

# Carers Week 2021

KEY						
Arts, crafts and baking	Music	Mindfulness	Fun and games	Writing	Dementia	BSL



When	Time	Event
<b>Monday</b> 7 <sup>th</sup> June	10.30am to 12pm	<b>Knit 'n' natter:</b> a social gathering with other carers, whilst you knit!
	9.30am to 12.30pm	<b>*Face to face* Leather craft workshop at The Clay Factory, Ivybridge :</b> join Paul at Ermestone Leather, to make your own handy card/coin wallet, using pattern tracing, cutting, dying and hand-stitching techniques.
	2pm to 2.45pm	<b>Reiki with Sarah Dowson of The Fern Centre at North Devon District Hospital</b> Some well deserved time for you, to be guided in meditation and have Reiki sent to you.
	3.30pm to 4pm	<b>Musical theatre songs and swing:</b> Andrew Jeffery sings songs from the musicals we know and love, plus some swing too!
	7.30pm to 8pm	<b>Yoga:</b> an armchair yoga session to help you relax in the comfort of your own home.
	7.45pm to 9.15pm	<b>Fun and games:</b> light hearted and non-competitive games to make you smile!
<b>Tuesday</b> 8 <sup>th</sup> June	11am to 11.45am	<b>The wonder of wildlife and wellbeing:</b> explore the therapeutic and mental health benefits of wildlife in gardens and plants, whether it is on your window sill or in your garden.
	3.30pm to 4pm	<b>Yoga:</b> an armchair yoga session to help you relax in the comfort of your own home.

	<b>2.30pm to 3.15pm</b>	<b>Dementia and the environment:</b> a bite size workshop to help you care for somebody with dementia.
	<b>7.30pm to 8.30pm</b>	<b>British Sign Language taster session:</b> an introduction to the fascinating world of communication in British Sign Language (BSL)
<b>Wednesday 9<sup>th</sup> June</b>	<b>10.30am to 11.15am</b>	<b>Tai chi:</b> Qigong Shibashi; a gentle and easy set to follow, which is renowned for its ability to positively influence mental, physical and emotional wellbeing.
	<b>11am to 12.30pm</b>	<b>Fun and games:</b> light hearted and non-competitive games to make you smile!
	<b>1.30pm to 2.20pm</b>	<b>Writing from within; improving wellbeing through expressive writing:</b> award winning author of The Tide, Clare Helen Welsh, talks about writing from personal experience and how life's challenges have inspired her to write about topics including dementia and living with a critical illness, such as cancer.
	<b>7.30pm to 8pm</b>	<b>Singer from the World Harmony Orchestra:</b> professional singer, Mawgan Stott, sings well known songs from the genre of pop and rock.
<b>Thursday 10<sup>th</sup> June</b>	<b>10.30am to 11.15am</b>	<b>Reiki with Sarah Dowson of The Fern Centre at North Devon District Hospital</b> Some well deserved time for you, to be guided in meditation and have Reiki sent to you.
	<b>10.30am to 12pm</b>	<b>Craft workshop:</b> under the wonderful tuition of Lyndsey, create a beautiful piece of craft, made with resources available in your home.
	<b>2pm to 2.45pm</b>	<b>The wonder of wildlife and wellbeing:</b> explore the therapeutic and mental health benefits of wildlife in gardens and plants, whether it is on your window sill or in your garden.
	<b>2.30pm to 3pm</b>	<b>Laughter yoga:</b> laugh and smile with some very gentle yoga and breath exercises to re-energise and relax.
	<b>7pm to 7.45pm</b>	<b>Tai chi:</b> Qigong Shibashi; a gentle and easy set to follow, which is renowned for its ability to positively influence mental, physical and emotional wellbeing.

<b>Friday</b> <b>11<sup>th</sup> June</b>	<b>10.30am to 11.20am</b>	<b>Writing from within; improving wellbeing through expressive writing:</b> award winning author of The Tide, Clare Helen Welsh, talks about writing from personal experience and how life's challenges have inspired her to write about topics including dementia and living with a critical illness, such as cancer.
	<b>10am to 10.45am</b>	<b>Dementia and memory:</b> a bite size workshop to help you care for somebody with dementia.
	<b>1.30pm to 4.30pm</b>	<b>*Face to face* Leather craft workshop at The Clay Factory:</b> join Paul at Ernestone Leather to make your own handy card/coin wallet, using pattern tracing, cutting, dying and hand-stitching techniques.
	<b>7pm to 7.30pm</b>	<b>Musical theatre songs and swing:</b> Andrew Jeffery sings songs from the musicals we know and love, plus some swing too!
<b>Saturday</b> <b>12<sup>th</sup> June</b>	<b>11am to 12pm</b>	<b>British Sign Language faster session:</b> an introduction to the fascinating world of communication in British Sign Language (BSL).
	<b>2pm to 4.30pm</b>	<b>*Face to face* Forest therapy walk:</b> immerse yourself in nature at Bakers Park in Newton Abbot, for a Forest Therapy Walk.
	<b>7pm to 8.30pm</b>	<b>Knit 'n' natter:</b> a social gathering with other carers, whilst you knit!
<b>Sunday</b> <b>13<sup>th</sup> June</b>	<b>11.30am to 1pm</b>	<b>Craft workshop:</b> under the wonderful tuition of Lyndsey, create a beautiful piece of craft, made with resources available in your home.
	<b>11am to 11.30am</b>	<b>Laughter yoga:</b> laugh and smile with some very gentle yoga and breath exercises to re-energise and relax.
	<b>3pm to 3.30pm</b>	<b>Singer from the World Harmony Orchestra:</b> Professional singer, Mawgan Stott, sings well known songs from the 1960s.

All \*Face to face\* events comply with COVID guidance.

To book on any of these events please email [online@devoncarers.org.uk](mailto:online@devoncarers.org.uk) with your name, date of birth, event(s) and date(s) you would like to attend.

<b>All week</b>	<b>Crafty kindness creations:</b> an act of kindness; crochet the care emoji and leave it for somebody to find. Help spread the word about unpaid carers.	<b>Email us for a copy of a pattern if required then send us your photo of where you leave your care emoji – email <a href="mailto:online@devoncarers.org.uk">online@devoncarers.org.uk</a></b>
	<b>Sharing your baking and making top tips:</b> send us your culinary top tips for making your favourite cakes and dishes.	<b>Send your top tips to <a href="mailto:online@devoncarers.org.uk">online@devoncarers.org.uk</a> - if sending photos, photos not to include people please.</b>
	<b>Virtual pet show:</b> whatever your pet, you are welcome to send in your favourite photo and take part in our FUN pet show!	<b>Visit our website for details of how to take part.</b>
	<b>These caring hands made...</b> photos of the wonderful art and craft projects carers have made over the past year – send us your contributions!	<b>Send us your photo of your crafts to <a href="mailto:online@devoncarers.org.uk">online@devoncarers.org.uk</a></b>
	<b>A mile with a smile:</b> walk, roll or stroll a mile to collectively achieve the total of 350 miles, which represents the perimeter of Devon. Send us your photo with your smile!	<b>Send us your photo walking with a smile to <a href="mailto:online@devoncarers.org.uk">online@devoncarers.org.uk</a></b>