

Carer Support Services

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