



Homelink offers a range of services and support for unpaid carers and their loved ones. These services for carers are mostly free, based at Homelink and open to all local carers of older people, 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 organizations to offer the best help and support we can for carers.

Carer Support Activities and Events

Weekly Activities and Events	
<p>Carers Daily Coffee Morning <i>For Carers who support people attending Homelink</i></p>	<p>10am –11am Weekdays except Wednesdays</p>
<p>Gentle Yoga for Carers Please register and book in advance <i>No charge and no equipment needed</i></p>	<p>11am –12:30pm Weekly on Mondays</p>
<p>Gentle Yoga for Carers on Zoom Please register for the link <i>No charge</i></p>	<p>6pm - 7pm Weekly on Tuesdays</p>
<p>New Carers Connect: <i>Information, Support and Lunch</i> <i>A series of sessions providing Unpaid Carers and their loved ones, with an opportunity to connect, share experiences and access targeted information in a supportive environment and a delicious lunch</i> Suggested donation: £7:50 per person</p>	<p>Wednesdays 11am - 2pm For dates and more information, please email jane@homelinkdaycare.co.uk</p>
<p>Singing for the Brain <i>All Carers and Loved ones and friends of Homelink welcome</i> £5 per person</p>	<p>2:15pm - 3:30pm Weekly on Wednesdays</p>
<p>Hounslow Carers Connect <i>Support group for Carers living and caring in Hounslow</i></p>	<p>10am -11am Weekly on Thursdays</p>

	<i>Q & A with Hounslow social worker Usually 2nd Thursday of the month</i>
Monthly Activities and Events	
<p>Online Support Group: Supporting a spouse/friend/sibling living with Dementia All online via zoom <i>For Richmond upon Thames resident carers</i></p>	<p>4pm - 5:30pm Last Monday of the month</p>
<p>Online Support Group: Supporting a parent living with Dementia This is a hybrid of Zoom & in person sessions <i>For Richmond upon Thames resident carers</i></p>	<p>6pm – 7:30pm Last Monday of the month</p>
<p>Supper Club Please call or email to book in advance All Carers, Loved ones & friends of Homelink welcome Suggested donation: £15 per person</p>	<p>5:30 - 7:30pm Usually, the 3rd Tuesday of the month Please call for dates</p>
<p>Music Therapy For Carers and Loved ones together Please register in advance</p>	<p><i>New Time 1:45pm - 3:00pm</i> Monthly on Tuesdays</p>
<p>Carers & Loved Ones Coffee Morning All Carers and Loved Ones welcome</p>	<p>10:30am -12:30pm Monthly on Saturdays Usually 2nd Saturday of the month Please call for dates</p>
Special Events	
<p>The Homelink Carers Support team also organise outings for Carers and Loved Ones including Boat Trips, Lunch at Bushy Park, Kew Gardens and other local attractions. We send information via email nearer the dates and there are posters at Homelink.</p>	<p>Please call or email for dates and more information</p>

Homelink supporting and connecting carers

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

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

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