

# Renfrewshire Carers Centre

## List of meetings for Spring 2009

Date	Group and Time	Venue
Tuesday 03 March 2009	<b>Mental Health Carers Support Group</b> 7.00pm - 9.00pm	Charleston Centre
Wednesday 04 March 2009	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 05 March 2009	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 09 March 2009	<b>Linwood Carers Group</b> 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 10 March 2009	<b>CarerCope Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 11 March 2009	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 12 March 2009	<b>Therapeutic Group</b> 3.30pm - 6.00pm	Northcroft Medical Centre
Tuesday 17 March 2009	<b>Paisley Carers Group</b> 1.00pm - 3.00pm	Renfrewshire Carers Centre
Thursday 19 March 2009	<b>Parkinsons Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 24 March 2009	<b>Stroke Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 25 March 2009	<b>Tannahill Carers Support Group</b> 11.00am - 12.30pm	Tannahill Centre
Tuesday 31 March 2009	<b>Grandparents Support Group</b> 11.30am - 1.00pm	Renfrewshire Carers Centre
Wednesday 01 April 2009	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 02 April 2009	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 07 April 2009	<b>Mental Health Carers Support Group</b> 7.00pm - 9.00pm	Charleston Centre
Thursday 09 April 2009	<b>Therapeutic Group</b> 3.30pm - 6.00pm	Northcroft Medical Centre
<b>Easter break from Friday 10th to Monday 13th inclusive – the Carers Centre will be closed</b>		
Tuesday 14 April 2009	<b>CarerCope Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 15 April 2009	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 16 April 2009	<b>Parkinsons Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 21 April 2009	<b>Paisley Carers Group</b> 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 28 April 2009	<b>Grandparents Support Group</b> 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 28 April 2009	<b>Stroke Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 29 April 2009	<b>Tannahill Carers Support Group</b> 11.00am - 12.30pm	Tannahill Centre
<b>Monday 04 May 2009 – Bank Holiday Monday – the Carers Centre will be closed</b>		
Tuesday 05 May 2009	<b>Mental Health Carers Support Group</b> 7.00pm - 9.00pm	Charleston Centre
Wednesday 06 May 2009	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 07 May 2009	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 11 May 2009	<b>Linwood Carers Group</b> 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 12 May 2009	<b>CarerCope Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre

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Date	Group and Time	Venue
Wednesday 13 May 2009	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 14 May 2009	<b>Therapeutic Group</b> 3.30pm - 6.00pm	Northcroft Medical Centre
Tuesday 19 May 2009	<b>Paisley Carers Group</b> 1.00pm - 3.00pm	Renfrewshire Carers Centre
Thursday 21 May 2009	<b>Parkinsons Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
<b>Monday 25 May 2009 – Bank Holiday Monday – the Carers Centre will be closed</b>		
Tuesday 26 May 2009	<b>Grandparents Support Group</b> 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 26 May	<b>Stroke Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 27 May	<b>Tannahill Carers Support Group</b> 11.00am - 12.30pm	Tannahill Centre
Wednesday 03 June	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 04 June	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
<b>Monday 08 June – Friday 14th June 2009 – Carers Week</b>		
Monday 08 June	<b>Linwood Carers Group</b> 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 09 June	<b>CarerCope Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 10 June	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 11 June	<b>Therapeutic Group</b> 3.30pm - 6.00pm	Northcroft Medical Centre
Tuesday 16 June	<b>Paisley Carers Group</b> 1.00pm - 3.00pm	Renfrewshire Carers Centre
Thursday 18 June	<b>Parkinsons Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 23 June	<b>Stroke Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 24 June	<b>Tannahill Carers Support Group</b> 11.00am - 12.30pm	Tannahill Centre
Tuesday 30 June	<b>Grandparents Support Group</b> 11.30am - 1.00pm	Renfrewshire Carers Centre

**Glenburn Carers Group** Spring dates: To be arranged

**Stress Management** – every Wednesday between 10am and 3pm

**Relaxation group** with Molly takes place the last Thursday of every month 12.30 – 2.00pm.  
Meetings are planned for 26th February, 26th March, 30th April and 28th May at Renfrewshire Carers Centre

**Lawyer sessions** are available on the first Thursday in the month – mornings only

The **social evening** will take place on the last Thursday of the month

Don't forget the **Carers Café** takes place every Thursday at the centre between 11am and 1pm – all carers welcome

**The centre will be closed from noon every Friday afternoon for staff training and administration**