

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

For further details and to book please

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

Weds 1st Sept 1:30-3:30pm: Journal Writing Workshop on Zoom & phone

Fri 3rd Sept 11:00-1pm: Yin Yoga on YouTube. Please request the link.

Mon 6th Sept 10:00am: Visit to Buckingham Palace Gardens (Reserve spaces only).

Tues 7th Sept 2:30-3:30pm: Carers Social on Zoom and phone.

Fri 10th Sept 11:00am-1:00pm: Chi Kung on Zoom.

Mon 13th Sept 1:30pm: Visit to Buckingham Palace Gardens (Reserve spaces only).

Weds 15th Sept 11:00-1:00pm: Yoga, Meditation & Gong on Zoom

Fri 17th Sept 11:00-1:00pm: Yin Yoga on Zoom. **Meditation** (12:15pm) on Zoom & phone.

Tues 21st Sept 3:00-5:00pm: Carers Social. St Margaret's Centre, 1 Carey Place, SW

Fri 24th Sept 10:30-12:30pm: Carers IT - Get more from your smartphone / tablet / computer (5-week course). Second Half Centre, St Charles Hospital W10 6DZ

Fri 24th Sept 11:00-1:00pm: Creative Writing for Wellbeing on Zoom and phone.

Weds 29th Sept 1:30 – 3:30pm: Motivation Workshop on Zoom and phone.

Thurs 30th Sept 2:00 – 4:00pm: Relaxation on Zoom. Learn techniques to help you feel calm.

Fri 1st Oct 11:00-1:00pm: Yoga, Meditation & Gong on Zoom.

Carers Network has launched a new project in Westminster called **Carers Connected**. Local unpaid carers and community members can share skills, hobbies and interests. Westminster unpaid carers interested in joining should contact events@carers-network.org.uk or call **020 8960 3033**.