

CARERS ACTIVITIES PROGRAMME

Autumn/Winter 2020

<u>DATE</u>	<u>TIME</u>	<u>COURSE TITLE AND CONTENT</u>	<u>DELIVERY AND REGISTRATION</u>
<p>Commencing Tuesday 3rd November 2020</p> <hr/> <p>Three one-off sessions</p> <p>* 18th November 2020</p> <p>20th January 2021</p> <p>17th February 2021</p>	<p>12.15 – 13.15</p> <p>19.00 – 20.00</p> <hr/> <p>11.00 – 12.00</p>	<p>Beginners Pilates</p> <p>Lunchtime session with Arlene Brock</p> <p>*Evening Session with Joan Shine * (Fully booked)</p> <hr/> <p>Look Good Feel Good with Jennifer McClements</p> <p>Jennifer is an experience beautician and complimentary therapist who has delivered a number of Carers programmes. In this course Jennifer will cover skin care and using lavender oil.</p> <p>* 18th November fully booked</p>	<p>Registration is essential.</p> <p>Places are limited and will be allocated on a first come first serviced basis.</p> <p>How do I register?</p> <p>Email: Carers.Support1@westerntrust.hscni.net</p> <p>All sessions are delivered via ZOOM so you will need access to a computer, tablet or smartphone and internet/4G.</p>

CARERS ACTIVITIES PROGRAMME

Autumn/Winter 2020

<u>DATE</u>	<u>TIME</u>	<u>COURSE TITLE AND CONTENT</u>	<u>DELIVERY AND REGISTRATION</u>
<p>24th February 2021</p> <hr/> <p>TBC</p>	<p>10.30 - 12.30</p> <hr/> <p>TBC</p>	<p>Carers rights and entitlements with Carers Northern Ireland</p> <ul style="list-style-type: none"> • Who we are and what we do • Who are carers/facts and figures/impact of unsupported caring • Carers Allowance • Carers Credit • Rights in work • Supports available to carers • Jointly • Carers assessments <hr/> <p>Book Club</p> <p>The book club is facilitated by Libraries NI. You must either be a member of the library or be willing to join. Meetings will take place via Zoom on a monthly basis.</p>	<p>Registration is essential.</p> <p>Places are limited and will be allocated on a first come first serviced basis.</p> <p>How do I register?</p> <p>Email: geraldine.green@carersni.org Or Contact Carers NI (028) 9043 9843</p> <p>All sessions are delivered via ZOOM so you will need access to a computer, tablet or smartphone and internet/4G.</p>