

Carers Groups 2023

Saturday 14 th January 2023	Catching up and well-being after Christmas
Saturday 28 th January 2023	Complementary Therapy workshop
Saturday 11 th February 2023	Legacy work
Saturday 25 th February 2023	Advance Care Planning
Saturday 11 th March 2023	Safer Handling
Saturday 25 th March 2023	Guided relaxation/ Self-care
Saturday 8 th April 2023	Fire Brigade
Saturday 22 nd April 2023	Sleep Hygiene
Saturday 6 th May 2023	Police talk
Saturday 20 th May 2023	Benefits of exercise
Saturday 3 rd June 2023	Carers Link representation
Saturday 17 th June 2023	Wellbeing walk along the canal
Saturday 1 st July 2023	Hospice services
Saturday 15 th July 2023	Tai Chi
Saturday 29 th July 2023	Games week
Saturday 12 th August 2023	Lynne Ward
Saturday 26 th August 2023	Mindfulness session
Saturday 9 th September 2023	Complementary Therapy workshop
Saturday 23 rd September 2023	Question and Answers
Saturday 7 th October 2023	Advance Care Planning
Saturday 21 st October 2023	Legacy work
Saturday 11 th November 2023	Laughter yoga
Saturday 25 th November 2023	Catch up and Wellbeing before Christmas
Saturday 9 th December 2023	Christmas party

For further information, please contact 01282 440110