



North Staffs Carers

**August
2026**

What's On

**Monday
3rd**

**Tuesday
4th**

**Wednesday
5th**

**Thursday
6th**

**Friday
7th**



Tai Chi Exercise
Gentle exercise and relaxation for everyone. Please wear loose, comfortable clothing.
Gardeners' Retreat Pub, Boothon, Stoke, ST4 4BJ
12.30pm - 1.30pm

Breathing Space
Support group for carers of adults with learning disabilities
Dez's Kitchen, Fegg Hayes, ST6 6QR.
11.00am - 1.00pm

Photography Club
Temple Street Community Centre, Fenton, ST4 4NW
10.00am - 12.00pm
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Mental Health Carers Group
Support group for those caring for someone with mental health issues.
Ashcombe Centre, Wall Lane Terrace, Cheddleton, ST13 7ED.
1.00pm - 2.00pm

Brunch @ Olive Tree Cafe
Carers' Catch-up.
Olive Tree Cafe, Garners Garden Centre, Silverdale, ST5 6SH.
10.30am - 12.00pm
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Mental Health Carers Group
Support group for those caring for someone with mental health issues.
Greenfields Centre, Furlong Rd, Tunstall, ST6 5UD.
11.00am - 12.30pm
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Carers' Walking Group
Longton Park - meet at the main entrance (Trentham Rd). Gentle walk on an accessible route. Cafe and toilets available.
Longton Park, Trentham Rd, Stoke-on-Trent ST3 4NZ.
11.00am - 1.00pm

Carers' Support Group
Speak to one of our advisors and meet other carers.
Meir Primary Care Centre, Meir, ST3 6AB.
10.00am - 12.00pm
.....

Chill & Chat
Support group for parents and carers of adults with SEND
Grocott Centre, Ingestre Square, Blurton, ST3 3JT.
1.00pm - 3.00pm
.....

Reading Friends
Read together in a supportive group. Free refreshments. No need to book.
Bentilee Library, Bentilee Neighbourhood Centre, Bentilee, ST2 0EH.
1.30pm - 3.30pm.

**Week commencing
3rd August**



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putting carers first

Registered Charity No. 1062548

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If you would like a copy of our monthly What's On, please email: optin@carersfirst.com



North Staffs

Carers

**August
2026**

What's On

**Monday
10th**

**Tuesday
11th**

**Wednesday
12th**

**Thursday
13th**

**Friday
14th**

**Week
commencing
10th August**

Tai Chi Exercise
Gentle exercise and relaxation for everyone. Please wear loose, comfortable clothing.
Gardeners' Retreat Pub, Boothon, Stoke, ST4 4BJ
12.30pm - 1.30pm

Photography Club
Temple Street Community Centre, Fenton, ST4 4NW
10.00am - 12.00pm
.....

Arts and Crafts
Temple Street Community Centre, Fenton, ST4 4NW
10.00am - 12.00pm
.....

Lifeworks Meeting
For carers with autism or caring for someone with autism.
Harper House, Harper Street, Middleport, ST6 3QU.
10.30am - 12.00pm

NEW!
Dementia Friendly Support Group
Meet one of our advisors and chat with other carers in a supportive environment.
Parking available on Kingsway Car Park.
Stoke Minster, Glebe Street, Stoke, ST4 1LP.
12pm - 2pm.



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Carers

August 2026

What's On

**Monday
17th**

**Tuesday
18th**

**Wednesday
19th**

**Thursday
20th**

**Friday
21st**

**Week
commencing
17th August**

Tai Chi Exercise

Gentle exercise and relaxation for everyone. Please wear loose, comfortable clothing.

**Gardeners' Retreat Pub, Boothon, Stoke, ST4 4BJ
12.30pm - 1.30pm**

Carers' Support Group

Speak to one of our advisors and catch up with other carers.

**Kidsgrove Library, Kidsgrove, ST7 1BS.
2.00pm - 3.00pm**

**Photography Club
Temple Street Community Centre, Fenton, ST4 4NW
10.00am - 12.00pm**

**PEGIS/SEND Community Lounge.
Hazel Trees, Fenton, ST4 3NR.
10.00am - 12.00pm
.....**

Carers' Allotment Visit
Please wear suitable clothing and bring your own refreshments.
NO TOILETS AT THIS VENUE.
**Longton Hall Community Allotments, Longton Hall Lane, Longton, ST3 2NJ.
10.00am - 12.00pm**

Men Care 2
Monthly men's group to meet new friends and share experiences.
**The Cafe, Fenton Town Hall, Albert Square, Fenton, ST4 3FA.
10.30am - 12.30pm
.....**

Reading Friends
Read together in a supportive group. Free refreshments. No need to book.
**Bentilee Library, Bentilee Neighbourhood Centre, Bentilee, ST2 0EH.
1.30pm - 3.30pm.**



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North Staffs

Carers

August 2026

What's On

**Monday
24th**

**Tuesday
25th**

**Wednesday
26th**

**Thursday
27th**

**Friday
28th**

**Week
commencing
24th August**

Tai Chi Exercise

Gentle exercise and relaxation for everyone. Please wear loose, comfortable clothing.

**Gardeners' Retreat Pub, Boothen, Stoke, ST4 4BJ
12.30pm - 1.30pm**

**Carers' Catch Up
Hempstalls Care Home,
Hempstalls Lane,
Newcastle, ST5 9NR.
10.30am - 12.00pm**

**Photography Club
Temple Street Community Centre, Fenton, ST4 4NW
10.00am - 12.00pm**
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**Arts and Crafts
Temple Street Community Centre, Fenton, ST4 4NW
10.00am - 12.00pm**

Mental Health Carers Group
Support group for those caring for someone with mental health issues.
**The Sutherland Centre, Belgrave Rd, Dresden, ST3 4LR.
10.00am - 11.30am.**

Shared Memories Dementia Group.
For those living with dementia and their carers.
**Werrington Library, Werrington, ST9 0JS.
10.00am - 12.00pm**

**Monday
31st**

**Week
commencing
31st August**

Tai Chi Exercise
Gentle exercise and relaxation for everyone. Please wear loose, comfortable clothing.
**Gardeners' Retreat Pub, Boothen, Stoke, ST4 4BJ
12.30pm - 1.30pm**



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