

## Other Group Activities

### ***Former Carers Friendship Group***

Are you one of the many relatives, neighbours or friends who used to care for someone with an illness, disability or who was elderly and frail: Someone who would not have managed without you? Would you like to meet other former carers?

Then why not join this group to have a nice cup of tea, a biscuit and a chat.

**For more information about where and when the next meeting will be held, please contact either Barbara - 024 7636 2187 or Jill - 024 7644 2630**

### ***Walkers Group***

The Walkers Group meets twice a month. Starting at **Pool Meadow Bus Station** they travel to various locations around Coventry & Warwickshire to conduct their walks.

Previous locations visited have included Kenilworth, Warwick and the Sowe Valley.

**For more information or to find out where and when the next walk will be, please contact Reception on 024 7610 1040 - Option 3**

### ***Luncheon Club***

The Luncheon Club meets on the 2<sup>nd</sup> & 4<sup>th</sup> **Tuesday** of every month at various locations around the city to enjoy a good pub meal and a nice friendly chat.

It's a good chance to catch up with old friends or to make new ones.

**For more information or to find out where and when the next luncheon will be held, please contact Reception on 024 7610 1040 - Option 3**

### ***Carers Outings and Trips***

An opportunity for you to take a much needed break from your caring role and responsibilities by enjoying a few hours away at various local functions or events.

**For more information or to find out where & when the next outing will be, please contact us on 024 7610 1040 - Option 3**

### **Carers Trust Heart of England**

Coventry Central Library  
Smithford Way  
Coventry  
CV1 1FY



Uniting Coventry Carers' Centre and Crossroads Care

*Improving lives for Coventry carers*

**We offer a range of support groups and group activities so that you can meet other carers in the same situation as you, share experiences and make new friends**



**If you would like further information please contact us**

**Telephone: 024 7610 1040 - Option 3**

**Email: [contactus@carerstrusthofe.org.uk](mailto:contactus@carerstrusthofe.org.uk)**

# Carer Support Groups

## ***Mental Health Carers***

We recognise that caring for someone with mental health needs can be very stressful and isolating. The Care and Share mental health carers support group meets on the **first Thursday** of the month **10.30am - 12.00pm** and gives carers the opportunity to meet people in a similar situation and to share their experiences in an informal and supportive environment.

**For more information please contact:  
Jeanette Worrall on 024 7610 1040 - Option 3**

## ***All Carers***

For any carer who appreciates time away from their caring role, meeting others in similar circumstances to having time to talk, share information, offer support and have a bit of a laugh. We meet on the **third Thursday** of every month **10.30am - 12.00pm**.

Please contact the Carers' Centre for details of our programme of activities.

**For more information please contact  
Gill Fleckner on 024 7610 1040 - Option 3**

## ***Parent Carers***

The Parent Carers Group meets to provide parents/carers of children with a disability, time to meet with other parents/carers, and have a little 'me' time away from their caring role and to try something new. The group meets at **'The Den'** located at the rear of the **Central Methodist Church** every **third Thursday** of the month **10.30am - 12.30pm**.

Activities vary from month to month, so please contact the Centre for our programme.

**For more information please contact:  
Lil Nickolds on 024 7610 1040 - Option 3**

## ***South Asian Carers***

The purpose of the Milan Asian Carers Support Group sessions is pass on information about various local services, provide art and craft activities, training, trips & outings, help to get carers involved in consultation with Health and Social Care Professionals and celebrate various religious festivals throughout the year.

The Group meets bi-monthly **10.15am - 12.30pm**  
at **St. Peter's Centre**, Charles Street, Hillfields Coventry CV1 5NP

**For more information please contact:  
Varsha Thakrar or Tahira Proctor on 024 7610 1040 - Option 3**

## ***Adult ASD Carers***

Would you like to talk to other carers who may be experiencing some of the difficulties faced when your child with an ASD grows into an adult with an ASD?

This may be your opportunity, as a carer, to talk with other carers and to share your knowledge and experiences.

**For more information or to find out when the next meeting will be,  
please contact Mike Howard on 024 7610 1040 - Option 3**

## ***Carers from Black, Asian & Minority Ethnic Groups looking after someone with Learning Disabilities and/or Mental Health Needs***

A group for carers to 'meet & share' experiences in a culturally sensitive environment. Support is provided in community languages. The group meets on the **first Tuesday** of every month **10.30am - 12.00pm**.

**For more information contact Tahira Proctor on 024 7610 1040 - Option 3**

## ***Chinese Carers***

Our Chinese Carer Support Worker offers support in both Cantonese and Mandarin. The Chinese Carers' Support Group activities include:- Lunch Club, Cultural Activities, Day Trips, Health Seminars, Exercise Sessions, Dancing, Training and Bike Riding lessons.

華人照料者支援小組設有廣東話及普通話服務，每月舉辦多項戶外娛樂活動，午餐例會，文化活動，旅遊，健身操，中國舞蹈班，培訓及健康講座，單車班，家訪及其他重大的中國節日和慶祝活動等等，如閣下有興趣參加，歡迎致電謝胡琰珍查詢及報名。

The Group meets at **'The Den'** located at the rear of the **Central Methodist Church** at various dates/times throughout the year.

**For more support in these languages or to find out where/when the next meeting will be, please contact Margaret Tse on 024 7610 1040 - Option 3**

## ***Carer Training***

We provide group training sessions to help you to develop the confidence and key skills you need for your caring role. It's an opportunity for you to exchange ideas, coping strategies and frustrations, and to discuss other issues with carers in similar situations.

**For more information or to find out where & when the next outing will be,  
please contact Paul Nichols 024 7610 1040 - Option 1**