



Kingston Carers' Network - Diary of events

August	Times	Events and venues
Thurs 25th	6 - 7pm	Mental Health/ Substance Misuse In-patient Carers' drop-in session at Lilacs Ward, Tolworth Hospital
Wed 31st	10am – 12 noon	Reiki/Indian Head Massage with Celia at KCN
Wed 31st	1 – 5pm	Massage/Aromatherapy sessions at KCN
Sept	Times	Events and venues
Thurs 1st	10.30 -11.30am	Carers' Book Club at KCN
Thurs 1st	1 - 5pm	Massage/Aromatherapy sessions at KCN
Mon 5th	9.30am – 4.30pm	Marina's Holistic Therapies at KCN - reduced rates for carers
Tues 6th	11am – 12.30pm	Health Education session- Balance and Bones
Wed 7th	10 – 11.30am	Chessington Carers' Support Group - Merritt Medical Centre
Wed 7th	1 – 5pm	Massage/Aromatherapy sessions at KCN
Wed 7th	2 – 4pm	Support group for carers of adults with Asperger Syndrome
Thurs 8th	11am – 12.30pm	Meditation at Noble Centre
Thurs 8th	1 - 5pm	Massage/Aromatherapy sessions at KCN
Thurs 8th	6.30 – 8pm	What to expect when the person you care for goes into care
Fri 9th	10am – 12 noon	Support group for carers of children & young people with ADHD
Tues 13th	10 – 11.30am	Kingston Carers' Support Group- Canbury Park Medical Centre
Tues 13th	11am – 12.30pm	Health education session – Healthy Hearts
Tues 13th	6 – 7.15pm	Mental Health Carers' Support Group at Tolworth Hospital
Wed 14th	10am – 3pm	Kew Gardens trip £5
Wed 14th	1 – 5pm	Massage/Aromatherapy sessions at KCN
Wed 14th	10am – 12 noon	Hairdressing by Gina at KCN
Thurs 15th	11am- 12.30pm	Meditation at KCN
Thurs 15th	1 - 5pm	Massage/Aromatherapy sessions at KCN

Mon 19th	9.30am – 4.30pm	Marina's Holistic Therapies at KCN - reduced rates for carers
Mon 19th	10 – 11.30am	New Malden Carers' Support Group at Roselawn Surgery
Tues 20th	11am – 12.30pm	Health Education Session – Discovering Diabetes
Thurs 22nd	11am – 12.30pm	Meditation at Noble Centre
Thurs 22nd	6 – 8.30pm	Mental health/substance misuse carers' drop-in at KCN
Wed 28th	10am – 12 noon	Reiki/Indian Head Massage with Celia at KCN
Wed 28th	1 – 3pm	Kingston Carers' Forum at KCN
Thurs 29th	11am – 12.30pm	Meditation at KCN
Thurs 29th	6 - 7pm	Mental Health/ Substance Misuse In-patient Carers' drop-in session - Lilacs Ward, Tolworth Hospital

Some **provisional** dates for October

October	Times	Events and venues
Mon 3rd	9.30am – 4.30pm	Marina's Holistic Therapies at KCN - reduced rates for carers
Thurs 6th	10.30 -11.30am	Carers' Book Club at KCN
Wed 12th	10am – 12 noon	Hairdressing by Gina at KCN
Thurs 13th	11am – 12.30pm	An Intro to Indian Head Massage – wk 1 - cost £10 for 3 wks
Fri 14th	10am – 12 noon	Carers support group for carers of children & young people with ADHD
Mon 17th	9.30am – 4.30pm	Marina's Holistic Therapies at KCN - reduced rates for carers
Wed 19th	12.30 - 2pm	Kingston Carers' Annual General Meeting
Thurs 20th	11am – 12.30pm	An Intro to Indian Head Massage – wk 2 - £10 for 3 wks
Thurs 20th	6 – 8.30pm	Mental health/substance misuse carers' drop-in - KCN
Thurs 27th	11am – 12.30pm	An Intro to Indian Head Massage – wk 3 - cost £10 for 3 wks
Thurs 27th	1.30 – 4pm	Afternoon tea at Richmond Gate Hotel - £5
Thurs 27th	6 - 7pm	Mental Health/ Substance Misuse In-patient Carers' drop-in session at Lilacs Ward, Tolworth Hospital
Mon 31st	9.30am – 4.30pm	Marina's Holistic Therapies at KCN - reduced rates for carers

For further details or to book a place for any of the listed events please contact **Kingston Carers' Network** on **020 3031 2757** or email **info@kingstoncarers.org.uk**