

Carers Week Information Stalls and Events – 12th to 16th June 2017

Information Stalls will take place on the following dates and at various venues.

*All of the stalls are open to all members of the public to drop in,
no appointments necessary*

Monday 12th June - Sunderland College – Bede Campus, Durham Road, Sunderland, SR3 4AH, 5.00 – 7.00pm

Tuesday 13th June - Sunderland College – City Campus, Park Lane, Sunderland, SR1 3NX, 5.00 – 7.00pm

Tuesday 13th June - Essence Service, Sir Thomas Allen Centre, Mill Hill Road, Doxford Park, Sunderland, SR3 2ND, 1.30 – 3.30pm. Information, advice and guidance drop-in for carers and families if they are looking after someone with a dementia

Wednesday 14th June - Sainsbury's Fulwell, Station Road, Fulwell, Sunderland, SR6 9AE, 10am – 1pm (Sunderland Carers' Centre is Sainsbury's Fulwell Charity of the Year)

Thursday 15th June - Sunderland College – Washington Campus, Stone Cellar Road, Washington, NE37 2NH, 5.00 – 7.00pm

Events

Tuesday 13th June - Carers Week celebration lunch at Sunderland College's fabulous new bistro at City Campus (opposite Park Lane Interchange). Thirty-five places are available for 12 noon lunch and a further thirty five for a later lunch at 1.30pm. Receive a delicious two course meal from the following set menu for only £5, choose one main and one dessert. Book your place by contacting Sunderland Carers' Centre on 0191 5493768. Your place will be confirmed once we receive your payment (either pay in person at the Carers' Centre or send a cheque for £5 payable to 'Sunderland Carers' Centre')

Choose one main meal from:

Salmon, compressed cucumber and tomato salad, shaved fennel, toasted pine nuts

or

Chicken breast, carrot fondant, broad beans, pearl onions, wild mushrooms

Choose one dessert from:

Poached strawberries, yoghurt, meringue, Chantilly cream

or

Cherry, frangipane, vanilla ice cream

Why not make a day of it and take advantage of the College's fantastic 'City Salon's' makeover teams (for men and women) and fit this around your lunch! You deserve it!

Hairdressing - 9.30am - 12.00 noon & 1.00pm - 4.00pm (Shampoo and blow dry's, cut and finish, styling)

Barbering - 9.00am - 5.00pm (Cut and finish, hot towel shaves, mini facials, creative design)

Beauty Therapy - 9.30am - 12.00 noon & 1.00pm - 4.00pm (Manicures, facials, waxing, hand and arm massage with nail polish finish, waxing, make up application day/night)

Prices £10 for the morning or £15 for the day. Please contact the College directly to confirm your booking for your therapies on 0191 5116264

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Thursday 15th June - Official launch of the '**Carers on the move**' walking programme. Come and become involved in a new walking group for carers, part of the Active Sunderland Wellness Walking Programme. Meet at 10.30am in 'Kay's Kitchen' in Sunderland Carers' Centre. This will be the first of weekly walks especially for those that have a caring role for a family member or friend. Carers often forget about our own health and don't take regular opportunities to take a break. However these health walks beginning and ending at Sunderland Carers' Centre's 'Kays Kitchen' will give you that boost to look after yourself whilst having the time to meet other carers. The walks will be led by a trained walk leader. Meeting in 'Kay's Kitchen' will also give you the opportunity to have a bite to eat before or after your walk, to replace all the calories burned! So we can cater for everyone please let us know by contacting the centre on 0191 5493768. If you decide to pop in on the day to find out more please do!

Friday 16th June - Garden party at Sunderland Carers' Centre. The event will include the Official Launch of the Carers' Centre Garden Volunteer Group's Sensory Garden. Come along and chill out, have some lunch and meet fellow carers and find out what's going on at the Centre including a presentation of arts and crafts from the recent 'Crafty Cuppa' group. From 12 noon to 3pm at the Carers' Centre. No need to pre-book, just turn up on the day!

Caring for Carers Awards 2017

This year our 'Caring for Carers Awards' will not take place in Carers Week but instead in November to form part of the celebrations around Carers Rights Day. We are changing the awards this year so there are specific categories where you can nominate individuals or organisations who support you as a carer day in, day out. The support and recognition they give you should really underpin the rights you have as a carer but we want you to tell us how their involvement and support goes even further. The categories are:

- Supporting carers in education (schools, colleges and universities)
- Supporting carers in their employment
- Supporting carers with their health
- Supporting carers in Social Care
- Supporting carers in day to day life in their communities

If you would like to nominate an individual or organisation please contact the centre on 0191 5493768 and we will send out the award pack.