

Time for Me July 2021 programme

**Health, leisure and learning for unpaid carers over 50
July 2021 activities on Zoom and phone**

For further details and to book please

Email: carerstimeforme@openage.org.uk or Call: 020 4516 9976

Fri 2nd July 11.00am – 12.00pm: Mood Boost Wellbeing Workshop on Zoom and phone (Workshop by Community Living Well).

Tues 6th July 2.30 – 3.30pm: Carers Social on Zoom and phone.

Weds 7th July 1.30 – 3.30pm: Creative Writing for Wellbeing Zoom and phone.

Fri 9th July 11.00am - 1.00pm: Yin yoga on Zoom and at 12.15pm **Meditation / Sound Healing** on Zoom and phone.

Tues 13th July 11.00am - 12.00pm: Shared Reading on Zoom and phone.

Weds 14th July 1.30 – 2.30pm: Opera Holland Park on Zoom & phone.

Fri 16th July 11.00am - 1.00pm: Creative Writing for Wellbeing on Zoom and phone. Beginners welcome.

Tues 20th July 2.30 - 3.30pm: Carers Social on Zoom and phone.

Weds 21st July 11.00am - 1.00pm: Accessible Yoga, Relaxation & Gong Zoom.

Fri 23rd July 11.00am - 1.00pm: Yin yoga on Zoom and at 12.15pm **Meditation / Sound Healing** on Zoom and phone.

Tues 27th July 11.00am - 12.00pm: Shared reading on Zoom and phone.

Thurs 29th July 2.00 - 4.00pm: Relaxation on Zoom. Learn some techniques to help you feel calm.

Fri 30th June 11.00am – 1.00pm: Chi Kung on Zoom.

Tues 3rd Aug 2.30 – 3.30pm: Motivation Workshop on Zoom and phone (CNWL)