

MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH	THURSDAY 9TH	FRIDAY 10TH	SATURDAY 11TH
10am CISS	10am-12pm Unity in the Community	8:45am-5pm CISS	9:30am-11:30am Unity in the Community	9am-12pm CISS	9:30am-11:30am CISS
Cuppa with Carers Cuppa & Cake Lindsey Place, HU4 6BS Just turn up	Coffee Morning 372 Greenwood Avenue, HU6 8AP Just turn up	Trip to Skegness 3 x collection points in Hull Limited places Call 01482 222220	Food Bank and Carers Information & Support Session 372 Greenwood Avenue, HU6 8AP Just turn up	Carers Information & Support Morrisons, Holderness Road, HU9 3JA Just turn up	Carers Information & Support at Parkrun East Park, HU8 8JU Just turn up
11am CISS	11am Carers Celebration Service	10am-12pm CISS	9:30am-12pm CISS	1-3pm We Made This	ALL WEEK MON-SUN
Men in Sheds Cuppa & Cake Oak Road Playing Fields, HU6 7EY Just turn up	Singing, fun and cuppa & cake Hull Minster, HU1 1RR Just turn up	Aim Higher Cuppa & Cake Special Stars Unit, Princes Quay, HU1 2PQ Just turn up	Carers Information & Support West Hull Hub, HU4 6BN Just turn up	Crafting Group Lindsey Place, HU4 6BS Call 01482 222220	
	12.30pm Carers Book Club	10am-4pm CISS	11am - 2pm CISS	1.30-3pm Pelaton Café Parent Carer Group	 https://www.shorturl.at/ehoEY
	Reading group for carers Hull Minster, HU1 1RR Just turn up	Carers Information & Support Aldi, Anlaby Road, HU3 6SX Just turn up	Get Em Onside Cuppa & Cake West Hull Rugby League Club, HU4 6LQ Just turn up	Coffee & Cake Peter Pan Park, HU4 6TL Just turn up	
	3:30-4:30pm Age UK	11am-4pm CISS	11am - 2pm CISS	2pm-4pm CISS	
	Movement to Music The Jean Bishop Centre, HU9 2BL Call 01482 222220	Carers Party The Vault, Witham, HU9 1BL Just turn up	Coffee in the Community - Crafting Session West Hull Rugby League Club, HU4 6LQ Call 01482 222220	Coffee & Cake and Carers Information & Support Harrison Park, HU6 9DQ Just turn up	
	7pm FITMUMS & Friends	6.30pm Kingston upon Hull AC	2pm-4pm CISS	2pm-4pm CISS	
	Exercise Session The Club House, HU8 8PZ Just turn up	Couch to 5K Peter Pan Park, HU4 6TL Just turn up	Carers Information & Support Redwood Glades, HU7 4JY Just turn up	Coffee & Cake and Carers Information & Support Cecil Gardens, HU3 5PU Just turn up	
			7pm FITMUMS & Friends	3.30pm-4.30pm CISS	
			Exercise Session The Club House, HU8 8PZ Just turn up	Tai Chi The Jean Bishop Centre, HU9 2BL Call 01482 222220	



Come and join us for Carers Week 6th - 12th June 2022

If you provide regular and substantial care (or intend to) and you don't get paid for it, contact us at: [chcpcic.org.uk/chcp-services/carers/pages/about-ciss](https://www.chcpcic.org.uk/chcp-services/carers/pages/about-ciss) to arrange an assessment or call 01482 222220