



Carers Week Events

10th – 16th June 2024



Monday 10th June	Tuesday 11th June	Wednesday 12th June	Thursday 13th June	Friday 14th June
<p>10.30am – 12pm Walking Group Plean Country Park with coffee afterwards</p> <p>10.30am – 12pm CHAT: Carers' Rights <i>with Coalition of Carers in Scotland</i> Stirling Carers Centre</p> <p>11.45am – 4pm Jupiter Artland Trip Leaving from Stirling. Packed lunch provided. + </p> <p>1.15pm – 2pm Stirling/Online Yoga <i>with The Yoga Tree</i> The Yoga Tree Studio & Zoom</p>	<p>1pm – 3pm Male Carers Lunch The Birds & Bees, Stirling</p>	<p>9.30am – 10.30am Rural Yoga with Endrick Yoga Killearn Village Hall</p> <p>12pm – 2pm Killearn Group Lunch Killearn Village Hall + </p> <p>2pm – 4pm Afternoon Tea Allan Park Hotel, Stirling + </p> <p>6.30pm – 7.30pm CHAT: Legal Support for Parent Carers <i>with Caesar & Howie Solicitors</i> Stirling Carers Centre & online via Zoom</p>	<p>10.30am – 12pm CHAT: Money Management with CAP Debt Help Stirling Carers Centre</p> <p>12pm – 2pm Callander, Killin & Lochearnhead Lunch Mhor 84, Balquhider + </p> <p>2pm – 3.30pm Dementia Carers: Coffee & Chat with Age Scotland Stirling Carers Centre</p> <p>6pm – 8pm Parent Carers: Jump 'N' Joy Jump 'N' Joy, Tullibody + </p>	<p>9.30am Rural Yoga with Endrick Yoga Killearn Village Hall</p> <p>10.45am – 3pm Dementia Carers: Falkirk Wheel Trip Leaving from Stirling. Packed lunch provided. + </p> <p>2pm–4pm Chocolate Workshop <i>with Thinking Chocolate</i> Stirling Carers Centre</p>

+ Cared for person welcome

Transport provided



For more details and booking visit www.stirlingcarers.co.uk/CarersWeek