

Adult Carers, Young Carers & Families
are all welcome to join us!



Join us for a week of
virtual health, wellbeing &
fun activities

Date	Details	
Saturday 5 th June	1	Nourished Minds - Interactive cookery group with Chefs Laura and Henry from 11.00 -1.00pm (You will need to email us in advance for the recipe)
Monday 7th June	1	Breathe body and Mind. Yoga (floor & seated) with Harpal Sahota from 10.30 - 11.30 am
	2	Afternoon Tea with Shelley - Chat with a nice cuppa from 12.00 -1.00pm
	3	Nicky Phull from Citizen Advice Wokingham. A talk about volunteer opportunities that can help towards increased employability, from 1.00 - 1.40pm (Wokingham only)
	4	Claire Shrophall from Oxfordshire Mind. An intro/overview of the wellbeing service and how carers can access support, from 2.00 - 2.40pm (Wokingham only)
	5	Nina Crispin from Reading Borough Council will be doing a talk on 5-ways to Wellbeing from 3.00 - 3.30pm (Reading only)
	6	Lesley Buckland, Commissioning Specialist People's Services for Wokingham Borough Council, talks about the Carers strategy from 3.00 - 3.40pm (Wokingham only)
	7	Laura Brooks from Sports in mind talks about the sessions they run and the benefits of being active, from 4.00 - 4.40pm
	8	Bingo - 7.30 - 8.30pm. You will need to contact us to book by 4pm on Friday 4th June, so that we can send out the slips you need to take part.

	1	Helen Dean from Connecting Communities in Berkshire talks about How to save £££'s on your gas and electricity bills, from 9.30 - 10.10am
	2	Pilates with Patricia Lajtaj from 10.00 - 11.00am.
	3	Feet massage, online tutorial with Susan Player from 11.00 - 12.00pm
Tuesday 8 th June	4	Journey through Caring. An opportunity to chat with other carers and share experiences with Vinnette Campbell from 11.00 - 12.00pm.
	5	Speak Clearly workshop - Have you ever wanted to speak more clearly, with power, authenticity and passion to show professionals how valued you are? to book a place - https://www.notacareintheworld.co.uk/event-details/speak-clearly from 11.00 - 12.30pm
	6	Care 2 Sing UK - An online singing group with vocal coach Victoria Beebee, from 2.00 - 2.40pm. You will need to contact us for the lyric sheets in advance.
	7	Josh Hancock from Optalis Supported Employment Service. A talk about the support available to help you get back into employment, from 4.00 - 4.40pm
Wednesday 9 th June	1	Hand and nail care, online tutorial with Susan Player, from 10.00 - 11.00am
	2	Jill Jacobs from Auriga will be doing a talk about managing household finances, from 11.00 - 12.00pm. Auriga are one of the UK's leading providers of services to people in financial difficulty.
	3	Afternoon tea with Steve - Chat and a cuppa from 12.00 - 1.00pm
	4	Karen Ive from Young People with Dementia, from 12.00 - 12.40pm A talk about YPWD's services and how they can support you (Wokingham only)
	5	Sarah Waddingham, Professional Counsellor. Join Sarah for a session of Mindful exercises, with visualisation and breathing techniques, to help you relax and improve your wellbeing, from 1.00 - 2.00pm.
	6	Bingo - 1.30 - 2.30pm. You will need to contact us to book by 4pm on Tuesday 8th June, so that we can send out the slips you need to take part.
	7	Age UK Berkshire. Join Fiona Price for a presentation about the services Age UK offer and how they can support you, from 3.00 - 3.40pm
	8	Matt Taylor, Chief Officer from Age UK Reading, talks about support available to you, from 4.00 - 4.40pm
	9	Live music with Stephen Roper - Enjoy a gig from your sofa, from 7.00 - 8.00pm
Thursday 10 th June	1	Moving and Handling - online tutorial with Susan Player, from 10.00 - 11.00am
	2	Breathe/Relax/Reset workshop, from 10.30 - 12.00pm. Simple, yet effective: a journey to deepen your relationship with yourself using the breath. To book a place -

	https://www.notacareintheworld.co.uk/event-details/breathe-relax-reset-1 .
3	Joanna Dixon from Healthwatch. A talk about Healthwatch and how they can help carers, from 11.00 - 11.40pm
4	Face to face afternoon tea with Janine, from 1.00 - 3.00pm. Please note, this event is not online and is available to Wokingham carers only.
5	Caring Made Visible Workshop - This interactive session explores the role of a carer today in the wider social context. With information and exercises to help you as a carer gain perspective and feel more valued. To book a place - https://www.notacareintheworld.co.uk/event-details/caring-made-visible . From 2.00 - 2.30pm
6	Join professional photographer Becky Mursell from Artificiation, for a fun filled photography workshop, from 2.30 - 3.30pm
7	Karen Artree from Wokingham Council talks about Direct payments, from 3.00 - 3.40pm (Wokingham only)
8	Geoff Hammond from Remap talks about the service they provide and how their custom-made equipment can help disabled people live more independent lives, from 4.00 - 4.40pm
9	Join Jarnail Singh for an energising session of Bhangra dancing, from 6.00 - 6.30 pm
Friday 11 th June	1 Floor Yoga with Harpal Sahota from 9.00 - 10.00am.
	2 Enjoy a Zumba class followed by some Tai Chi with Soranny Perone from 10.00 - 11.00 am
	3 Afternoon tea with Christine. Chat and a cuppa, from 12.00 - 1.00pm
	4 Mindfulness During Lockdown and Beyond. Join life coach Soranny Perone for a mindfulness session, from 2.30 - 3.30pm
	5 Carers Cake off results. See the poster, from 4.00 - 4.40pm
	6 Quiz Night. From 7.00 - 8.00pm



All sessions will run on Zoom/ MS Teams. A laptop/tablet/smart phone with speaker & camera are required. For the links required to book onto a session, please contact us on Tel no: 0118 324 7333 or email: berkshire@tuvida.org



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BOROUGH COUNCIL



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healthwatch