

Virtual

Events for Carers during



8th - 14th June 2020

Date	Details
Monday 8 th June	From 1pm <i>Games, cake and tea!</i> Virtual Carer Support Group, come and join Linda & Fatima for games and a virtual cake and tea afternoon!
Tuesday 9 th June	2pm – 3pm <i>Asian Women’s Carer Support Group!</i> Join our special Carers Week session for Asian Women’s Carer Virtual Support Group .
Wednesday 10 th June	From 10am <i>Quiz and a chat!</i> Virtual Carer Support Group, Join in with our virtual quiz and a chat with the support workers Lauren and Dee.
Wednesday 10 th June	From 1.30pm <i>Virtual afternoon tea and support!</i> Virtual Carer Support Group, Join Hayley and Kayleigh for a quiz and a chat.
Thursday 11 th June	From 2pm <i>Young Carers Competition!</i> Any County Young Carers come and join the team for the competition winner announcement!
Friday 12 th June	From 10.30am <i>Games and a chat!</i> Virtual Carer Support Group, Join Christina and Jazz for games and a chat. Also a chance for you to gain advice and support.

Please join us virtually for any of the events, to celebrate you!



Face to Face *Virtual Drop In’s...*

A support worker is available via Whatsapp Video if you would like Face to Face support 1:1 over Carers Week – Monday to Friday, at dates and times to suit you!

For more information or to book, contact **NOTTINGHAMSHIRE CARERS HUB;**
Telephone: 0115 824 8824

www.carerstrustem.org/hub



Nottinghamshire County and Nottingham City carers are invited to join in with some more Carers Week virtual activities with our partners at Ealing Carers Centre!

The following are our regular activities, with our instructor's at Ealing Carers Centre.

All are on Zoom and easy to join, by clicking on the link.

Monday 8th June

Join our instructor Harpal for a Yoga session focusing on breathing and relaxation. The class starts at 10.30am and finishes at 11.30am.

Join Zoom Meeting:

<https://us02web.zoom.us/j/82214853326?pwd=UHdlldDZ2T0g2L3NjbHA4bnY0NmM4QT09>

Meeting ID: 822 1485 3326

Password: 414736

Tuesday 9th June

Join our instructor Patricia for a Pilates session. The class starts at 10.00am and finishes at 11.00am.

Join Zoom meeting:

<https://us02web.zoom.us/j/81705472893?pwd=bGMzSjduaUlyNjdsTHZjdGNLYnJMUT09>

Meeting ID: 817 0547 2893

Password: 024024

Wednesday 10th June

Join our instructor Jack for an energising Zumba session. The class starts at 12.30pm and finishes at 13.15.

Join Zoom Meeting:

<https://us04web.zoom.us/j/916109931?pwd=d083Q01UQzQ3bzhCeDBRYmlURnpuQT09>

Meeting ID: 916 109 931

Password: 002058

Ealing Carers Service

