

Activities

October 2026

Welcome to our October activity calendar.

Please have a look at which activities you would like to attend and register your interest via:

Email: carergroups@carerstrusthofe.org.uk

Phone: 02476 632972 opt 1

To attend a session it is important that you are registered with Carers Trust Heart of England.

**Most of our groups are based in
Coventry City Centre
and location will be confirmed upon booking.**

Activities

October 2026

Social Group	Thursday 1st 12.30pm - 2pm Visiting Fargo Village	Join us in a different social setting around Coventry every month for some time out and a cuppa.
Working Carers Support Group	Thursday 1st 5.30pm - 6.30pm Rowan House	Support for those balancing work & caring
Mental Health Care & Share	Tuesday 6th 10:30am - 12:30pm City Centre	A chance to talk to likeminded carers and our team in a safe and supportive environment.
Emotions Discovery Programme with Trish Jarvis	Tuesday 6th, 13th, 20th and 27th October 11:00am - 12:00pm Rowan House	A supportive 6-week wellbeing programme for carers, using guided discussion and creative drawing activities to explore emotions, build resilience and support your wellbeing.
World mental health day market plae	Wednesday 7th 11am-3pm 9-10 Rowan House CV4 8HS	We will be joined by our wonderful network partners meaning you can learn more about support that is available to you.

Activities

October 2026

UHCW Carers Coffee Morning	Thursday 8th 9.00am-1pm UHCW Faith Centre	Take a break and join us for a warm and welcoming Carers Coffee Morning. Meet others, share experiences & enjoy the refreshments
Carers Cuppa & Chat	Monday 12th 5pm-6.30pm Forget-Me-Not lounge Ward 40 - UHCW	Chat to our wellbeing team for advice, information and support
Carers Book Club	Tuesday 13th 11am - 12.30pm Central Library	Join us at our book club, which provides an enjoyable & inclusive way to connect with like- minded readers. Explore new books, & engage in meaningful discussions
Beyond Limits Carers Group	Tuesday 13th 1pm - 2:30pm Central Library	Supporting those who care for adults with learning disabilities
Direct payments: Employing your own carer	Wednesday 14th 10:30am - 12:30pm Rowan House	An information session with Penderels Trust explaining how Direct Payments can be used to employ a personal assistant or carer.

Activities

October 2026

Walking Group	Tuesday 20th 12pm - 1pm Binley Recreation Ground	Enjoy a scenic walk, meet our team and get to know fellow carers
Neurological Group	Wednesday 21st 1pm-3pm Central Library City Centre	A chance to talk to others caring for a loved one with a neurological disorder
Milan Group	Thursday 22nd 10:30am - 12pm Location TBC	South Asian Carers group. A fun session where you can meet Carers from similar backgrounds.
Caring across cultures creative Arts Group	Tuesday 27th 2-4pm @Foleshill Library.	A friendly Creative Arts Group for Carers where they can relax and express themselves through art
Working Carers Connect	Wednesday 28th 12:30pm - 1:30pm Online	Join our online lunchtime session for working Carers - a friendly space to connect, share experiences, & get advice on balancing work and caring