

National Carers Week

Staying Healthy & Connected

Carers Oxfordshire Roadshow

Monday 11th—Saturday 16th June 10.00-16.00
Oxfordshire County Library Westgate, Oxford, OX1 1DJ

Information stands and dedicated advice throughout the week.

Each day we will be able to offer Carers Assessments

Pre Bookable appointments available please call 01235 520463

Monday 11th June	Blue badge application help 13.00-16.00 Carers Oxfordshire/Rethink/Time out
Tuesday 12th June	Blue badge application help 13.00-16.00 Creative self care craft 14.00-16.00 Generation Games health checks Carers Oxfordshire/Rethink/Time out
Wednesday 13th June	Carers Oxfordshire/Rethink/Time out
Thursday 14th June	An advisor for retirement age benefits and entitlements drop in 10.00-12.30 Carers Oxfordshire/Rethink/Time out Generation Games health checks
Friday 15th June	Blue badge application help 13.00-16.00 Creative self care craft with life coach 11.00-13.00 Carers Oxfordshire/Rethink/Time out
Saturday 16th June	Carers Oxfordshire/Rethink/Time out

Timings subject to change.

Please contact 01235 520463 or traceydesmond@carersoxfordshire.org.uk