

Carers Week Events 2008

We are celebrating **Volunteers Week and Carers Week with a range of events**

Carers Art Show

Monday 2 June, 12 noon – 2pm, at Gateshead Carers Association

You are warmly invited to the official opening of our first exhibition of the creative talents of carers who are members of the photography and art groups at GCA. We think you will love what you see. You may also find you are inspired to join a group or class at GCA. There will be light refreshments and a chance to meet some of the artists. The show can be seen at GCA for the following two weeks.

Open Day and party

Thursday 5th June, 11-3pm, at Gateshead Carers Association

This is our annual celebration of Carers Week and Volunteers Week. Please come along. There will be plenty of food, a chance to meet friends and catch up on what is going on at GCA. Don't miss it! During this event there will be a **Video Diary** activity when you can record your thoughts and opinions.

Celebrating Cultures

Monday 9th June, 11-3pm, at Gateshead Carers Association

Gateshead is home to a wide variety of communities and cultures, and carers are to be found in every one of them. This event is our celebration of this rich diversity, and our way of highlighting the needs which are common to all carers.

GP Services event

Tuesday 10th June, 11-1pm, at Gateshead Carers Association

Gateshead Primary Care Trust are very keen to consult carers about GP services, and ways in which to improve access through longer opening hours, new health centres, etc. Your experience of GP services and your opinions as a carer are very important. We hope you can attend – or if not, telephone GCA to pass on any comments (0191 490 0121)

Employers event

Wednesday 11 June, 8am-9.30, at Gateshead Carers Association

This is a breakfast event aimed at local employers, to encourage them to be aware of the needs of carers who work as well as caring, or who hope to do so. Carers are also very welcome to attend. A light breakfast will be provided!

Looking After You

Wednesday 11 June, 11-2pm, Blaydon Youth Centre, Shibdon Rd.

If you live in the Blaydon area this one is specially for you (but all carers are welcome). There will be a variety of information stands, food tasting, Tai Chi & Yoga, as well as blood pressure and weight checks, relaxation and pampering sessions and lots more. Please come along and enjoy! If you are in the Chopwell, a similar event will take place on 23 May from 11-2 at Chopwell Community Centre. This event is a joint one with Gateshead Crossroads Caring for Carers.

Art Link

Thursday 12 June, 11-3pm, at Gateshead Carers Association

It is very important that the views of carers are heard by those running health and social care services. So we are glad that a new "local involvement network" is being set up in Gateshead. This **Art Link** event is a hands-on session when, with the help of staff from the Shipley Art Gallery, we will be using art to express our ideas and views. We will then feed those views into the new Involvement Network. **You do NOT need to have any knowledge or skill – just be willing to have a go!!** All the advice and help you need, and art materials, will be provided on the day. This event is being jointly organised by the Carers Action Forum, and promises to round off the week in fine style.