**Carers Group Programme**

May 2022

I am writing to let you know about some information events for carers and the dates and times of our ongoing meet up groups.

**Wednesday May 25th 11:00 am to 12 noon 2022**

**Osteoporosis**

**Speaker from the Royal Osteoporosis Society**

1 in 3 women and 1 in 5 men will sustain an osteoporotic fracture in their lifetime. This on-line talk will tell us more about the risk factors for the condition and how to manage it. Please contact Kate on [knash@aukc.org.uk](mailto:knash@aukc.org.uk) for the Zoom link.

**June 7th 2 to 3:30 pm 2022**

**Thinking Ahead: “Difficult Conversations” with Francis Ngale from Carers Network**.

Caring for another can involve some difficult conversations, for example considering long term care, sharing care with paid carers and arranging Power of Attorney. Francis will provide guidance and information to carers about these topics which can be difficult to navigate. The event will be at the:

**Essex Unitarian Church, 112 Palace Gardens Terrace, W8 4RT.**

The Essex Unitarian Church is just by the 52, 452,328, bus stop going south, next to The Shed Restaurant. If you are coming from the south, the bus stop is next to Waterstones at the top of Kensington Church Street. It is then a short walk to Palace Gardens Terrace towards Bayswater. Light refreshments will be provided.

**Peer Support Meet Up Groups**

These groups are drop in. They provide an opportunity to talk with other carers and people who have been carers in the recent past. You can go to either group or both.

**North Group meets at Café Nero opposite Ladbroke Grove Station on the last Friday of the month between 10:30 am and 12 noon.**

**Friday 27th May 10:30 am to 12 noon**

**Friday 24th June 10:30 am to 12 noon**

**Friday 29th July 10:30 am to 12 noon**

**Friday 19th August 10:30 am to 12 noon**  please not this is not the last Friday, because I am on Annual Leave on the last Friday)

**South Group meets Brompton Food Market; 33, Thurloe Place, SW7 2HQ (close to South Kensington Tube) on the third Wednesday of the month between 2:30 and 4:00 pm.**

**Wednesday May 18th 2:30 to 4:00 pm**

**Wednesday 15th June 2:30 to 4:00 pm**

**Wednesday July 20th 2:30 to 4:00 pm**

**Wednesday August 17th 2:30 to 4:00 pm**

There is also a drop in chat on **Zoom** on the first Wednesday of the month between 4 and 5:00 pm. Please contact [knash@aukc.org.uk](mailto:knash@aukc.org.uk) if you would like the code to join. The dates are:

**Wednesday 1st June, 4 to 5:00 pm**

**Wednesday 6th July, 4 to 5:00 pm**

**Wednesday 3rd August 4 to 5:00 pm**

**Kind regards**

**Kate**

**07508 327 970**