



Carers Week

'A life of my own'

June 14 to 20, 2010

Are you a carer of an adult or disabled child living in the Wokingham Borough? If so, Wokingham Borough Council, The Princess Royal Trust for Carers Berkshire, Wokingham and Bracknell Districts Mencap, Wokingham's Learning Disability Partnership Board and Vue Cinema, are offering a host of activities for you during Carers Week (June 14 to 20, 2010) to raise awareness of the services and support available to help you get time for yourself.



**WOKINGHAM
BOROUGH COUNCIL**

Carers Walk

Where: Meet in the car park at Dinton Pastures Country Park, Hurst

When: 10.30am, Monday June 14

Carers, and the person you care for if they wish to participate, can enjoy a guided walk around Dinton Pastures Country Park and refreshments at the end.

Messing about on the river

Where: Wokingham Waterside Centre, Thames Valley Park

When: 10am to 3.30pm, Wednesday June 16

Fancy punting up the Thames on a Katakana? Carers, and the person you care for if they wish to participate, are invited to do just that and enjoy even more activities and lunch for **FREE** at the Wokingham Waterside Centre.

Non-swimmers and non-kayakers welcome.

Carers Annual Seminar

Where: Cantley House Hotel, Wokingham

When: 10.30am to 2.30pm, Thursday June 17

Specifically for carers, this seminar is based around this year's carers' week theme 'A life of my own'. Carers will have the opportunity to listen to other carers speak about different caring situations; look at stands from local organisations and enjoy a free lunch. Treatments and pampering from therapists will be available throughout the morning and after lunch.

Limited spaces are available for the above events so please register your space by Friday, 11 June via FREEPOST PRT CARERS SERVICE or contact Susan Iacobucci on (0118) 960 7045 or email: susani@prtberks.plus.com. Sitting services and transport can be arranged in advance only.

Free showing of 'Cemetery Junction'

Where: VUE Cinema, The Oracle Centre, Reading

When: Thursday June 17 at 11am

VUE Cinema in The Oracle Centre is offering Wokingham and Reading carers a **FREE** viewing of Ricky Gervais' coming of age comedy about three twenty something's dreaming of escaping their small town in 1970's England.

Places are limited so booking is essential. Call (0118) 937 4013 to book your free cinema place.