

# Time Out for Carers

A series of trips offered to unpaid carers

A series of trips offered to unpaid Carers in Gloucestershire. To register an interest please contact us on:

01452 386283 or [mail@carersgloucestershire.org.uk](mailto:mail@carersgloucestershire.org.uk)

You will be informed after the closing date if you have your place.

*\*Each trip has a non-refundable £5 charge per person unless otherwise stated\**

<b>Thursday 7<sup>th</sup> February 2019</b>	<b>Trip to Oxford with optional Ashmolean Museum visit</b> Join us for a day out seeing the sights in historic Oxford, with an optional visit to the Ashmolean Museum. <b>Please register your interest by Monday 28<sup>th</sup> January</b>	Transport provided – pick up points in Stroud, Dursley and Cirencester
<b>Tuesday 19<sup>th</sup> February 2019</b>	<b>Evening X-Jump Trampoline Session – 6pm or 7pm</b> Bounce, tumble and leap in this fantastic fully accessible trampolining centre near Gloucester. Join your child on the trampolines or relax with a drink in the café area. <b>Please register your interest by Monday 28<sup>th</sup> January</b>	£5 per child, carers go free. Ages 5-25yrs. No transport is provided – please make your own way there. <i>Please note this parent carers trip for has been jointly arranged with Allsorts charity.</i>
<b>Friday 1<sup>st</sup> March 2019</b>	<b>Pub Meal at the Rising Sun Pub</b> Join us for an evening get together at the Rising Sun pub on Cleeve Hill, Cheltenham. <b>Please register your interest by Monday 18<sup>th</sup> February.</b>	No transport is provided – please make your own way there.
<b>Thursday 7<sup>th</sup> March 2019</b>	<b>Afternoon Tea at The Speechhouse Hotel</b> Get away from it all at the beautiful Speechhouse Hotel and enjoy a delicious afternoon tea. You're welcome to join us for an optional walk at Beechenhurst beforehand too. <b>Please register your interest by Monday 18<sup>th</sup> February</b>	No transport is provided – please make your own way there.
<b>Wednesday 20<sup>th</sup> March 2019</b>	<b>Healthy Meals in Minutes</b> Want to prepare <b>quick healthy dinners</b> but don't have much time? New to cooking? Stuck in a cooking rut? Get away from it all this spring and gain some tips for adding more healthy veg into your meals. This is a vegan kitchen but the workshop is good for all. <b>Please register your interest by Monday 25<sup>th</sup> February</b>	This course will take place in beautiful Malvern and runs from 11am – 3pm.  Transport provided with pick ups in Cheltenham and Tewkesbury.
<b>Monday 1<sup>st</sup> April 2019</b>	<b>Stencilling Workshop – Victoria Works Studio Chalford</b> Work with a local artist to create a piece of art using stencilling. This will be a relaxed, fun and creative atmosphere – where you can create some art you're proud of. Continue the relaxation with optional coffee and cake afterwards at the Lavender Bakehouse. <b>Please register your interest by Monday 11<sup>th</sup> March</b>	Due to the venue this trip is not suitable for those with poor mobility.  No transport is provided – please make your own way there. Workshop will begin at 10.30am.

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