

The Carers Project

Oadby & Wigston Community Action

**ARE CELEBRATING OLDER PEOPLE OF OADBY &
WIGSTON DURING SEPTEMBER 2010**

OLDER PEOPLES MONTH

CARERS FORUM -THURSDAY 9TH SEPTEMBER
INFORMATION ON VOLUNTEERING OPPORTUNITIES AVAILABLE TO
BOTH CARERS AND THE PEOPLE THEY CARE FOR. FREE LUNCH
PROVIDED. 11AM – 2PM. CALL SARAH ON 2810026 TO BOOK.

CARING WITH CONFIDENCE- * LAST CHANCE *

Would you like more confidence dealing with your caring role?

Not sure where to go for information?

Need to consider how you can juggle competing demands?

Feel unsure dealing with professionals and service providers?

COURSE STARTS FRIDAY 3RD SEPT, 10AM-1PM AT BROCKS HILL. CALL
CATHY ON 2510999 FOR MORE INFORMATION AND TO BOOK.

**OLDER PEOPLES WELL BEING EVENT- 23RD
SEPTEMBER 1PM -4.30PM, AT PARKLANDS**
TALKS ON TOPICS AFFECTING OLDER PEOPLE INCLUDING
ALZHEIMERS, DEMENTIA, ARTHRITIS AND PARKINSONS. STANDS,
LAUGHTER YOGA, SLIPPER SWAP. REFRESHMENTS AVAILABLE

**OLDER PERSONS DAY, OADBY LIBRARY-
MONDAY 27TH SEPTEMBER 10AM-1PM**
STANDS, INFORMATION, ADVICE, HEALTH CHECKS AND MORE

**CRUISE AND DINE NOTTINGHAM TRENT
PRINCESS BOAT TRIP TUESDAY 19TH OCTOBER**
CALL CLAIRE TO BOOK ON 2810026 X 30