

02 2pm - 4pm	T	Memory Café: A supportive and inclusive session providing guidance, information and support to dementia carers with their 'cared for' (suitable for those with mild to moderate dementia). At Medwall Court, Tatwin Close, Thornhill SO19 6JQ Admiral Nurses (Dementia UK + Southampton Community Healthcare) + Carers in Southampton in a supporting role
03 1.30pm - 4pm	W	Drop in for unpaid carers: Are you looking after someone who is ill or disabled? FREE Advice in English, Hindi, Urdu, Punjabi speakers. No appointment needed. 1.30pm-2.30pm at Gurdwara Tegh Bhadar Sahib St. Marks Road, Southampton, Hampshire SO14 0NW 3pm-4pm at Singh Sabha Gurdwara Southampton SO14 0LG
04 2pm - 4.30pm	Th	Carers Talk and Teapot: Paul Cunningham, Learning Centre Tutor from the Southampton Central Library, will be introducing carers to Computer tablets (iPads) via some interesting games and how to surf the internet. St James Road Methodist Church, St James Road, Shirley, SO15 5HE
08 10am - 12pm	M	Drop-in at Bitterne Library for English and Polish speakers Zachęcamy do rozmowy z Carers in Southampton – zobaczymy, jak możemy. Ci pomoc! Drop-in to find out what Carers in Southampton can do to support you in your role looking after someone else. At Bitterne Library Bitterne Road East Southampton SO18 5EG
09 2pm - 4pm	T	Memory Café: A supportive and inclusive session providing guidance, information and support to dementia carers with their 'cared for' (suitable for those with mild to moderate dementia). Speaker arranged by CiS: Smart Meters with Neil Richardson from SSE Southern Electric. At Manston Court, Lordshill SO16 8HF Admiral Nurses (Dementia UK + Southampton Community Healthcare) + Carers in Southampton in a supporting role
10 10:30 - 12:30	W	Support group: An opportunity to meet others in a similar situation and meet some of our staff. Wspierasz kogoś? Zaproszenie na kawę i ciastko dla bezinteresownych opiekunów. At Church Room, Woolston Community Centre, Church Road, Woolston SO19 9FU Support, social opportunity, tea, coffee, cake and biscuits.
10 1.30pm - 4pm	W	Drop in for unpaid carers: Are you looking after someone who is ill or disabled? FREE Advice in English, Hindi, Urdu, Punjabi speakers. No appointment needed. 1.30pm-2.30pm at Gurdwara Tegh Bhadar Sahib St. Marks Road, Southampton, Hampshire SO14 0NW 3pm-4pm at Singh Sabha Gurdwara Southampton SO14 0LG
16 2pm - 4pm	T	Memory Café: A supportive and inclusive session providing guidance, information and support to dementia carers with their 'cared for' (suitable for those with mild to moderate dementia). At Medwall Court, Tatwin Close, Thornhill SO19 6JQ Admiral Nurses (Dementia UK + Southampton Community Healthcare) + Carers in Southampton in a supporting role
16 10.30 - 13.00	T	Self-directed mental health carer support group At Sainsbury's, Portswood SO17 2LB This meets every 3rd Tuesday
17 1.30pm - 4pm	W	Drop in for unpaid carers: Are you looking after someone who is ill or disabled? FREE Advice in English, Hindi, Urdu, Punjabi speakers. No appointment needed. 1.30pm-2.30pm at Gurdwara Tegh Bhadar Sahib St. Marks Road, Southampton, Hampshire SO14 0NW 3pm-4pm at Singh Sabha Gurdwara Southampton SO14 0LG
23 2pm - 4pm	T	Memory Café: A supportive and inclusive session providing guidance, information and support to dementia carers with their 'cared for' (suitable for those with mild to moderate dementia). At Manston Court, Lordshill SO16 8HF Admiral Nurses (Dementia UK + Southampton Community Healthcare) + Carers in Southampton in a supporting role
