

Carer Online Programme February 2021

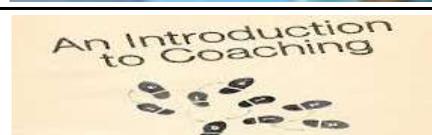
Gentle Yoga with Colette

Mondays until end of February
10.30am – 11.30am



Introduction to Coaching with Fiona

Monday 22nd February
2.00pm – 3.00pm



Spring Gardening with Linda

Tuesdays 16th & 23rd February
1.30pm – 3.30pm (Materials will be provided)



Singing with Anna

Wednesday 17th & 24th February
11.00am – 12.00pm



Guitar Session with Brendan

Wednesday 17th February
7.00pm – 8.00pm (Guitar Required)



'Show Yourself Some Love' Facial Session

Thursday 11th February
7.30pm – 8.30pm (Materials will be provided)



4 Week Craft Workshops

Thursdays 18th February to 11th March
11.00am to 12.00pm (Materials will be provided)



Sketching for Beginners

Wednesday 24th February
2.00pm – 3.30pm (Materials will be provided)



Movement & Dance with Charmaine

Fridays 15th January to 19th February
11.00am – 12.00pm



Valentine Crafts with Ciaran

Friday 12th February
2.00pm – 3.00pm (Materials will be provided)



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

E: CarerSuppSvc@belfasttrust.hscni.net