



Carers Week 7th - 11th June 2021

Click on the event name to get booked on or call **0300 012 0231**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>7th</p> <p>11:00 - 12:00 <u>Cuppa and Chat</u></p> <p>13:00 - 14:00 <u>Benefit Awareness</u></p> <p>14:30 - 16:00 <u>Relaxation Sessions</u> (CLEAR)</p>	<p>8th</p> <p>15:00 - 16:00 <u>Quiz</u></p> <p>17:30 - 18:30 <u>Evening Cuppa + Chat</u></p>	<p>9th</p> <p>11:00 - 12:30 <u>Stress Management</u> (CLEAR)</p> <p>13:00 - 14:00 <u>Cuppa and Chat</u></p>	<p>10th</p> <p>13:00 - 14:15 <u>Building Resilience</u></p> <p>13:00 - 14:00 <u>Big Energy</u> <u>Gameshow</u></p> <p>15:00 <u>Walking for Carers</u> <u>2021 celebration</u></p> <p>17:30 - 18:30 <u>Movie Club</u></p>	<p>11th</p> <p>11:00 - 11:30 <u>Tai Chi</u></p> <p>11:30 - 12:15 <u>Meditation</u></p> <p>14:00 - 15:00 <u>The Kirkwood's Choir</u></p>

