

Carer Support Programme January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 North Belfast Carer Group 2.00-3.30pm Recovery College Lanyon Building, BT15 3HL	6
8 Yoga with Colette 10.30-11.30am *Online* East Belfast Carer Connect Café & Chi me with Barbara 2.00-3.30pm, Inverary Community Centre	9 Introduction to the carer support service 11.00-12.00pm *Online* Carer Choir 10.30-12.30pm Artscare Studio Knockbracken	10 Action Mental Health Mindful Carers information Session 11.00-12.00pm *Online*	11 West Belfast Carer Connect Café 11.00am-12.00pm Maureen Sheenan Centre	12	13 Craft Journals with Ciaran 2.00-5.00pm *Online*
15 Yoga with Colette 10.30-11.30am *Online*	16 Carer Choir 10.30-12.30pm Artscare Studio Knockbracken	17 Cooking with Chef Jeffers 12.00-1.00pm *Online*	18	19 Post Caring Coffee Morning 10.30-12.00pm 2 Royal Avenue	20
22 Yoga with Colette 10.30-11.30am *Online*	23 Carer Choir 10.30-12.30pm Artscare Studio Knockbracken	24	25	26 Carer Coffee Morning 10.30-12.00pm 2 Royal Avenue (Old Tesco Building, City Centre)	27
29 Yoga with Colette 10.30-11.30am *Online*	30 Carer Choir 10.30-12.30pm Artscare Studio Knockbracken	<p>To Sign up to Sessions: https://forms.office.com/e/jCAXdbANER Email: CarerSuppSvcs@belfasttrust.hscni.net Or Call: 02895042126</p>			