



Kingsway  
Greenhurst Place  
Blackburn BB2 1NA  
Tel: 01254 688440 Fax: 01254 688441  
email: [office@bwdcarers.org.uk](mailto:office@bwdcarers.org.uk)

**Supporting you so you can help those you care for**

## WHAT'S ON IN JULY 2025!

Activities that require a payment must be booked and paid for at reception. On trip days, you will need to have paid in full before going on the trip. Please arrive 15 minutes before we are due to leave. Parking on Kingsway is not permitted when going on day trips out.

Date & Time	New Activities for this month New Activities
<p><b>Tuesday 1<sup>st</sup> July</b> <b>1 pm until 3 pm</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>No need to book</b></p>	<p><b>Afternoon Cafe</b> <i>(For Carers and Care For)</i></p> <p>Take a break and connect with others at our friendly Afternoon Cafe</p> <p><b>This month: Lunch, Musical Bingo &amp; Prizes!</b></p> <p>Join us every first Tuesday of the month for a relaxed and welcoming afternoon featuring guest speakers, live music, bingo, quizzes, and raffles.</p>
<p><b>Tuesday 1<sup>st</sup> July</b> <b>11 am until 12 pm</b></p> <p><b>1st, 8th, 15th, &amp; 22nd July 2025</b> <b>Places are limited</b></p> <p><b>Booking is Essential</b> <b>10 places available.</b></p>	<p><b>Gentle Yoga for Carers</b></p> <p>Join us for a relaxing summer course led by a certified coach with experience in the UK.</p> <p>A welcoming space to stretch, breathe, and recharge.</p> <p>Coach: Kate Higham Website: <a href="http://www.katehigham.com">www.katehigham.com</a></p> <p><b>Activities – Self-care – Day out – trips – Shopping – Community</b></p>

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Company Number: 05881757



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**Saturday 5<sup>th</sup> July**

**7:30 p. m**

**Venue:**

**Westholme School**



**Free Tickets to Blackburn Symphony Orchestra!**

**Free tickets to an enchanting evening with the Blackburn Symphony Orchestra!**

An evening of beautiful music performed by one of the region's finest orchestras — completely free!

To claim yours, please contact the office and, if possible, book before **3 July**.

**Booking is essential**

Check out the link of the event : [Blackburn Symphony Orchestra](http://BlackburnSymphonyOrchestra.org.uk)

**Saturday 5<sup>th</sup> and 6<sup>th</sup>  
July From 10 am until 3  
pm**

**FREE ACTIVITY**



**No need to book**

**Creative Journaling at the Festival of Making**

Join BWD Carers Service as we share artwork and host a Creative Journaling Workshop at this year's National Festival of Making!

**Want to showcase your art or craft? Email Lesly Vela at [lesly.vela.cobo@bwdcarers.org.uk](mailto:lesly.vela.cobo@bwdcarers.org.uk)**

Let's create, connect, and celebrate together!

See the link of the festival

<https://festivalofmaking.co.uk/whats-on/>

**We will be in The Exchange Building at 71–73 King William Street, Blackburn, BB1 7DT.**

**Activities – Self-care – Day out – trips – Shopping – Community**



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<p><b>Tuesday 8<sup>th</sup> July</b> <b>10 am until 12 pm</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>No need to book</b></p>	<p><b>Art and Craft with NEURO-DY-NAMIX</b> <b>Are you looking for fun and easy projects?</b></p> <p>We have got ideas, tips, and materials to spark your creativity!</p> <p><b>Explore new techniques, create simple DIY crafts, and discover unique ideas.</b></p> <p><b>Refreshments and materials provided!</b></p>
<p><b>Thursday 10<sup>th</sup> July</b> <b>9.15 until 3 pm</b> <b>Transport provided.</b></p> <p><b>ONLY £5</b></p> <p><b>Booking is essential 15 places available</b></p>	<p><b>Trip to Fleetwood Market</b> <b>Explore Over 200 Stalls!</b></p> <p>With five unique zones and plenty of tasty spots, this vibrant market has something for everyone to enjoy!</p> <p><b>This is the link to plan your trip on the day</b></p> <p><u><a href="https://www.fleetwoodmarket.co.uk/fleetwood-market-1">https://www.fleetwoodmarket.co.uk/fleetwood-market-1</a></u></p>
<p><b>Thursday 10<sup>th</sup> and 24<sup>th</sup> July</b> <b>1 pm until 3 pm</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>No need to book</b></p>	<p><b>Balance &amp; Well-Being Group</b> <b>Looking for a safe space to talk and connect?</b></p> <p>Safe space in a judgment-free zone, explore mindfulness, art, and more!</p> <p>Led by mental health professionals</p> <p><b>Open Chats - Fun Activities – Support – Free Refreshments</b></p>

