



Carers Week

MONDAY 8TH JUNE	10.30-11.30	Relaxation session at Thicketford Centre
	11.30-12.30	Hand Massage at Thicketford Centre
TUESDAY 9TH JUNE	10.00-12.00	Book Club at Thicketford Centre
	10.00-12.00	Information Stand at Bolton Hospital
	12.30-2.30	The Roads That Brought Us Here - Reminiscing Session at Thicketford Centre
WEDNESDAY 10TH JUNE	12.30-2.30	Information Day and Who Cares? Awards Celebration at Thicketford Centre
THURSDAY 11TH JUNE	11.00-12.30	Singing for Wellbeing at Thicketford Centre
	1.00-2.30	Coconut Bird Feeder Wellbeing Workshop at Thicketford Centre
FRIDAY 12TH JUNE	10.00-12.00	Information Stand at Bolton Hospital

Celebrate Carers Week with us!

For further information and to book your place

Please call 01204 363056 or Email info@boltoncarers.org.uk

