



## Today's Carers Week events

Carers Week began yesterday, with a day of 'Songs and Selfies' near the Moor Market.

Today's activities include a Dementia Friends event at the Carers Centre, a free meal and bingo session at Mecca Bingo, an information stall at Sainsbury on Archer Road and a sessions of Clubercise at the Theatre Delicatessen on The Moor.

For the latest news, updates and photos, please click [here](#), and for the complete programme for the week, please click [here](#).