



6th-12th  
June 2022

## A series of activities for Coventry and Warwickshire carers taking place during Carers Week including:

### Monday 6th June

- **Aromatherapy massage** at 10am
- **Volunteers Fair** at 10am
- **Afternoon tea** at 11.30am
- **Working carers session** at 6pm

### Wednesday 8th June

- **Gardening Workshop** at 10.30pm
- **Carers Yoga session** at 11.30am
- **Stratford Carers Mental Health** at 2.30
- **Carers Tea @ 3** at 3pm

### Friday 10th June

- **Gardening Zoom Workshop** at 11am
- **Yoga and Relaxation** at 1:30pm
- **Carers Autism Support Group** at 2:00pm
- **Nutritional Therapies & Wellbeing Workshop** at 3:00pm

### Tuesday 7th June

- **Care and Share MH Support Group** at 10.30am
- **Laughter yoga** at 11am
- **Payments and appointeeships session** at 12pm
- **Meditation and Breath work** at 1pm
- **Men's Allowing Change session** at 1.30pm

### Thursday 9th June

- **Liz Sparkes Mindfulness Session** at 10am
- **Carers Drop in at UHCW** all day
- **Flower arranging** at 1pm
- **African and Caribbean Carers Support Group** at 3pm
- **Working carers session** at 6pm

Our Carers Week activities also include a daily carers podcast and appearances of our Care Bears across the area,

Visit [www.carerstrusthfe.org.uk](http://www.carerstrusthfe.org.uk), our **Facebook page** or call **02476 632 972** or email [contactus@carerstrusthfe.org.uk](mailto:contactus@carerstrusthfe.org.uk) for more information. Times and dates subject to change.

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