

# November 2020 ~ Universal Services for Carers Well-Being and Peer Support Schedule:



## Mondays:

'Time to Be' sessions with Alli, 14:00 (30 minutes) on Zoom.



## Tuesdays:

**Walking Group Darley Park 10:30 (1 hour) - currently cancelled owing to COVID-19.**

### **Monthly Manual Handling Workshops**

\*Second Tuesday of every month\* - 13:30 (2 hours)

Starting 10<sup>th</sup> November on Zoom.



### **Monthly Dementia Workshops**

\*Third Tuesday of every month\* - 13:30 (2 hours)

Starting 17<sup>th</sup> November on Zoom.



## Wednesdays:



'Journeys' - peer support group for carers experiencing loss and bereavement  
\*Fourth Wednesday of every month\* - 11:00 (1 hour)

Starting 25<sup>th</sup> November on Zoom.

**Health Qi-Gong class with Angela, 14:00 (30 minutes) on Zoom.**



## Thursdays:

**Arts and Crafts with Natalie Sweeney, 11:00 (60 mins) on Zoom.**



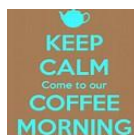
**Reiki Meditation and Breathing with Louise, 14:00 (30 mins) on Zoom.**



## Fridays:

**Virtual Coffee Morning, 11:00 (1 hour) on Zoom.**

\*Visiting special guest, last Friday of each month\*  
Special guest this month - Natalie Sweeney - Christmas crafts.



## Carers Rights Day Event - Know Your Rights:

**3 guest speakers** looking at carers rights, benefits and digital support.  
26<sup>th</sup> November, 13:30-15:30 on Zoom.



We are delighted to share our full calendar of **\*FREE\*** classes, activities and events in November.

To book onto any of these sessions or to find out more information, call 01332 228777 or email [carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk)

Our team will then share with you the Zoom login details needed to access the session.

*Not sure how to use Zoom? Don't worry! Just mention this to the team when booking and we can provide you with easy step-by-step support.*