

BHSCT Carer Online Programme March 2021

Gentle Yoga with Colette

Mondays

10.30am – 11.30am (Yoga mats can be provided)



Watercolours for Beginners with Sinead

Monday 1st March

7.00pm – 8.30pm (Materials will be provided)



Guitar Session with Brendan

Wednesdays

7.00pm – 8.00pm (Own guitar required)



Spring Gardening with Linda

Wednesdays 3rd & 10th March

11.00am – 1.00pm (Materials will be provided)



Cooking Italian with Chef Jeffers

Tuesday 9th March

11.00am – 12.30pm (Materials will be provided)



Makeup Tutorial with Caroline

Friday 12th March

2.00pm – 3.00pm (Materials will be provided)



Watercolours for Beginners (2) with Sinead

Saturday 13th March

3.30pm – 5.00pm (Materials will be provided)



Introduction to Coaching with Fiona

Tuesday 23rd March

11.00am – 12.00pm



Cooking Chicken with Chef Jeffers

Thursday 25th March

11.00am – 12.30pm (Materials will be provided)



Movement & Dance with Charmaine

Fridays

11.00am – 12.00pm



Punch Embroidery with Ciaran

Saturday 27th March

2.00pm – 5.00pm (Materials will be provided)



To book your place contact the Carer Support Service
on T: 9504 2126

E: CarerSuppSvc@belfasttrust.hscni.net