

February Carers News

Meetings

Coffee Mornings 10 - 12 Queens Theatre, Hornchurch 2nd Tuesday of each month

Tuesday 14th February, 14th March , 11th April, 9th May

Support Meetings at Romford Baptist Church, Main Road, Romford 6.30 - 9.00 Last Tuesday of each month

Tuesday 28th February The whole evening will be given over to Peer Support as we have not had much time available at the last few meetings.

Tuesday 28th March Guest Speaker will be Mayor and Consort, Cllr Philippa Crowder and Cllr John Crowder

Don't Forget

The Havering Carers Forum is on Tuesday 28th February 10.30 to 2.30 at YMCA Rush Green, Romford

There is no need to book attendance at the Carers Support Meeting, or Coffee Morning just turn up. If meetings are not your thing or you can't make the times just ring 01708 457040 to get support, our information leaflets and newsletters.

Havering Mind are holding a special **Mental Health Awareness Training session** on Tuesday 14th March at their centre in Harrow Lodge Park, Hornchurch, from 10am – 12:30pm.

This training aims to help people:

- increase their understanding and knowledge of mental health
- recognize the causes and symptoms of mental health problems
- understand ways to improve their mental wellbeing
- feel more confident to speak about mental health and learn about support available

Places are £25 a person.

To book a place please contact Ciaran:

ciaran.white@haveringmind.org.uk

01708 457040



	<p>Mental Health Awareness Training</p> <p>Tuesday 14th March 10am – 12pm Hornchurch</p>
<p>This training aims to help you:</p> <ul style="list-style-type: none">• increase your understanding and knowledge of mental health• recognize the causes and symptoms of mental health problems• understand ways to improve your mental wellbeing• to feel more confident to speak about mental health and learn about support available	 <p>Havering</p> <p>Supporting and Educating the local community</p>
	<p>£25 per person</p> <p>To book a place please contact Ciaran:</p> <p>ciaran.white@haveringmind.org.uk 01708 457040 www.haveringmind.org.uk</p>



Organised Trips

For those who like organised trips, **Kirbys** arrange a range of excursions, UK and continental holidays throughout the year. To contact them telephone 01268 777777, www.kirbyscoaches.co.uk or visit their Romford shop in the Romford Market Hall, Market place, Romford.

Tapestry 'trips' Team also organise day trips by coach, picking up from Billet Lane bus stop by Queens Theatre.

Some examples of the trips currently on offer are:

Thriplow Daffodil Festival on Saturday March 18th cost £20

Theatre Trip to see 42nd Street Wednesday 5th April cost £48

Trip to Tunbridge Wells Wednesday 19th April cost £18

For further information and details of the trips, please look at their website on <http://www.tapestry-uk.org/going-out/category/day-trips/>

Phone: 01708 796600 **Email:** trips@tapestry-uk.org



Quiz Night

Friday 17th March

Romford & Gidea Park
Rugby Club

£6 a ticket

Licensed bar. BYO nibbles
Arrive from 7pm onwards
Quiz starts promptly 8p
Maximum 8 per team
Fancy dress optional!



Raffle

Prizes

Irish
Music

For tickets ask Ciaran



Havering

Supporting and Educating
the local community

