

HEMEL HEMPSTEAD
Carers' Support Group

DATES FOR AUTUMN 2018

All carers are very welcome. If it is your first meeting, please let Jo know you are coming so we can make you welcome. Please let us know if you need transport as we may be able to arrange this for you.

Every other Monday 1 – 3 pm in the Community Lounge at William Crook House, Green End Lane, Warners End, HP1 2BH.

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| 3 Sept | Catch up with friends and a quiz |
| 17 Sept | Speaker – Di Stevens from Remap
Remap custom makes equipment to help disabled people live more independent lives |
| 1 Oct | Make a lantern and learn about the Chinese Moon Festival with Ami Kwan |
| 15 Oct | Forum - A chance to discuss what services are lacking in Dacorum |
| 29 Oct | A Halloween lunch – fancy dress optional! |
| 12 Nov | Speaker - Garnet Newman from Hertfordshire Hearing Advisory Service. |
| 26 Nov | Visit to Aylett Nursery
The Christmas House will be fully stocked with everything you need for the perfect festive season! |
| 10 Dec | Christmas Buffet & game |

For more information please

CONTACT: JO CHAN ON 01442 221008 / 01442 259 049

carersassist@ageukdacorum.org.uk

continued overleaf

Extra dates for your diary

Thursday 13th September

Outing to Kew gardens – meet at Gadebridge Park 'n' ride 10am

We will leave Kew gardens at 3 pm

Cost - £21.00

ooOoo

Friday 7th December

Christmas Party - Enjoy a two course meal at Shendish Manor and entertainment from Katie's Jumping Fleas

11.45 am - 3 pm

Cost £25.00

For more information please

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TRING & BERKHAMSTED Friendship Group

DATES FOR SPRING/SUMMER 2018

The group is open to anyone who would like to attend. If it is your first meeting, please call Jo Chan so we know you're coming and can make you welcome.

TRING and BERKHAMSTED

Meetings are on the **first Thursday of the month 10 am – 12 noon** at The Community Lounge, Pond Close, off High Street, Tring HP23 5BE unless otherwise stated

September 6th	Bingo with Jo Chan from Age UK Dacorum
October 4th	Flowers
November 1	Shelley Savage
December 6th	Christmas Buffet & entertainment from the U3A Belle Plates group

On the **third Thursday of the month** we meet, from **10.30 am until 12 noon** in a local venue for a coffee morning with friends. **All welcome**

September 20 th	The Kings Arms - Berkhamsted
October 18 th	The Akeman - Tring
November 15th	The Kings Arms - Berkhamsted
December 20 th	The Akeman - Tring

For more information please

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or at

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