

CARERS WEEK

09 - 15 June 2008

Carers Week 2008 is 9th – 15th June. This year the theme is 'Carers can't afford to be ill' and will highlight the impact caring can have on carers' health and wellbeing. Events will be held in Sunderland to celebrate the week. These events have been organised by carers' organisations (Sunderland Carers' Centre, MS Society, Alzheimer's Society, People Into Employment and Parkinson's Disease Society) working in partnership with Sunderland City Council, City Hospitals NHS Foundation Trust, Sunderland Teaching Primary Care Trust and Northumberland, Tyne and Wear NHS Trust.

Carers' Fun and Pamper Day

Wednesday 11th June, 10.00am - 3.00pm, Sunderland Aquatic Centre (next to Stadium of Light)

Carers will be taking over Studios 1 and 2 at this fantastic new venue. In studio 1 a sense of calm will be the order of the day. A team of therapists will be ready to give carers a well deserved pamper! A range of therapies will be on offer – massage, reflexology and reiki to name a few. In studio 2 the calm will end! A lively mix of music, dance and craft exercises will keep carers entertained – anything from an Irish jig to a belly dance! Carers can get involved in the activities or sit back and enjoy the live entertainment.

If football is your passion we have a limited number of places for a tour of the Stadium of Light right next door to the Aquatic Centre. A fun quiz about the football club will test die-hard fans!

Light refreshments and a buffet lunch will be provided. This event is free and there is no need to book for the event (although the pamper therapies will require booking on the day and the Stadium of Light tour will need to be booked prior to the event by Friday 30th May, contact below)

Please encourage other carers you know to come along. It is a great opportunity for all carers to take a well-deserved break and have some fun. An information stall will also be at the event for any carers wishing to pick up contact information about support organisations. For more information about this event or to pre-book for the Stadium of Light tour please call Sunderland Carers' Centre on 0191 567 3232.

Carers' Night at the Dogs

Friday 13th June, 6.30pm - 11.00pm, Sunderland Greyhound Stadium, Newcastle Road, Sunderland

How would you like a night at the dogs? Doors open at 6.20 pm and the first race is at 7.30 pm with the last race taking place at 10.30 pm. There will be free entry, free pie and pea supper and your first drink is on the house (mixers not included). £2.00 payable for a race card at the venue. There are limited places so if you are interested please contact Sunderland Carers' Centre on 0191 567 3232 by Friday 30th May.

Please note: The organisers will be taking publicity photographs at the events for use in their organisations' newsletters and magazines. If you do not wish to be photographed please let the photographer or organisers know.

1 in 3 of us will become
a carer in our lifetime



2005-2006
Supporting Carers

Northumberland, Tyne and Wear **NHS**
NHS Trust

City Hospitals Sunderland **NHS**
NHS Trust

Sunderland **NHS**
Teaching Primary Care Trust



MS

Multiple Sclerosis Society



The Princess Royal Trust
Sunderland Carers Centre

Alzheimer's Society
Dementia care and research



Sunderland City Council