



**10th - 14th  
June 2019**



**Free Swim, Sauna,  
Steam Room & Spa Pool**

**Badminton  
Short or Table Tennis**



**Bake your own  
Afternoon Tea**

**Carers Week  
Curry Lunch**



**FREE**

## **PROGRAMME OF ACTIVITIES**

Unique Ways, a local charity in Calderdale with support from Calderdale Council are pleased to be able to offer a timetable of free activities for Carers Week 2019.

Please note: Booking for some activities is essential

**Please see reverse for full details of how to book and full timetable of activities.**

**Charity No: 1109413**



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# Free Programme of Activities

Kindly supported by Calderdale Council

**Mon - Fri**

**All Day**

**Free Swimming Sessions**

@ Todmorden Sports Centre

Free swimming during normal operating / opening hours at the centre, no booking required. Please mention Carers Week at reception.

**Mon - Fri**

**All Day**

**Free Premier Suite Sessions**

@ Todmorden Sports Centre

Premier Suite Sessions (Sauna / Steam Room / Spa Pool) during normal operating / opening hours, no booking required. Please mention Carers Week at reception.

\*\*Wednesday Afternoon - Ladies Only and Friday Morning - Men Only\*\*

**Mon 10th**

**12:00 - 2:00**

**Bake Your Own Afternoon Tea**

@ Heath Training Centre, Unit 4 Heath Campus, Free School Lane, Halifax HX1 2PS

Bake your own buns to take home or eat with a cup of tea or coffee with Adah from Unique Ways. Ingredients provided. Book online at: <https://carersbake.eventbrite.co.uk> Numbers Limited.

**Tue 11th**

**10:00 - 3:00**

**Group Fitness Suite Inductions**

@ North Bridge Leisure Centre

Fitness Suite Inductions in small groups of up to 4 people, on the hour. Booking Essential via Debbie Greenwood on 01422 341527 or email [debbie.greenwood@calderdale.gov.uk](mailto:debbie.greenwood@calderdale.gov.uk)

**Wed 12th**

**10:00 - 12:00**

**Free Badmington, Short or  
Table Tennis**

**1:00 - 3:00**

@ North Bridge Leisure Centre

Allocated sports hall area for people choosing to play badmington, short or table tennis. Available anytime, no booking required. Please mention Carers Week at reception.

**Thur 13th**

**10:00 - 12:00**

**Free Badmington, Short or  
Table Tennis**

**1:00 - 3:00**

@ North Bridge Leisure Centre

Allocated sports hall area for people choosing to play badmington, short or table tennis. Available anytime, no booking required. Please mention Carers Week at reception.

**Friday 14th**

**12:00 - 14:00**

**Carers Week Curry Lunch**

@ Unique Ways, Hanson Lane Enterprise Centre, Hanson Lane, Halifax, HX1 5PG

Join the team for a curry lunch to celebrate the end of Carers Week 2019

Book online at: <https://carerscurry.eventbrite.co.uk> Numbers Limited.