

**CARERS WEEK JUNE – EVENTS THROUGHOUT THE MONTH**

**KEEPING HEALTHY AND CONNECTED THEME**

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| DATE | TIME | EVENT | TOPIC |
| WEDNESDAY 6TH JUNE | 12.00-1.30 | LEICESTER GENERAL HOSPITAL CARERS PROMOTION | SUPPORT FOR CARERS INFORMATION STAND |
| THURSDAY 7TH JUNE | 10.30-12.00 | COALVILLE CARERS GROUP | BODITRAX MACHINE |
| MONDAY 11TH JUNE | 10.30 – 12.00 | ASHBY CARERS GROUP | LOVE FOOD HATE WASTE |
| TUESDAY 12TH JUNE | 11.00 – 2.00 | BLABY CARERS GROUP | CARERS OLYMPICS |
| TUESDAY 12TH JUNE | 10.00 -12.00 | CASTLE MEDICAL GROUP ASHBY | SUPPORT FOR CARERS  INFORMATION STAND |
| WEDNESDAY 13TH JUNE | 11.00 – 2.30 | SUPPORT FOR CARERS KEEPING HEALTHY AND CONNECTED EVENT IN SOUTH WIGSTON | INTERACTIVE AND INFORMATIVE EVENT |
| WEDNESDAY 13TH JUNE | 6.30-8.30 | HARBOROUGH MENTAL ILL HEALTH CARERS GROUP | WRITING FOR MINDFULLNESS |
| THURSDAY 14TH JUNE | 10.30 – 12.00 | MELTON CARERS GROUP | FIRST AID TRAINING |
| FRIDAY 15TH JUNE | 11.00 – 2.00 | SUPPORT FOR CARERS INFORMATION AT SAINSBURYS FOSSE PARK | SUPPORT FOR CARERS INFORMATION STAND AND BAG PACKING |
| TUESDAY 19TH JUNE | 10.30-12.00 | HINCKLEY CARERS GROUP | BASIC FIRST AID TRAINING |
| WEDNESDAY 20TH JUNE | 12.00 – 1.30 | GLENFIELD HOSPITAL CARERS PROMOTION | SUPPORT FOR CARERS INFORMATION STAND |
| THURSDAY 21ST JUNE | 2.30 – 4.00 | OADBY & WIGSTON CARERS GROUP | SEATED EXERCISE |
| MONDAY 25TH JUNE | 2.30 – 4.00 | LOUGHBOROUGH CARERS GROUP | SEATED EXERCISE |
| TUESDAY 26TH JUNE | 10.30 – 12.00 | BOTTESFORD CARERS GROUP | BASIC FIRST AID TRAINING |
| THURSDAY 28TH JUNE | 1.30 – 3.00 | HARBOROUGH CARERS GROUP | FIRE SAFETY TALK |