Centre Based Free	11.30	13.30

Thurs	18th	Information	Carers Meet Up at Eltham Library	Eltham Centre Library SE9 1HA	11.00	12.00
Thurs	18th	Skill & Social	Art with Maggie	Online	11.00	13.00
Fri	19th					
Mon	22nd	Health & Wellbeing	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Mon	22 nd	Health & Wellbeing	Tai Chi- For Carers and Cared -for	Centre Based Cost £5	12:45	13:45
Tues	23rd	Social	Bingo	Centre Based Cost £5	14.00	16.00
Tues	23rd	Health & Wellbeing	Last Drama Therapy	Free	13.30	15.30
Weds	24th	Information	Carers Assessment “Pop Up Surgery”	Centre Based	11.30	13.30
Weds	24th	Social	Knit & Natter	Centre Based Drop in Free	13.00	15.00
Thurs	25th	Information	Carers Meet Up	Centre Based	11.00	12.00
Thurs	25th	Skill & Social	Art with Maggie	Centre Based Cost £5	11.00	13.00
Fri	26th	Skill & Social	Singing Group	Centre Based Free	14.00	16.00
Mon	29th	Social	Mencap Coffee Morning	Centre Based Free	10.30	12.00
Mon	29th	Centre Closed	Bank Holiday	Centre Closed		
Tue	30th	Social	Bingo	Centre Based Cost £5	14.00	16.00
Tue	30th	Health & Wellbeing	Carers Forum on Mental Health	online	15.00	17.00
Weds	31st	Information	Carers Assessment “Pop UP Surgery”	Centre based	11.30	13.30