

**GREENWICH CARERS CENTRE
EVENTS AND WORKSHOPS IN FEBRUARY 2024**

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	Events and Workshops	LOCATION	START	END
THURS	1st	Carers Meet Up at Greenwich Carers Centre	Greenwich Carers Centre	11:00	12:00
THURS	1st	Greenwich Mindcare Memory Café	Greenwich Carers Centre	13:00	15:00
FRI	2nd	UP-SKILL COURSE – Emergency First Aid	Greenwich Carers Centre	10:30	13:00
MON	5th	Carers Art Workshop (variety of arts & crafts)	Greenwich Carers Centre	10:30	12:30
MON	5th	Digital Services and Online Resources Information Session	Greenwich Carers Centre	11:00	13:00
TUES	6th	Active Carer Sports Programme - FREE Every Tuesday Table Tennis in February	Greenwich Carers Centre	11:00	12:30
WED	7th	Cruse Bereavement Support Group – 6 week course 31ST January – 6th March 2024	Greenwich Carers Centre	11:30	13:00
WED	7th	Greenwich Carers Music Making Workshop 7th, 14th & 21st February 2024	Woolwich Works	13:30	14:30
WED	7th	Active Carer Sports Programme - FREE Every Wednesday Chair Based Exercise in February	Greenwich Carers Centre	17:00	18:30
THURS	8th	Carers Meet Up at Eltham Library	Eltham Library SE9 1HA	11:00	12:00
THURS	8th	Past Times & Pass Time – Dementia friendly group	Greenwich Carers Centre	13:00	15:00
FRI	9th	UP-SKILL COURSE – Manual Handling	Greenwich Carers Centre	10:30	13:00
THURS	15th	Carers Meet Up at Greenwich Carers Centre	Greenwich Carers Centre	11:00	12:00
THURS	15th	Past Times & Pass Time – Dementia friendly group	Greenwich Carers Centre	13:00	15:00
FRI	16th	UP-SKILL COURSE – New Start New You Building your Confidence	Greenwich Carers Centre	10:30	13:00
MON	19th	Carers' Art & massage with a free pastry & hot drink	Greenwich Carers Centre	10:30	12:30
MON	19th	Greenwich Mental Health Peer Support Group	Online	14:00	15:30
THURS	22nd	Carers Meet Up at Eltham Library	Eltham Library SE9 1HA	11:00	12:00
FRI	23rd	UP-SKILL COURSE – Adult Safeguarding	Greenwich Carers Centre	10:30	13:00
MON	26th	Who Cares For You? 6 week Confidence Building Course run by Academy Of Success 26th February – 2nd April 2024	Greenwich Carers Centre	11:00	13:00

Please note highlighted dates for longer courses/workshops

Regular Sessions in February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tai Chi - £5.00 12:45pm-1.45pm No Tai-Chi on 12th Feb	Darts £2.00 10:30am-12.00pm Bingo - £5.00 12:30pm – 2:30pm	Knit &Natter - FREE 1:00pm – 3:00pm RBG Carers Assessment (Appointment necessary) 14 th & 28 th February	Art with Maggie - £5.00 Online first 3 Thursdays last Thursday at Greenwich Carers Centre 11:00am-13:00pm	Singing - FREE 2:00pm – 4:00pm

Carers Get Together in February 2024

MONDAY	THURSDAY
5th February 1pm – 2:30pm Blackheath Library Carers Get Together	1st February 2:00pm – 3:30pm West Greenwich Library Carers Get Together
19th February 1pm – 2:30pm Thamesmead Carers Get Together (The Moorings Social Club)	
26th February 10:30 – 12:00 Plumstead Common Carers Get Together (The Slade Library)	