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**DO YOU CARE FOR A FRIEND OR RELATIVE?** DO YOU LIVE IN

CRAVEN, AIREDALE, BRADFORD, HARROGATE OR WHARFEDALE?

# Join us online for Wellbeing sessions

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| **Tuesday 25th May** | **10am -11.00am** | **Crafts** |
| **Tuesday 8th June** | **10am -11.30am** | **Tea party, Carers Week** |
| **Thursday 10th June** | **1pm – 2.30pm** | **Tea Party, Carers Week** |
| **Thursday 27th July** | **10am -11.30am** | **Soup Session** |
| **Tuesday 31st August** | **10am -12:00pm** | **Self Care** |
| **Tuesday 28th Sept** | **10am -11.00am** | **Crafts** |
| **Tuesday 26th October** | **10am -11.30am** | **Soup Session** |
| **Friday 26th November** | **10am -12:00pm** | **Self care** |
| **Tuesday 14th December** | **10am – 11.00am** | **Coping strategies** |

Practical tools will be made available to attendees

Carers and cared for welcome

**Spaces are limited, to book a place and get the link call - 01274 449660 (we can help you get online!)**

