



Time for you

A **free event** for carers and you can bring the person you care for.

A buffet lunch will be available at no charge, although donations will be gratefully accepted.

Wednesday 1st June 10am -3pm

Littleton Millennium Hall, The Hall Way
Littleton, Winchester SO22 6QL

- Computer games e.g. scrabble
- Simple massage for relaxation
- Crafts you can do at home
- Tai Chi / exercise
- Library services for carers
- Simple gardening
- Energy saving advice/ grants
- Other stands

For more information contact **Bernie Newitt**

Tel: 01794 519495

Email: bernie.newitt@carerstogether.org.uk



Come and try some new activities that can be enjoyed at home afterwards

Have some fun and try something different



It would help us to know who is attending for catering purposes, by Thursday 26th May 2011.

Please return this form to Bernie Newitt at 9 Love Lane, Romsey, Hants, SO51 8DE.

Alternatively phone or email your details to us.

Name(s) _____

Address _____

Tel _____

Do you have any particular access needs? No Yes - *Please describe overleaf.*

Do you have any dietary requirements (e.g. Vegetarian) _____