

Let's raise our voices
together and help Make
Caring Visible

HARROW CARERS INVITES YOU TO



VIRTUAL CARERS WEEK 2020

This year we are coming together to help Make Caring Visible.

Come along and celebrate Carers Week Online using zoom
from the **8th - 12th June** for a week of fun and relaxation!

8TH JUNE

Carer's tea and coffee social group 10am-11am

Trivia Quiz 2.00pm -3.00pm

Working for Carers Mindfulness Taster Session 11:30am- 1:30pm

9TH JUNE

Nutrition for managing stress workshop 10.30am - 12.30pm

Virtual Bingo 3pm - 4pm

10TH JUNE

Introduction to building resilience workshop 1pm - 3pm

Recipe sharing and dinner idea's 10.30am - 12.00pm

11TH JUNE

Colour therapy and the effects of colour on your
mood workshop

10.30am - 12.30pm

Virtual Pictionary 2.30pm - 3.30pm

12TH JUNE

How can caring be made visible and carers rights information
session 10am - 11.30am

Mental Health Support Group 1.30pm - 2.30pm

Please call us to book for any of these zoom events on

0208 868 5224 or

email communications@harrowcarers.org