



**Adult Carers, Young Carers &**

**are all Families welcome to join us!**





**“Making Caring Visible and Valued”**

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

**5th – 13th June 2021**

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**All sessions will run on Zoom/ MS Teams. A laptop/tablet/smart phone with speaker & camera**

**are required.**

**For more information or to book onto a session, please contact us on**

**Tel no : 020 3137 6194 or email:** [**london@tuvida.org**](mailto:london@tuvida.org)

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| **Date** | **Details** | |
| **Saturday**  **5th June** | 1 | Nourished Minds – Cookery group with Chefs Laura and Henry, from 11.00am - 1.00pm. Recipe - Turkish style chicken shish kebabs with Turkish chopped salad & chilli butter. Join Zoom Meeting <https://us02web.zoom.us/j/83277197936> Meeting ID: 832 7719 7936 |
| **Monday**  **7th June** | 1 | Breathe body and Mind, Yoga (floor & seated) with Harpal Sahota, from 10.30 - 11.30am Zoom: ID 822 1485 3326 passcode: 414736 |
|  | 2 | Afternoon Tea with Shelley - Chat with a nice cuppa from 12.00 -1.00pm   |  | | --- | | <https://zoom.us/j/96075962158?pwd=a3pQdzFSUGJoQWFBa1k1OHZkWGpRdz09> | | **Meeting ID: 960 7596 2158 Passcode: 246809** | |
|  | 1 | Pilates with Patricia Lajtaj, from 10.00 – 11.00am  <https://us02web.zoom.us/j/81705472893?pwd=bGMzSjduaUlyNjdsTHZjdGNLYnJMUT09>  Meeting ID: 817 0547 2893 Password: 024024 |
| **Tuesday**  **8th June** | 2 | Journey through Caring. An opportunity to chat with other carers and share experiences with Vinnette Campbell, from 11.00 – 12.00pm  <https://us02web.zoom.us/j/81485440613?pwd=YUdlSWE0blZwOTRoK1pCM2tBUnBPdz09>  **Meeting ID: 814 8544 0613 Password: 369844** |
| 3 | Feet massage – online tutorial with Susan Player, from 11.00 – 12.00pm  <https://zoom.us/j/95701386509?pwd=T0gwZHByNHkwRTlOa1BZSk5PdnJldz09>  Meeting ID: 957 0138 6509 Passcode: 036101 |
| 4 | Care 2 Sing UK – Online singing group with vocal coach Victoria Beebee, from 2.00 – 2.40pm. You will need to email us in advance at london@tuvida.org so that we can send you the lyric sheets for the session. |
|  | 5 | Join Debra and Michael from Acton Gardens association for a session about growing vegetables on your balcony/ windowsill, from 6.30pm  : <https://www.eventbrite.co.uk/e/balcony-and-windowsill-growing-online-workshop-tickets-155811487353> |
|  | 1 | Hand and nail care, online tutorial with Susan Player, from 10.00 – 11.00am  <https://zoom.us/j/91768310964?pwd=aDYyV3dnWGhNeUFsQVZuSjRJejVJQT09>.  Meeting ID: 917 6831 0964 Passcode: 021309 |
| **Wednesday**  **9th June** | 2 | Christopher Jack and Aydid Cabdillahi from North West London CCG “Accessing local health services and how to register yourself as a Carer with your GP”. From 11.30- 12.30pm. (**West London only**) ID 85697579518 PW 386060 |
| 3 | 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 1.00pm – 2.00pm ID 82473797828 PW 638742 |
| 4 | Working for Carers with Caroline Sullivan, from 1.00 -2.00pm. A presentation discussing How to identify and support carers. For Zoom link, please call: 020 8868 5224 Ext 208/218 or email workingforcarers@harrowcarers.org. (**West London only**) |
|  | 5 | Live music with Stephen Roper – Enjoy a gig from your sofa, from 7.00 – 8.00pm |
|  | 1 | Moving and Handling – online tutorial with Susan Player, from 10.00 – 11.00am <https://zoom.us/j/91028378545?pwd=N1VZVDUra1ZuNk03N2gyTXB1Ty8zZz09>  Meeting ID: 910 2837 8545 Passcode: 962783 |
| **Thursday 10th June** | 2 | Join professional photographer [**Becky Mursell**](https://www.beckymursell.com/) from Artification, for a fun filled photography workshop, from 2.30 – 3.30pm  <https://us02web.zoom.us/j/86006780371?pwd=bTJSTHdYQ0dPVk5QSXBnUEE1MVhmZz09>  Meeting ID: 860 0678 0371 Passcode: 115982 |
|  | 3 | Join Jarnail Singh for an energising session of Bhangra dancing, from 6.00pm - 6.30pm ID 908 977267 password : 0000 (zeros) |
| **Friday**  **11th June** | 1 | Floor Yoga with Harpal Sahota from 9.00 – 10.00am.  ID 859 6056 1538 (No password needed) |
| 2 | Zumba class followed by some Tai Chi with Soranny Perone from 10.00 – 11.00 am.  ID : 2579203329 password : fit2021 |
| 3 | Join one of the carers from the Working for Carers Programme, as she shares her journey about life as a carer, from 11.00 – 12.00pm **call 0208 868 5224 EX 208/218 or Email :** [**workingforcarers@harrowcarers.org**](mailto:workingforcarers@harrowcarers.org)**.** |
| 5 | Mindfulness During Lockdown and Beyond. Join life coach Soranny Perone for a mindfulness session, from 2.30 – 3.30pm Zoom ID 257 9203329 password : fit2021 |
|  | 6 | Quiz Night. From 7.00 – 8.00pm  <https://zoom.us/j/95087070326?pwd=cTJReml1SXhWT0N2MW9PTXJYajE4dz09>  Meeting ID: 950 8707 0326 Passcode: 814743 |