

Renfrewshire Carers Centre

List of meetings for Autumn 2009

Date	Group and Time	Venue
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
Wednesday 14 October 2009	Parents Support Group 12.00pm - 2.00pm (Outing 10.30 - 3.30)	Renfrewshire Carers Centre
Thursday 15 October 2009	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 20 October 2009	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 20 October 2009	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 27 October 2009	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 27 October 2009	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 28 October 2009	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 03 November 2009	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Wednesday 04 November 2009	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre
Thursday 05 November 2009	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Monday 09 November 2009	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Wednesday 11 November 2009	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 12 November 2009	Therapeutic Group 3.30pm - 6.00pm	Northcroft Medical Centre
Thursday 19 November 2009	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 17 November 2009	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 17 November 2009	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 24 November 2009	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 24 November 2009	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 25 November 2009	Tannahill Carers Support Group 11.00am - 12.30pm	Tannahill Centre
Tuesday 01 December 2009	Mental Health Carers Support Group 7.00pm - 9.00pm	Charleston Centre
Wednesday 02 December 2009	Parent Support Group 7.00pm - 9.00pm	Renfrewshire Carers Centre

Date	Group and Time	Venue
Thursday 03 December 2009	Alzheimer/Dementia Group 1.00pm - 3.00pm	Northcroft Medical Centre
Wednesday 09 December 2009	Parents Support Group 12.00pm - 2.00pm	Renfrewshire Carers Centre
Thursday 10 December 2009	Therapeutic Group 3.30pm - 6.00pm	Northcroft Medical Centre
Monday 14 December 2009	Linwood Carers Group 1.15pm - 3.15pm	Linwood Health Centre
Thursday 17 December 2009	Parkinsons Support Group 1.00pm - 3.00pm	Northcroft Medical Centre
Tuesday 15 December 2009	Paisley Carers Group 1.00pm - 3.00pm	Renfrewshire Carers Centre
Tuesday 15 December 2009	Glenburn Carers Support Group 10.30 - 12.30pm	Glenburn Community Centre
Tuesday 22 December 2009	Grandparents Support Group 11.30am - 1.00pm	Renfrewshire Carers Centre
Tuesday 22 December 2009	Stroke Support Group 1.00pm - 3.00pm	Northcroft Medical Centre

The centre will be close for the Christmas Holiday from Thursday 24th December to Tuesday 5th January 2010

The Carer's Café takes place every Thursday at the Centre between 11am and 1pm – all carers are welcome

Relaxation sessions take place every Thursday in September and October via referral

Benefits Surgery takes place every Tuesday – please make an appointment.

Relaxation Group will take place on the last Thursday of every month from 12.30 to 2.00pm in September and October.

Lawyer Sessions are available on the first Wednesday of every month in the mornings.

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

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

Social Work Area Team Numbers

Paisley Area Team 0141 842 5151

Renfrew Area Team 0141 886 5784

Johnstone Area Team 01505 342 300