

Trip Westonbirt Arboretum £12

Thursday 9th 10am - 5pm

The spectacular autumn colours of Westonbirt Arboretum are world renowned for their stunning beauty and vibrancy. Discover them for yourself this autumn and revel in one of nature's most breath-taking sights.



If you would like more information and to book your place please call Janie on 0117 9515751 extension 230

Tea and Talk Jacqueline's Crafts

Monday 27th 2-4pm at The Langley Centre

Many of you have bought Jacqueline's lovely cards and gifts but why not come along and learn her secrets! Jacqueline will be demonstrating how to make a few different items along with plenty of tea and cake!



Transport available - book with Janie on 0117 9515751 ext. 230

Shopping Club

A fortnightly trip to a local supermarket with time to shop and socialise in the café. November dates; **Friday 10th** - Tesco Bradley Stoke; **24th** - ASDA Cribbs Causeway.

Just £3 per trip with door to door pick up and drop off.

Call Janie to book your place 0117 9515751 ext. 230

All Bristol and South Gloucestershire carers are warmly invited to our annual



Friday
November 24th
At the Vassall Centre
10.30 AM to 1 PM

Carers Rights Day is an opportunity for you to find out more about your rights as carers, and to find out how to get the help and support you are entitled to. This year, Carers Rights Day will be on Friday 24th, November. We'll be holding an open meeting for carers in Bristol and South Gloucestershire from 10.30 AM to 1 PM at the Vassall Centre. The morning will include information on accessing direct payments and carers assessments. This will be a chance to find out more about how you can access these as carers and demystify the process. There will also be the opportunity to learn more about mindfulness and view information stalls from various local organisations.

Please turn over for booking information >

If you care,
we care.

Carers Support Centre
Bristol & South Gloucestershire

carerstrust
a Network Partner



www.carerssupportcentre.org.uk

Carers Support Centre, Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ CarersLine: 0117 965 2200
Registered as The Carers Centre (Bristol & South Gloucestershire). Company number: 3377199 Charity number: 1063226

Carers Rights Day; To book a place call Dennis on 0117 9589902.

Monday Matinee 13th 1pm at The Hub . (NOTE NEW START TIME).

The Butler As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.



Over 50s Taster Day
Upper Horfield Community
Trust, Eden Grove
Find out what goes on in
your community
Tuesday 7th November
10am till 12pm



BINGO

Eyes Down Prize Bingo

Come along and have some fun with your neighbours
Monday 13th November
7pm

at the Cameron Centre

To register pop into the Hub or call 9141129
£2 entry; £3 per book;
refreshments available

**St Mary's Church
Lunch**

Tuesday 14th 12pm.
£4.50 for a hot meal,
pudding and a cup of
tea.



Coming Up December

Trip - Tuesday 5th - Yate Shopping Trip £5

Tea and Talk - Tuesday 12th - Christmas Extravaganza at St Mary's.