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| **Carer Online Programme Nov / Dec 2020** |
| **Gentle Yoga with Colette**  Mondays 2nd November to 14th December  10.30am – 11.30am  We can provide free yoga mats for Carers who register |
| **Quiz Night**  Friday 6th November  7.30pm |
| **Movement & Dance with Charmaine**  Fridays 6th & 13th November  11am – 12.00md |
| **Cooking for Bereaved Carers**  Monday 9th November  11am – 12.30pm  Materials will be provided. This is for carers bereaved in the last year. |
| **Seasonal Gardening with Linda**  Tuesday 10th November  11am – 12.30pm  Materials will be provided |
| **Sketching for Fun with Skye**  Saturday 14th November  2.00 – 3.30pm  Materials will be provided |
| **Carers Rights Day Session**  Thursday 26th November  11am – 12.30pm |
| **4 Week Christmas Craft Sessions**  Thursdays 26th Nov & 3rd, 10th, 17th Dec  11am – 12.30pm  Materials will be provided |
| **Making Christmas Crackers with Ciaran**  Sunday 5th December  2.00 – 5pm  Materials will be provided |

**To book your place contact the Carer Support Service**

**on T: 9504 2126**

**E: CarerSuppSvcs@belfasttrust.hscni.net**