

Carers need to be registered with us to attend activities

To book please visit our [calendar](#), email us at hello@carersfirst.org.uk or call us on 0300 303 1555

Workshops

Event	Details	Date
Understanding Mental Health	This workshop will help you to better understand the Mental Health Act and what it means for you and the person you care for. Topics covered include: Sectioning, Voluntary Admittance, Financial support for people with Mental Health issues and those who care for them. Run by Kelly Duke from Argo Life & Legacy.	Thursday 15 July 11am –1.30pm
Do you have healthy boundaries?	Join us as carer Heena Patel, Carer and People Participation Worker NHS East London Foundation Trust talks about her journey of having uncomfortable conversations around creating more comfortable and respectful relationships as a Carer	Thursday 22 July 4-5pm
Navigating Power of Attorney	This workshop will talk about the types of Lasting Powers of Attorney, what happens if you do not have Lasting Powers of Attorney and other useful information. Run by Kelly Duke from Argo Life & Legacy.	Monday 9 August 11am –1:30pm
Navigating Wills	This workshop will explain clearly and simply the process of writing a will, the different types, what you should and should not include. It will also explain the role of an executor. Run by Kelly Duke from Argo Life & Legacy.	Friday 3 September 1-3pm
Late-Stage Dementia	Derek from Sunday Care Therapy will join us to speak about late-stage dementia, with an opportunity for questions	Wednesday, 8 September 11.30am –1pm
Significant Care	This workshop will introduce you to "The Significant Care tool" which is designed to support you to identify the early signs of decline in the health of those you care for. You will be provided with a booklet with helpful information	Thursday 16 September 11am –12noon

Groups

Event	Details	Date
Young Adult Carer Chill & Chat	An online social group for all carers aged 18-25 who are registered with Carers First in any area, plus a What's App Group for people to keep in touch	First Tuesday 6-7pm Third Monday 7-8pm
Working Wednesdays	A social group for working Carers.	Fourth Wed 7pm – 8pm
Parent's Talk Time	A chance for parents to talk, share useful information and support each other in a safe environment. (peer led group)	Third Thursday each month, 10am –11am
Mental Health Support Group	Friendly and welcoming peer support group for carers looking after someone with a mental health issue. Joined by Marta from ELFT.	Fourth Thursday each month 1.30 – 2.30pm
Carers Dementia Chat	This is a supportive friendly group developed by those who attend in terms of topics, conversations and information.	Fourth Thursday each month 1.30 – 2.30pm

Health & Wellbeing

Event	Details	Date
Carers First: Art with Jane Queen Elizabeth Park	Come along and capture a landscape in watercolours. We will use water colour technique to paint trees, skies and more. This class is suitable for beginners or those with little experience Booking required	Friday 13 August 3pm
Stretching and Self Massage	We will run through some basic stretches to free up the torso to allow for better breathing and free up the abdominal area	Friday 20 August & 17 September 11am – 12pm
Food for Thought	A chance for carers to connect and share a love of food and cooking creations. (peer led group)	Third Monday each month, 12 – 1pm
Creative Heart-istic Expressions	Connect with others to share songs, writing, art, achievements, dreams and goals in a safe and non-judgemental space (peer led group)	Second Tuesday each month, 2:30 – 3:30pm
Powerful Poetry	Share something that you have found, written, or found interesting. You can also come along just to listen and enjoy (peer led group)	Fourth Wed each month, 11am–12noon
Chi Gung & Relaxation	Join Lina for Chi Gung and Relaxation	First Thursday each month, 1.30-2.30pm
Lifestyle for Carers	Connect and share your experiences with other carers (peer led group)	First Thursday each month, 2 – 3pm

Events

Picnic in the Park ~ Limited spaces ~ Thursday, 8 July, 12.30 - 2.30pm London Fields

(near the Martello Terrace entrance –round the corner from London Fields Overground)

Please bring your own food due to Covid restrictions, but we will provide some individually packed snacks and drinks. Please also bring something to sit on. Carers are welcome to bring the person they care for.

Carers First: Ready, Steady, Walk ~ Friday 23rd July in Victoria Park

Join us for a gentle walk and talk with a drink at a café at the end. This will be roughly an hour's walk, where you can socialise with other carers and get some fresh air. Numbers will be limited so book your place early and we will send you details of the meeting point and updates if the weather is not suitable on the day.

Everyone who signs up for our Stepstember Challenge will receive a Fit Bit or pedometer from us to count your steps weekly which will be added together to see how far across the country (or the world) we can go.

If you are not currently registered with and would like to join these events, please visit www.carersfirst.org.uk/register-with-us or contact us as above

If you are a professional, please visit www.carersfirst.org.uk/make-a-referral