

Carers Week 2020 - Hackney Events Timetable - 8th - 14th of June

All Week: Competition! Images across London. Show off your creativity! - Read more below



Monday - 8th of June	Tuesday - 9th of June	Wednesday - 10th of June	Thursday - 11th of June	Friday - 12th of June
<p>10am - 11am Introduction to virtual groups</p> <p>11 am - 12 pm Carers Week Opening Event Hackney Council Open to all Carers and staff on the open events calendar</p> <p>2 - 3 pm Mindfulness</p> <p>3 - 4 pm Cooking with Perch Restaurant, Stoke Newington</p>	<p>11 am -12:30 pm Intro to Ayurveda + DIY Chai Spice Mix making</p> <p>11:30 am -12:30pm Dance based exercise class</p> <p>2 -3 pm Caring and Self Care: Lockdown Survival Tips</p> <p>2 - 3:30 pm Self-care and Aromatherapy with Ameena</p> <p>4 - 5 pm Men's Group</p>	<p>10:30 - 11:30 am Looking after your own Mental Health with ELFT Doctor</p> <p>11 am - 12:30 pm Dance for Carers</p> <p>12 - 1 pm Carers Week workshop: supporting family and carers including Carers Assessments Hackney Council Social Care Staff</p> <p>2 - 3 pm Virtual Pampering Session (female only)</p> <p>3 - 4 pm Mindfulness Meditation Workshop with Simon</p>	<p>11 am - 12 pm Zumba</p> <p>11 am - 12pm Mindfulness with NHS ELFTpsychologists</p> <p>11 am - 12 pm Virtual Tea Hackney Council On the open events calendar</p> <p>2-3 pm Women's Group</p> <p>3:30 - 4:30 pm Carers Week workshop: supporting family and carers including Carers Assessments Hackney Council Social Care Staff</p> <p>6pm - 7.30 pm Chair Yoga</p> <p>7:20 pm Big Carers Sing-a-long</p>	<p>11 am - 12 pm Virtual Coffee Morning</p> <p>11 am - 1 pm Hackney's Got Talent!</p> <p>12 - 1 pm Carers Week workshop: supporting family and carers including Carers Assessments Hackney Council Social Care Staff</p> <p>2-3 pm Mental Health carers group</p>

Highlighted in orange - If you would like to join any of these groups please call our Carers Hub on 0300 303 1555 (option 2) or email hello@carersfirst.org.uk.

Highlighted in green - To attend, carers should go to www.carerscollective.org/carersweek at the specified time.

We ask carers to register (it's very quick and easy before attending the event and will then give out the password). All events will take place on Zoom and some will be streamed on Facebook Live. For more information, please contact info@hackneycarers.org.uk.

Highlighted in blue - These sessions are open to any Hackney carers who look after someone with a long-term or life-limiting condition. Carers can email me on j.bedford@stjh.org.uk to receive full invite details, or alternatively I can be reached on 020 8525 6026.

Highlighted in pink - To attend contact NHS ELFT carers service, If you'd like to discuss Carers' week and how to participate further, please call us on 07342715618 or 07817562915.

All Week:

Competition! Images across London Show off your creativity!

Four carers are in with the chance to win a £15 Amazon voucher.

Take a photo or draw/paint a picture in one of these categories:

- Favourite space (eg a room, your garden, a park);
- Favourite food (it could be soothing you have recently learned to cook)
- Favourite possession

Email your image to: voice@carersfirst.org.uk and tell us why this is special to you.

Please give permission to share your image and include your full name and postcode which we will not publish. Images will be displayed during carers week. Winners will be informed by the 15 June 2020.