24 1.30pm - 4pm	W	Drop in for unpaid carers: Are you looking after someone who is ill or disabled? FREE Advice in English, Hindi, Urdu, Punjabi speakers. No appointment needed. 1.30pm-2.30pm at Gurdwara Tegh Bhadar Sahib St. Marks Road, Southampton, Hampshire SO14 0NW 3pm-4pm at Singh Sabha Gurdwara Southampton SO14 0LG
26 11am - 2pm	F	Cake for Carers An opportunity to meet others in a similar situation and meet some of our staff. At Ivy Grant Room, Freemantle Community Centre, Randolph Street, Shirley SO15 3HD
30 10am - 12pm	T	FREE Emergency Action Planning: Put a plan together in the event of an emergency or planned situation when you cannot take care of your loved one. Session providing guidance + considerations on how to write an Emergency Plan. At Carers in Southampton, Meon House, Rear of 189 Portswood Road, Southampton SO17 2NF. Book with Phil Lee, Carers in Southampton via email to enquiries@carersinsouthampton.co.uk or 023 80 582387
31 11am - 12.30pm	W	Self -directed mental health carer support group. Harbour Lights Cinema: Maritime Walk, Southampton SO14 3TL
31 1.30pm - 4pm	W	Drop in for unpaid carers: Are you looking after someone who is ill or disabled? FREE Advice in English, Hindi, Urdu, Punjabi speakers. No appointment needed. 1.30pm-2.30pm at Gurdwara Tegh Bhadar Sahib St. Marks Road, Southampton, Hampshire SO14 0NW 3pm-4pm at Singh Sabha Gurdwara Southampton SO14 0LG

01 2pm - 4.30pm	Th	Carers Talk and Teapot: a talk by Neil Richardson from SSE Southern Electric on the value of having a Smart meter and how this can help reduce utility costs. St James Road Methodist Church, St James Road, Shirley, SO15 5HE
06 2pm - 4pm	T	Memory Café: A supportive and inclusive session providing guidance, information and support to dementia carers with their 'cared for' (suitable for those with mild to moderate dementia). At Medwall Court, Tatwin Close, Thornhill SO19 6JQ Admiral Nurses (Dementia UK + Southampton Community Healthcare) + Carers in Southampton in a supporting role
07 1.30pm - 4pm	W	Drop in for unpaid carers: Are you looking after someone who is ill or disabled? FREE Advice in English, Hindi, Urdu, Punjabi speakers. No appointment needed. 1.30pm-2.30pm at Gurdwara Tegh Bhadar Sahib St. Marks Road, Southampton, Hampshire SO14 0NW 3pm-4pm at Singh Sabha Gurdwara Southampton SO14 0LG
08 19.30 - 21.00	Th	Self-directed support group for carers and patients of Bipolar At St Winifred's School 17-19 Winn Rd, Southampton SO17 1EJ Every 2nd Thursday of the month except August and December
13 2pm - 4pm	T	Memory Café: A supportive and inclusive session providing guidance, information and support to dementia carers with their 'cared for' (suitable for those with mild to moderate dementia). Speaker arranged by CIS: Fitness MOT with Carolina Gonçalves. At Manston Court, Lordshill SO16 8HF Admiral Nurses (Dementia UK + Southampton Community Healthcare) + Carers in Southampton in a supporting role
14 10:30 - 12:30	W	Support group: An opportunity to meet others in a similar situation and meet some of our staff. Wspierasz kogoś? Zaproszenie na kawę i ciastko dla bezinteresownych opiekunów. At Church Room, Woolston Community Centre, Church Road, Woolston SO19 9FU Support, social opportunity, tea, coffee, cake and biscuits.
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20 10.30 - 1pm	T	Self-directed mental health carer support group At Sainsbury's, Portswood SO17 2LB This meets every 3rd Tuesday
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