

If you look after a friend or relative who couldn't manage without your help, join in the celebrations during **Carers' Week 2010**

Thames Walk for Carers **Sunday 13th June**

Join people of all ages in walking up to 10m taking in the sights & sounds of London's riverbank & raise funds for Kingston Carers' Network

For details or to register, contact Maria on **020 3031 2751**

Mental Health Carers BBQ

6 - 8pm Tuesday 15th June
Noble Centre, 109a Blagdon Road
New Malden KT3 4BD

For carers to come along with their family and enjoy the live music and free BBQ.

For catering purposes please
RSVP 020 3031 2751

PARTY! for Young Carers' **4 - 6pm Thursday 17th June** **Surbiton**

Food & entertainment for children & young people looking after a disabled mum, dad, brother, sister or someone else at home.

Let Monika know you're coming
020 3031 2756

Hampton Court by River Boat **Wednesday 16th June**

A great way for carers to take time out and meet other carers.

Lunch and boat trip paid for.
To book call **020 8547 6124**

For carers who have not been on our trip before

Pampering, Health Check, Money Matters and Information Day for carers

11am - 3pm, Saturday 19th June

Noble Centre, 109a Blagdon Rd, New Malden KT3 4BD

Drop in to find out about looking after yourself, have a quick health check and make sure you're getting the service and benefits you're entitled to.

Walking distance from the New Malden High Street and parking on site.

For information or to book a treatment, contact Kirstie on **020 8547 6124**