

Carer Online Programme Oct / Nov 2020

Gentle Yoga with Colette

Mondays

5th, 12th, 19th Oct & 2nd Nov

10.30 – 11.30am

We can provide free yoga mats for Carers who register



Relax with Recharge

Tuesday 20th October

6pm – 7pm

Bag of relaxation goodies will be provided



Bake your Afternoon Tea

Wednesday 21st October

11am – 12.30pm

Materials will be provided



8 week Mindfulness Course with Julie

Wednesdays 21st Oct to 9th Dec

7.30 – 8.30pm



Seasonal Gardening with Linda

Tuesday 3rd November

11am – 12.30pm

Materials will be provided



Quiz Night

Friday 6th November

7.30pm



Movement & Dance with Charmaine

Fridays 9th, 16th, 23rd, 30th Oct

& 6th & 13th Nov

11.00 – 12.00md



Cooking for Bereaved Carers

Monday 9th Nov

11am – 12.30pm

Materials will be provided. This is for carers bereaved in the last year.



To book your place contact the Carer Support Service

on T: 9504 2126

E: CarerSuppSvc@belfasttrust.hscni.net