



CARERS ACTIVITIES PROGRAMME

Carers Week 2021 | 7th-13th June



<u>DATE</u>	<u>TIME</u>	<u>WORKSHOP AND VENUE</u>	<u>PLACES AVAILABLE</u>
Monday 7th June 2021	11.00 - 12.15	Coffee and workshop with Brenda Burns AMH 'Same Storm, Different Boat' via Zoom Are you getting a sinking feeling about coming out of lock-down? If you do come to this session and we will help you float your boat!	14 (Register by Tuesday 1st June)
Monday 7th June 2021	17.00 - 18.00	Indian cooking the easy way with Sumeeta via Zoom We will forward the list of ingredients required in advance of the session so you can cook your evening meal along with Sumeeta.	16 (Register by Tuesday 1st June)
Tuesday 8th June 2021	10.30 - 11.45	Aromatherapy workshop with Jennifer McClements via Zoom This is the first session Jennifer has run for us on Aromatherapy. You will receive a pack with an oil and a room spray bottle. Relaxation guaranteed.	10 (Register by Friday 28th May)

**TO REGISTER PLEASE EMAIL CARERS.SUPPORT1@WESTERNTRUST.HSCNI.NET
PLEASE SPECIFY WHICH SESSIONS YOU WISH TO ATTEND.**



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Tuesday 8th June 2021	12.15 - 13.15	Pilates 'taster' with Arlene Brock via Zoom Pilates helps to strengthen your core and is beneficial for back and neck pain.	6 (Register by 1st June)
Tuesday 8th June 2021	19.30 - 20.45	'Look Good, Feel Good' with Jennifer McClements, skin care and relaxation via Zoom (you will receive a pack with cleanser, scrub and eye cream samples and a Lavender oil).	8 (Register by Friday 28th May)
Wednesday 9th June 2021	19.30- 20.30	Relaxation with Deirdre via Zoom Deirdre is an experienced complimentary therapist who specialises in relaxation classes.	14 (Register by 1st June)

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Thursday 10th June 2021	11.00 - 12.00	Breathe, Laugh and Relax with Michelle Major, Sunshine Project via Zoom This session does what it says on tin! Michelle starts the sessions with some breathing exercises and laughter which is good for your emotional health. The session closes with a relaxation session. Great for recharging the batteries!	15 (Register by 1st June)
Friday 11th June 2021	19.00 - 21.00	Carers Quiz via Zoom This event has been funded by the SEHSCT and is open to Carers across Northern Ireland. Get the family together for some Friday night fun!	10 (Register by Thursday 3rd June)
Saturday 12th June 2021	11.00-12.00	Gentle Yoga for Carers Making use of your home space for a restorative and relaxing session with Yoga expert, Sayon. Take time for you to breathe and unwind.	10 (Register by 1st June)

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