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| **Carer Online Programme February 2021** |
| **Gentle Yoga with Colette**  **Mondays until end of February**  **10.30am – 11.30am** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\744D7E6E.tmpIntroduction to Coaching with Fiona**  **Monday 22nd February**  **2.00pm – 3.00pm** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1F68295F.tmpSpring Gardening** **with Linda**  **Tuesdays 16th & 23rd February**  **1.30pm – 3.30pm (Materials will be provided)** |
| cid:image001.png@01D6F0C1.85501260**Singing with Anna**  **Wednesday 17th & 24th February**  **11.00am – 12.00pm** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\C082D9C5.tmpGuitar Session with Brendan**  **Wednesday 17th February**  **7.00pm – 8.00pm (Guitar Required)** |
| [Common Sales Tricks Beauty Spas use on you (Plus New York Skin Solutions  Review) » myBeautyCravings](https://www.google.com/imgres?imgurl=https%3A%2F%2Fwww.mybeautycravings.com%2Fwp-content%2Fuploads%2F2016%2F01%2FFacial.jpg&imgrefurl=https%3A%2F%2Fwww.mybeautycravings.com%2Freview-new-york-skin-solutions-beauty-spa-common-sales-tricks%2F&tbnid=O7Zlk0N4Zl56AM&vet=12ahUKEwiKwd3D3a_uAhVE-4UKHeU2CZ4QMygoegUIARD6AQ..i&docid=T2yycuXGb692dM&w=3600&h=2400&q=facial%20session&safe=active&ved=2ahUKEwiKwd3D3a_uAhVE-4UKHeU2CZ4QMygoegUIARD6AQ)**‘Show Yourself Some Love’ Facial Session**  **Thursday 11th February**  **7.30pm – 8.30pm (Materials will be provided)** |
| **C:\Users\demi.simpson\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4F7C41D3.tmp4 Week Craft Workshops**  **Thursdays 18th February to 11th March**  **11.00am to 12.00pm (Materials will be provided)** |
| [Personalized Sketch Pad - Qualtry](https://www.google.com/imgres?imgurl=https%3A%2F%2Fcdn.shopify.com%2Fs%2Ffiles%2F1%2F0399%2F1937%2Fproducts%2FSketchPad_Close1_staged_6141850d-458d-464e-aab4-372e78cb8c1b.jpg%3Fv%3D1568736776&imgrefurl=https%3A%2F%2Fwww.qualtry.com%2Fproducts%2Fpersonalized-sketch-pad&tbnid=qYvqX3W0tDuDWM&vet=12ahUKEwihlNjt3a_uAhUP_BoKHTaqCb4QMyghegUIARDfAg..i&docid=fOfeHYOg_8TfnM&w=960&h=582&q=sketch%20pad&safe=active&ved=2ahUKEwihlNjt3a_uAhUP_BoKHTaqCb4QMyghegUIARDfAg)**Sketching for Beginners**  **Wednesday 24th February**  **2.00pm – 3.30pm (Materials will be provided)** |
| 704-nia-**Movement & Dance with Charmaine**  **Fridays 15th January to 19th February**  **11.00am – 12.00pm** |
| [Valentine's Day DIY Crafts - FeltMagnet - Crafts](https://www.google.com/imgres?imgurl=https%3A%2F%2Fimages.saymedia-content.com%2F.image%2Ft_share%2FMTc1MDE2NDU0MjI4MzU0Nzky%2Fvalentines-day-diy-crafts.jpg&imgrefurl=https%3A%2F%2Ffeltmagnet.com%2Fcrafts%2FValentines-Day-DIY-Crafts&tbnid=zrpEQZE0aEhyhM&vet=12ahUKEwi5-OGo3q_uAhXR34UKHXjdAKEQMygvegUIARC2Ag..i&docid=Eu-INzkWc2TRqM&w=1200&h=629&q=valentines%20crafts&safe=active&ved=2ahUKEwi5-OGo3q_uAhXR34UKHXjdAKEQMygvegUIARC2Ag)**Valentine Crafts with Ciaran**  **Friday 12th February**  **2.00pm – 3.00pm (Materials will be provided)** |

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

**on T: 9504 2126**

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