

Greenwich Carers Centre

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

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

DAY	DATE	SESSION TYPE	WHAT'S ON in February 2023	LOCATION	START	END
Weds	1st	Information	Carers Assessment "Pop UP Surgery" (Appointment Preferred)	Centre based	11:30	13:30
Weds	1st	Health & Wellbeing	Remembering Yesterday, Caring Today (10-week Course) Registration required – Week 2	Centre Based Free	14:00	16:00
Weds	1st	Social	Knit & Natter	Centre Based Drop in Free	13:00	15:00
Thurs	2nd	Information and social	Memory Cafe	Centre Based Drop in Free	10:00	12:00
Thurs	2nd	Information and social	Dementia Pop in Surgery	Centre Based Drop in Free	13:00	15:00
Thurs	2nd	Skill & Social	Art with Maggie	Online	11:00	13:00
Thurs	2nd	Skill & Social	Air dry Clay Pottery Class (6 weeks course) – Week 2	Centre Based Cost £5	13:30	14:30
Thurs	2nd	Information	Carers Meet Up	Centre Based Free	11:00	12:00
Fri	3rd	Social	Singing Group	Centre Based Free	14:00	16:00
Mon	6th	Social	Mencap Coffee Morning	Centre Based Free	12:00	14:00
Mon	6th	Health & Wellbeing	Tai Chi for Carers and Cared for	Centre Based Cost £5	12:45	13:45
Tues	7th	Social	Darts	Centre Based Cost £2	10:30	12:00
Tues	7th	Social	Bingo	Centre Based Cost £5	12:30	14:30
Weds	8th	Health & Wellbeing	Remembering Yesterday, Caring Today (10-week Course) Registration required – Week 3	Centre Based Free	14:00	16:00
Weds	8th	Information	Carers Assessment "Pop UP Surgery" (Appointment Preferred)	Centre Based Free	11:30	13:30
Weds	8th	Social	Knit & Natter	Centre Based Drop in Free	13:00	15:00
Weds	8th	Health & Wellbeing	Salsa Classes – all levels welcome	Centre Based Cost £5	13:30	14:30
Thurs	9th	Skill & Social	Art with Maggie	Online	11:00	13:00
Thurs	9th	Skill & Social	Air dry Clay Pottery Class (6 weeks course) – Week 3	Centre Based Cost £5	13:30	14:30
Thurs	9th	Information	Carers Meet Up at Eltham Library	Eltham Centre Library SE9 1HA	11:00	12:00
Fri	10th	Health & Wellbeing	Write Yourself Well (10-week course) Week 1	Centre Based Free	11:00	13:00
Fri	10th	Social	Singing Group	Centre Based Free	14:00	16:00
Mon	13th	Health & Wellbeing	Mencap Coffee Morning	Centre Based Free	12:00	14:00
Mon	13th	Health & Wellbeing	Tai Chi for Carers and Cared for	Centre Based Cost £5	12:45	13:45
Tues	14th	Social	Darts	Centre Based Cost £2	10:30	12:00
Tues	14th	Social	Bingo	Centre Based Cost £5	12:30	14:30
Weds	15th	Health & Wellbeing	Remembering Yesterday, Caring Today (10-week Course) Registration required – Week 4	Centre Based Free	14:00	16:00

Weds	15th	Information	Carers Assessment "Pop UP Surgery" (Appointment Preferred)	Centre Based	11:30	13:30
Weds	15th	Social	Knit & Natter	Centre Based Drop in Free	13:00	15:00
Weds	15th	Health & Wellbeing	Salsa Classes – all levels welcome	Centre Based Cost £5	13:30	14:30
Thurs	16th	Information	Carers Meet Up	Centre Based Free	11:00	12:00
Thurs	16th	Skill & Social	Art with Maggie	Online	11:00	13:00
Thurs	16th	Social & Wellbeing	Past Times and Pass Time Dementia friendly group with games and social	Centre Based Free	13:00	15:00
Thurs	16th	Skill & Social	Air dry Clay Pottery Class (6 weeks course) – Week 4	Centre Based Cost £5	13:30	14:30
Fri	17th	Health & Wellbeing	Write Yourself Well (10-week course) Week 2	Centre Based Free	11:00	13:00
Fri	17th	Social	Singing	Centre Based Free	14:00	16:00
Fri	17th	Social	Valentine Quiz	Centre Based Price TBC	18:00	20:00
Mon	20th	Health & Wellbeing	Mencap Coffee Morning	Centre Based Free	12:00	14:00
Mon	20th	Health & Wellbeing	Tai Chi for Carers and Cared for	Centre Based Cost £5	12:45	13:45
Mon	20th	Health & Wellbeing	Greenwich Carers Mental Health Peer Support Group	online	14:00	15:30
Tues	21st	Social	Darts	Centre Based Cost £2	10:30	12:00
Tues	21st	Social	Bingo	Centre Based Cost £5	12:30	14:30
Weds	22nd	Health & Wellbeing	Remembering Yesterday, Caring Today (10-week Course) Registration required – Week 5	Centre Based Free	14:00	16:00
Weds	22nd	Information	Carers Assessment "Pop UP Surgery" (Appointment Preferred)	Centre Based	11:30	13:30
Weds	22nd	Social	Knit & Natter	Centre Based Drop in Free	13:00	15:00
Weds	22nd	Health & Wellbeing	Salsa Classes – all levels welcome	Centre Based Cost £5	13:30	14:30
Thurs	23rd	Skill & Social	Art with Maggie	Centre Based Cost £5	11:00	13:00
Thurs	23rd	Social & Wellbeing	Past Times and Pass Time Dementia friendly group with games and social	Centre Based Free	13:00	15:00
Thurs	23rd	Information	Carers Meet Up at Eltham Library	Eltham Centre Library SE9 1HA	11:00	12:00
Thurs	23rd	Skill & Social	Air dry Clay Pottery Class (6 weeks course) – Week 5	Centre Based Cost £5	13:30	14:30
Fri	24th	Health & Wellbeing	Write Yourself Well (10-week course) Week 3	Centre Based Free	11:00	13:00
Fri	24th	Social	Singing	Centre Based Free	14:00	16:00
Mon	27th	Health & Wellbeing	Mencap Coffee Morning	Centre Based Free	12:00	14:00