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<p><b>Thursday 10<sup>th</sup> July</b> <b>11 am</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>No need to book</b></p>	<p><b>Witton Park Ramble – Step into History</b> <b>Special Walk</b></p> <p>Join us for a gentle walk through the beautiful woodlands of Blackburn’s largest park, as we uncover stories from Witton Park’s rich past.</p> <p><b>Meeting Point:</b> Witton Park Pavilion, Preston Old Road, Blackburn, BB2 2NQ.</p> <p>For more information, please get in touch with the walking team on 07724097964</p>
<p><b>Saturday 12<sup>th</sup></b> <b>July 5 pm until 7 pm</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>Booking is essential 15 places available</b></p> <p><b>We will meet at the</b> <b>caffee: <u>58-62 King William St, Blackburn</u></b> <b><u>BB1 7HU</u></b></p>	<p><b>Special evening – Journaling techniques</b> <b>At Caffee Impresso</b></p> <p><b>This month’s session will take place in a beautiful private room at Caffè Impresso in town.</b></p> <p>Discover how women have embraced journaling as a powerful practice to foster self-love, compassion, and emotional balance.</p> <p>Learn easy, calming techniques to reduce anxiety, boost your well-being, and reconnect with yourself—</p> <p><b>A qualified counsellor guides the session.</b></p> <p><i>Journaling for Self-Love &amp; Calm</i></p> <p><b>Open Chats - Fun Activities – Support – Free Refreshments</b></p>

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<p><b>Tuesday 15<sup>th</sup></b> <b>July 5 pm – 7 pm</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>No need to book</b></p>	<p><b>Pamper Evening.</b> <b>Join us for a relaxing evening of pampering:</b></p> <p>An opportunity to learn from a professional make-up to design your own make-up style</p> <p><b>Refreshments Provided.</b></p>
<p><b>Tuesday 15<sup>th</sup> July</b> <b>1 pm until 3 pm</b></p> <p><b>FREE ACTIVITY</b></p> <p><b>No need to book</b></p>	<p><b>Art and Craft</b> <b>Are you looking for fun and easy projects?</b></p> <p>We have got ideas, tips, and materials to spark your creativity!</p> <p><b>Explore new techniques, create simple DIY crafts, and discover unique ideas.</b></p> <p><b>Refreshments and materials provided!</b></p>
<p><b>Friday 18<sup>th</sup> July</b></p> <p><b>Booking is essential</b></p>	<p><b>Wills Days</b></p> <p>Our expert solicitor will help you draw up your will. The service is free, but a £30 donation per will to the service is welcome. Our Solicitor can also advise you on Trusts and Continuing Health Care</p> <p><b>Activities – Self-care – Day out – trips – Shopping Community</b></p>

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<p><b>External activity</b></p> <p><b>Local Family Event</b></p> <p><b>Saturday 26<sup>th</sup> July</b></p> <p><b>10 am – 3 pm at Witton Park, Blackburn</b></p> <p><b>See more in the following Link: <u>Refresh Blackburn with Darwen</u></b></p>	
<p><b>Sunday 27<sup>th</sup></b></p> <p><b>9.15 until 4 pm</b></p> <p><b>Transport provided.</b></p> <p><b>ONLY £5</b></p> <p><b>Booking is essential 15 places available</b></p>	<p><b>Trip to Bradford</b></p> <p><b>UK City of Culture 2025</b></p> <p>Discover fresh air, a stunning city, all wrapped in rich heritage and vibrant culture. Explore the former home of literary legends in a city full of stories.</p> <p><b><a href="https://www.visitbradford.com/">https://www.visitbradford.com/</a></b></p> <p><b>Activities – Self-care – Day out – trips – Shopping Community</b></p>



