



Carers Week 2020, 8th-14th June 2020



FREE online activities for unpaid carers

Origami &
Creative
Writing!

To celebrate Carers Week from 8th to 14th June, we will be hosting a number of activities on Monday 8th, Wednesday 10th and Friday 12th June starting at 10.30am. These will be on Zoom and we will email out links and more information shortly.

Bingo & Quiz
with prizes!

If you would like to join us, please contact us by 29th May 2020 to allow time for an activity pack to be sent to you. The pack will contain bingo cards, origami paper, a pack of seeds and a few other surprises!

Mindfulness,
Laughter
Yoga & Hand
Reflexology

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