

# Carers Week 2025

## Activities Brochure



01375 659 172

[carers@tbmind.org.uk](mailto:carers@tbmind.org.uk)

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# How to register for an event

You will need to register as a carer with us  
to be able to attend our carers week events.

You can do this by calling us on **01375 659172**.

We will then make a referral to our service  
and book your place for you.



# Learn a New Skill

Ready to unlock your creative potential?  
Whether you're a beginner or just looking to try something fun,  
come and join us for a hands-on experience.



## Drawing Skills

Discover the basics of  
sketching, shading, and  
bringing your imagination to life.

### When & Where

**Monday 9th June**

**10am-12pm**

**Grays Hub**



## Cake Decorating

Learn how to decorate  
delicious cakes that will wow  
your friends and family!

### When & Where

**Monday 9th June**

**2pm-4pm**

**Grays Hub**

This is the perfect opportunity to develop a new hobby,  
and have fun in a relaxed and supportive environment.

All levels welcome—come learn, create, and enjoy!

To book your place please call us on **01375 659172.**



# Picnic

Bring your lunch and join us for a relaxing and fun-filled picnic in the park to unwind, connect, and enjoy some well-deserved time outdoors.



Come and enjoy a beautiful outdoor setting and a chance to chat, relax, and connect with fellow carers.

**When & Where**  
**Tuesday 10th June**  
**12pm-2pm**  
**Grays Town Park**

It's the perfect opportunity to take a break, share stories, and recharge in the company of others who understand.

# Bingo & Brunch

Ready for some fun and friendly competition?



Eyes down for a Bingo Afternoon packed with laughs, and great company!

**When & Where**  
**Wednesday 11th June**  
**11am-2pm**  
**Grays Hub**

Whether you're a Bingo pro or a first-timer, it's all about having fun and enjoying the afternoon together! Come for the game, stay for the fun!

To book your place please call us on **01375 659172**.

# Young Adult Carers Go Bowling!

Are you 16-25 and supporting someone?

Take a break, have some fun and join us for an evening of Bowling!



Whether you're a strike machine or can't remember the last time you bowled, this night is all about fun, not scores.

## When & Where

**Wednesday 11th June**

**6pm-8pm**

**Hollywood Bowl Lakeside**



Grab a lane, lace up your shoes, and roll with it. Relax, laugh, and spend time with people who understand what it's like to be a carer.



To book your place please call us on **01375 659172.**

# Pamper Day

It's time to unwind, recharge, and focus on YOU!



Join us for a relaxing Pamper Day and a calming Mindfulness Session, designed to leave you feeling refreshed and restored.

**Mindfulness Session - 10am**  
**Pampering from 12pm**

**When & Where**  
**Thursday 12th June**  
**10am-4pm**  
**Grays Hub**



Whether you're looking to relax, recharge, or simply take a break, this day is all about YOU! Treat yourself to some well-deserved self-care.

To book your place please call us on **01375 659172.**



# Karaoke and Cake

Ready to belt out your favourite tunes and enjoy some sweet treats?



Sing your heart out to all your favourite hits and enjoy a variety of tasty cakes.

Join us for a Karaoke & Cake afternoon, where the mic is yours, and the cake is delicious!

**When & Where**  
**Friday 13th June**  
**12pm-3pm**  
**Grays Hub**



Whether you're a karaoke superstar or just in it for the cake, it's all about having a blast and making memories!

To book your place please call us on **01375 659172.**





# Quiz Night



Test your general knowledge and help us to raise awareness and vital funds to help us to continue supporting carers. Grab a drink from the bar and enjoy a fantastic evening of fun!

## When & Where

Friday 13th June

7pm-11pm

Belhus Cricket Club

North Stifford Village, RM16 5UG



**Tickets £5 Per Person**  
**Teams of 5**

You can book your place by scanning the QR code or popping into our Grays Hub.



# Contact us

## In Person

You can find us at Thurrock and Brentwood Mind Information and Advice Hub inside Grays Shopping Centre from Monday - Friday 9am-5pm

**Phone: 01375 659 172**

**Email: [carers@tbmind.org.uk](mailto:carers@tbmind.org.uk)**

## Post

Thurrock Carers Service,  
152 Bridge Road, Grays, Essex, RM17 6DB

## Social Media

We are on Facebook, Instagram, Twitter, Youtube and TikTok just search for Thurrock Carers Service