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<b>Date &amp; Time</b>	<b>Regular Activities for this month</b>
<p><b>Every Monday</b></p> <p><b>10 am – 12 pm</b></p> <p><b>No need to book</b></p>	<p><b>Asian Carers Group</b></p> <p>Asian Carers will be meeting at Kingsway and other venues, depending on the weather, there will be a host of craft, gardening, social, wellbeing, and learning activities to do.</p> <p><b>Refreshments provided!</b></p>
<p><b>Every 2nd Monday of the month</b></p> <p><b>10 am – 12 pm</b></p> <p><b>No need to book</b></p>	<p><b>Coffee Mornings at Carers Service</b></p> <p>Looking for a friendly chat and a relaxing break?</p> <p>Come along to our cozy coffee mornings — a chance for to connect over a warm drink, make new friends, and enjoy a <b>variety of fun activities</b>.</p> <p><b>Refreshments provided!</b></p>
<p><b>Last Tuesday of the month</b></p> <p><b>1pm – 3pm</b></p> <p><b>No need to book</b></p>	<p><b>Dementia Peer Support Group For Carers.</b></p> <p><b>Safe Space and Support</b></p> <p>Advice and Information on health and well-being for you and the person you care for.</p> <p><b>Refreshments provided!</b></p> <p><b>Activities – Self-care – Day out – trips – Shopping Community</b></p>

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<p><b>Every Wednesday 10.30am – 11.30am</b></p> <p><b>No need to book</b></p>	<p><b>Seated Exercise with Jo</b></p> <p>Join us for 40 minutes of exercise, light refreshments, and a chat. These sessions are perfect for senior citizens looking to maintain or improve their fitness in a fun way.</p> <p><b>ONLY £1</b></p> <p><b>Refreshments provided!</b></p>
<p><b>Every Wednesday</b></p> <p><b>10 am – 12 pm Morning session</b></p> <p><b>Booking is essential</b></p>	<p><b>Join Our Sewing Group!</b> <i>Love sewing or keen to learn.</i></p> <p>Bring your own project or start fresh—our group is open to all levels. Meet others, share skills, and enjoy creative time together.</p> <p><b>ONLY £2</b></p> <p><b>Refreshments provided!</b></p>
<p><b>2nd and 4th Wednesday of the month 10 am – 12 pm</b></p>	<p><b>National Autistic Society Coffee Morning</b></p> <p>Regular coffee morning at Kingsway for Carers of people with Autism.</p> <p>New members are always welcome, contact Joanne 07887838168 <b><u>Email: <a href="mailto:nasblackburnwithdarwenbranch@nas.org.uk">nasblackburnwithdarwenbranch@nas.org.uk</a></u></b></p> <p><b>Activities – Self-care – Day out – trips – Shopping Community</b></p>

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<p><b>Contact the Office to book a session</b></p>	<p><b>Digital Support at Kingsway</b></p> <p>Do you need internet access or help using a computer? Use our computers for free. Support is on hand for: applying for jobs, filling in forms, setting up email</p>
<p><b>Every Wednesday and Thursday</b></p> <p><b>11 am to 12.30 pm</b></p> <p><b>No need to book</b></p>	<p><b>BwD Carers Service Wellbeing Walks.</b></p> <p>Discover the countryside and nature on your doorstep and make new friends.</p> <p>For more information, please get in touch with the walking team on 07724097964</p>
<p><b>1st Thursday of the month</b></p> <p><b>12.30 pm – 2.30 pm</b></p> <p><b>No need to book</b></p>	<p><b>Neurodiversity Group</b></p> <p><b>Do you support someone with Neurodiversity?</b></p> <p>Get in touch with us your local service supporting families and friends caring for someone with neurodiversity, either pre- or post-diagnosis.</p> <p><b>Refreshment provided!</b></p> <p><b>Activities – Self-care – Day out – trips – Shopping Community</b></p>

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## Coming Up in August...

### *Summer Flea Market and Craft Sale!!!*

**Monday 11<sup>th</sup>**  
**August 10 am until**  
**12 m.**

#### **FLEA MARKET**

Saturdays From 9:00 AM.



**No need to book**

Join Carers Service for a  
lively event with  
**Free refreshments,**  
**Prizes, raffles, Crafts Sale**  
and much more ...



Our flea market packed with crafts and unique  
finds—perfect for kids' fun or your next creative  
project, at **Bargain prices!**

Flea Market | Craft Treasures | Good  
Vibes | Raffle Fun Let's share a cuppa and a  
smile this summer!

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