

North Staffordshire Hub Clubs July 2019



<p>Friday 5th July 10.30am – 12.30pm</p> <p>1st Friday of each month</p>	<p>Dispelling the Myths - An Introduction to Bats</p> <p>"All bats are blind!", "Bats get tangled in your hair!" Have you heard or said these things? Find out the truth behind the myths and discover more about the fascinating world of these amazing mammals.</p>	<p>Bradwell Carers Hub Club</p> <p>Jill Clews Academy Riceyman Road Bradwell ST5 8LF</p>
<p>Monday 8th July 10.30am—1.00pm</p> <p>2nd Monday of each month</p>	<p>Time for me</p> <p>Time for me is a craft group run in partnership with the Cultural Sisters. Come along learn a new skill and make friends. It's a great way to relax</p>	<p>Tesco Hanley Community Room</p> <p>Clough Street, Hanley, ST1 4LS</p>
<p>Wednesday 10th & Wednesday 24th July 10.00am – 12.00pm</p> <p>2nd & 4th Wednesday of each month</p>	<p>10th—Social Morning</p> <p>24th July—Safe Handling of People The safe handling session is designed to give carers information about manual handling or moving people and objects. We will look briefly at laws (legislation) anatomy & physiology of the spine and demonstrate techniques to 'move' people safely for both the carer and the cared for. There will also be an opportunity to ask questions and signpost to other sources of help & support.</p>	<p>Cheadle Carers Hub Club</p> <p>Cheadle Community Fire Station Ashborne Road ST10 1HF</p>
<p>Monday 15th July 1.30 pm– 3.00pm</p> <p>3rd Monday of each month</p>	<p>Coffee & Cake</p> <p>Join us for a chat and a coffee and cake afternoon</p>	<p>The Green Treehouse Carers Hub Club The Green Treehouse Community Café High Street, Biddulph ST8 6AS</p>
<p>Tuesday 16th July 10.00am – 12.00pm</p> <p>3rd Tuesday of each month</p>	<p>Dementia Friends Training</p> <p>Dementia Friends aims to increase awareness and change the way the nation thinks, acts and talks about dementia.</p>	<p>Leek Carers Hub Club</p> <p>Daisy Hays Retirement Village, Ball Hays Road, Leek, ST13 6BW</p>
<p>Friday 26th July 1.30pm – 3.00pm</p> <p>Last Friday of each month</p>	<p>Motability Scheme</p> <p>Nissan Hanley dealership would like to chat with carers about their Motability Scheme and to understand if you are using your disability allowance to it's full potential. A lot of carers don't realize they sometimes qualify for a car on the motability scheme. Holdcroft is a</p>	<p>Headway Carers Hub Club</p> <p>Headway Day Services Cobridge ST6 2JE</p>

Get in touch

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All carers are very welcome to bring their cared for along to our groups.

*Some groups may be subject to change.



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<p>Tuesday 2nd July 10.00am – 12.00pm</p> <p>1st Tuesday of each month</p>	<p>Introduction to Basic Buddhist Style Meditation</p> <p>Enjoy some breathing and relaxation methods to help you feel relaxed</p>	<p>Lichfield Carers Hub Club The Freeman Lounge Beacon Park Village, Lower Sandford Street, Lichfield, Staffordshire WS13 6RB.</p>
<p>Thursday 4th July 10.00am – 12.00pm</p> <p>1st Thursday of each month</p>	<p>Dementia Friends Training</p> <p>Dementia Friends aims to increase awareness and change the way the nation thinks, acts and talks about dementia</p>	<p>Tamworth Carers Hub Club Sacred Heart Church, Silver Link Road, Glascote, Tamworth, B77 2EA</p>
<p>Tuesday 9th July 10.00am – 12.00pm</p> <p>2nd Tuesday of each month</p>	<p>Chair Yoga</p> <p>Come and experience some time for yourself, your body and your mind. Classes will include gentle movements and relaxation. Yoga helps to relieve stress, calm the mind and strengthen the body.</p> <p>Please wear comfy clothing and blankets are optional ☺</p>	<p>Uttoxeter Carers Hub Club</p> <p>Uttoxeter Library 57 High Street, ST14 7JQ</p>
<p>Thursday 11th July</p> <p>11.00am – 1.00pm</p>	<p>Time Out for Carers Stafford</p> <p>This is a group for Carers run by Carers Volunteers. There are a range of activities to join in with. Everyone welcome.</p>	<p>Time Out for Carers Hub Club</p> <p>Rising Brook Community Fire Station Hesketh Road, Stafford, ST17 9NF</p>
<p>Friday 12th July 10.00am – 12.00pm</p> <p>2nd Friday of each month</p>	<p>Fun Quiz</p> <p>Come and join in with our fun quiz and forget your worries for a while, have a laugh and a cuppa.</p>	<p>Cannock Carers Hub Club</p> <p>Cannock Library, WS11 1AA</p>
<p>Wednesday 17th July 10.30am – 12.30pm</p> <p>3rd Wednesday of each month</p>	<p>Newport Cross Borders Hub Club</p> <p>The Carers Hub Stafford & Carers Centre Telford & Wrekin, have joined together to run a Carers Hub Club for people living on the border of Staffordshire, Telford & Wrekin. Carers from both Staffordshire, Telford & Wrekin are both welcome</p>	<p>Newport Cross Borders Drop in</p> <p>Newport Library 53-57 High Street, Newport, TF10 7AT</p>
<p>Friday 19th July 10.00am – 12.00pm</p> <p>3rd Friday of each month</p>	<p>Famous Folk of Staffordshire</p> <p>A celebration of the most inspirational Staffordshire folks; from Philip Astley and his circus to Shane Meadows and his films - enjoy a whistle-stop trip around this great county</p>	<p>Stafford Carers Hub Club</p> <p>Northfield Centre Magnolia Avenue (Off Cooperative Street) Stafford, ST16 3DU</p>
<p>Friday 26th July 10.00am – 12.00pm</p> <p>Last Friday of each month</p>	<p>First Aid</p> <p>The British Red Cross will be delivering life saving skills, enabling you to respond to emergencies.</p>	<p>Burton Carers Hub Club</p> <p>Burton Library, Room 2, Riverside, Burton, DE14 1AH</p>

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