

Carer Support Programme December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> <p>Yoga with Colette 10.30-11.30am *Online*</p> <p>Nutrition Course Wk4 10.00-12.00pm Cancer Lifeline 44 Alliance Avenue BT14 7PJ</p> <p>East Belfast Carer Connect Café & Chi me with Barbara 2.00-3.30pm, Arches Health Centre</p>	<p>5</p> <p>Introduction to the carer support service 11.00-12.00pm *Online*</p> <p>Carer Choir 10.30-12.30pm Artscare Studio Knockbracken</p>	<p>6</p> <p>Cooking with Chef Jeffers 12.00-1.00pm *Online*</p>	<p>7</p>	<p>8</p>	<p>9</p> <p>Christmas Craft with Ciaran 11.00-3.00pm Belfast Exposed BT1 2FF</p>
<p>11</p> <p>Yoga with Colette 10.30-11.30am *Online*</p> <p>Nutrition Course Wk5 10.00-12.00pm Cancer Lifeline 44 Alliance Avenue BT14 7PJ</p>	<p>12</p> <p>Carer Choir 1.00-1.45pm Belfast City Hall</p>	<p>13</p>	<p>14</p>	<p>15</p> <p>Belfast City Centre Carer Connect Cafe 11.30-1.30pm City Hall Tour & Coffee</p>	<p>16</p>
<p>18</p> <p>Yoga with Colette 10.30-11.30am *Online*</p>	<p>To Sign up to Sessions: https://forms.office.com/e/rrWHJzvNGN Email: CarerSuppSvc@belfasttrust.hscni.net Or Call: 02895042126</p>				