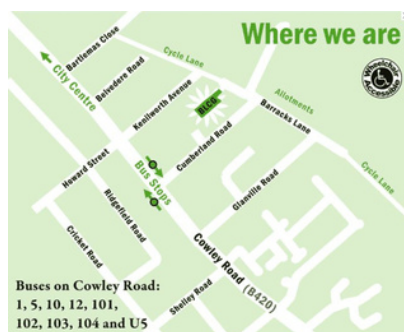


# CELEBRATING OXFORD'S UNPAID CARERS

7th June  
10 am to 7 pm

Barracks Lane  
Community Garden  
OX4 2AP



Carers Oxfordshire and Rethink Mental Illness Oxfordshire are holding a day of talks, treats, support and information for unpaid carers in Oxford City. This event is part of Carers Week (5 – 11th June), the annual campaign to raise awareness of caring.

Discover the support available for unpaid carers in Oxford, enjoy the peaceful gardens, and have lunch on us. You are welcome to bring your cared-for with you. All activities are open to both carers and their cared for. There will be free creative activities available throughout the day.

A limited number of gift bags for carers will be available on the day. To make sure you get one email [rebeccacox@carersoxfordshire.org.uk](mailto:rebeccacox@carersoxfordshire.org.uk) or call 07827235443 and let us know you are coming.

- 10.00 am Hot drinks and cakes (free)
- 10.30 am Pauline Mackinnon from OCC discusses the support for parent carers
- 11.30 am Training session on managing depression, stress and anxiety
- 12.00 am Joyful Choir - Dementia Friendly Community Choir
- 12.30 am Lunch (free light buffet)
- 1.00 pm Training session on managing depression, stress and anxiety
- 2.00 pm Afternoon tea, coffee and cakes with drop in support group session.
- 3.00 pm Short mindfulness session on how to look after yourself
- 4.00 pm Short mindfulness session on how to look after yourself
- 5 – 7 pm Working carers social. Drop by for information, drinks and snacks with people in the same situation and a mindfulness session.

Organisations attending include Dementia Oxfordshire, Age UK Scams awareness, Parkinson's UK Oxford branch, Bellevie Care, Meet Me at the Museum and Unlimited Oxfordshire.