

# Renfrewshire Carers Centre

## List of meetings for Summer 2009

Date	Group and Time	Venue
Tuesday 02 June 2009	<b>Mental Health Carers Support Group</b> 7.00pm - 9.00pm	Charleston Centre
Wednesday 03 June 2009	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 04 June 2009	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
<b>Monday 8th June – Friday 12th June Carers Week – See Newsletter for full timetable or contact the Carers Centre</b>		
Monday 08 June 2009	<b>Linwood Carers Group</b> 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 09 June 2009	<b>Carer Cope Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 10 June 2009	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 11 June 2009	<b>Therapeutic Group</b> 3.30pm - 6.00pm	Northcroft Medical Centre
Tuesday 16 June 2009	<b>Paisley Carers Group</b> 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 16 June 2009	<b>Glenburn Carers Support Group</b> 10.30 - 12.30pm	Glenburn Community Centre
Thursday 18 June 2009	<b>Parkinsons Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 23 June 2009	<b>Grandparents Support Group</b> 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 23 June 2009	<b>Stroke Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 24 June 2009	<b>Tannahill Carers Support Group</b> 11.00am - 12.30pm	Tannahill Centre
Wednesday 01 July 2009	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 02 July 2009	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 07 July 2009	<b>Mental Health Carers Support Group</b> 7.00pm - 9.00pm	Charleston Centre
Wednesday 08 July 2009	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 09 July 2009	<b>Therapeutic Group</b> 3.30pm - 6.00pm	Northcroft Medical Centre
Monday 13 July 2009	<b>Linwood Carers Group</b> 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 14 July 2009	<b>Carer Cope Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Thursday 16 July 2009	<b>Parkinsons Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 21 July 2009	<b>Paisley Carers Group</b> 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 21 July 2009	<b>Glenburn Carers Support Group</b> 10.30 - 12.30pm	Glenburn Community Centre
Wednesday 22 July 2009	<b>Tannahill Carers Support Group</b> 11.00am - 12.30pm	Tannahill Centre
Tuesday 28 July 2009	<b>Grandparents Support Group</b> 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 28 July 2009	<b>Stroke Support Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
<b>Monday 03 August 2009 – Fair Holiday Monday – the Carers Centre will be closed</b>		
Tuesday 04 August 2009	<b>Mental Health Carers Support Group</b> 7.00pm - 9.00pm	Charleston Centre
Wednesday 05 August 2009	<b>Parent Support Group</b> 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 06 August 2009	<b>Alzheimer/Dementia Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 10 August 2009	<b>Linwood Carers Group</b> 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 11 August 2009	<b>Carer Cope Group</b> 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 12 August 2009	<b>Parents Support Group</b> 12.00pm - 2.00pm	Renfrewshire Carers Centre

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Date	Group and Time	Venue
Thursday 13 August 2009	Therapeutic Group 3.30pm - 6.00pm	Northcroft Medical Centre
Tuesday 18 August 2009	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 18 August 2009	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Thursday 20 August 2009	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 25 August 2009	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 25 August 2009	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 26 August 2009	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 01 September 2009	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Wednesday 02 September 2009	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 03 September 2009	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 08 September 2009	Carer Cope Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 09 September 2009	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 10 September 2009	Therapeutic Group 3.30pm - 6.00pm	Northcroft Medical Centre
Monday 14 September 2009	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 15 September 2009	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 15 September 2009	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Thursday 17 September 2009	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 22 September 2009	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 22 September 2009	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 23 September 2009	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Friday 25 September – Monday 28 September – Autumn Holiday – the Carers Centre will be closed		
Thursday 01 October 2009	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 06 October 2009	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Wednesday 07 October 2009	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 08 October 2009	Therapeutic Group 3.30pm - 6.00pm	Northcroft Medical Centre
Monday 12 October 2009	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Tuesday 13 October 2009	Carer Cope Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 14 October 2009	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre

**Benefits Surgery** – every Tuesday

**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 25th June, 30th July, 27th August, 24th September and 29th October at the 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**