



The Princess Royal Trust for Carers
in Hampshire

PRTCH Services and Events

**CARERS
TRUST**



The Princess Royal Trust for Carers in
Hampshire

Carers Virtual Coffee Mornings

**CARERS
TRUST**

Every Thursday 11am

Join us for Virtual Coffee Mornings, and chat
to your Carer Support Worker and other
carers.



Grab a tea or a coffee, a slice of cake or a
biscuit and log in to participate.

For details of how to join please call 01264
835246 or email info@carercentre.com



Charity No 1040518 Company No 2955846





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Hampshire Carers



Virtual Art Class

In partnership with a local Hampshire Artist Claire Scull we are delighted to bring you this virtual interactive online Art session.

Whether you are a beginner or an experienced artist. If you are feeling creative sign up for this unique event. Pencils and paper will be provided and delivered to you. The class will take place via Zoom.



Every Month (please call for details)

**If you would like to join, please call 01264 835246
or email info@carercentre.com**

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Carers Virtual Group Counselling Session

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**Has your caring role increased
since the Lockdown?**

**Has your anxiety around your
caring role risen?**

**If so we want you to know that support is still
available to you.**



**Join us for a Virtual Group Counselling
session for Carers and talk to our
Counsellor and other carers feeling the
same as you**

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Virtual Book Club

We are delighted here at The Trust to bring you this virtual interactive Book Club.

Do you enjoy reading? Would you like to discuss what you have read with other carers? Join us for an exciting interactive session once a month. The book will be delivered to your door along with some Tea and Biscuits for you to enjoy with the book. The class will take place via Zoom.



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Baking at home Virtual Session

We are delighted to bring you this virtual interactive online session.

Sign up for this unique cake baking session. We will deliver the cake ingredients to you the day before the session and then you can make them with us the next day following very simple instructions.



If you would like to join, please call 01264 835246
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