



Homelink offers a range of services and support for carers who care for their loved ones. These services are usually free, based at Homelink and open to all local carers, not just those who have loved ones attending our Day Respite Centre.

We continue our support for as long as our carers need it. We signpost and work closely with other organisations to offer the best help and support we can for carers.

## Carer Support Services

<u>Regular Events</u>	<u>Time</u>	<u>Days/Dates</u>	<u>Cost</u>	
<b>Carers Daily Coffee Morning</b>	10 -11am	Weekdays except Wednesdays	Free	Carers who support people attending Homelink
<b>Community Space Lunch Club</b>	11 - 2pm	Weekly on Wednesdays	£5 per person	<b>Must call to book in advance.</b> <i>For older Richmond upon Thames residents</i>
<b>Singing for the Brain</b>	2:00-3:30pm	Weekly on Wednesdays	£5 per person	All Carers and Loved ones and friends of Homelink welcome <b>No need to book</b>
<b>Music Therapy</b>	12:30-2pm	Monthly on Tuesdays	Free	For Carers and Loved ones. Call to book in advance
<b>Carers and Loved ones, Saturday Coffee Morning</b>	10:30 -12:30pm	Monthly on Saturdays. Call for dates	Free	All Carers and Loved one's welcome. <b>No need to book</b>
<b>Online Support Group: Supporting a parent living with Dementia</b>	6:00-7:30pm	Last Monday of the month.	Free	This is a hybrid of Zoom & in person. <i>For Richmond upon Thames residents</i>
<b>Online Support Group: Supporting a spouse/ friend/sibling living with Dementia</b>	4:00-5:30pm	Last Monday of the month.	Free	All online via zoom. <i>For Richmond upon Thames residents</i>
<b>Supper Club</b> Freshly cooked 2 course meal	5:30-7:30pm	Usually, 3 <sup>rd</sup> Tuesday of the month. <b>Call for dates and to book</b>	£15 each	All Carers and Loved ones and friends of Homelink welcome

**Homelink Day Respite Centre, Hospital Bridge Road Twickenham, TW2 6DE.**

For more information or to take part in any of the above events or to be added to our mailing list, contact: Jane by phone 020 8255 1992 or email [jane@homelinkdaycare.co.uk](mailto:jane@homelinkdaycare.co.uk)