

Carers Week 8th – 14th June 2020

Time for me means **TIME** for you...

Contact bookings@openage.org.uk to register your interest
(Limited spaces for unpaid carers only)

- **Shiatsu self-facial – Mon 8 June, 14.00-15.30pm (on Zoom)**

Learn how to do a relaxing facial self-massage with face oils or cream. Also find out which oils are beneficial to the skin.

- **Carers Phone Group Social – Tues 9 June, 14.30-15.30pm (Phone)**

Sharing feelings, needs and ways to stay empowered as a carer.

- **Men's Let's Reminisce Event – Weds 10 June, 10.45-11.45am (Phone)**

Had a positive event that left an impact? Join this male carers' phone group to recall and share memorable stories from the past.

- **Creative Writing for Carers – Weds 10 June, 13.30-15.30pm (on Zoom)**

Is there a budding author inside you? Come and learn how to express your thoughts and ideas in our writing class. Runs fortnightly

For more info about carers and support, visit carersweek.org and carers-network.org.uk