

Carer's week timetable of events

Monday 9 th June	Tuesday 10 th June	Wednesday 11 th June	Thursday 12 th June	Friday 13 th June
Beauty Sessions 11:00 – 15:00	Carer's guided relaxation 11:00 – 12:00	Carer's guided relaxation 11:00 – 12:00	Planning Ahead: ACP discussion 11:00 – 11:30	Ask the Doctor Virtual Session 11:00 – 12:00
Cicely Saunders: A Palliative Care Pioneer 11:00 – 15:00	Ask the Doctor 11:00 – 13:00	Talk To Our Social Work Team – 11:00 – 13:00	Creative Wellbeing 11:00 – 12:00	SteelRose Solicitors: Making Wills & Answering Legal Questions 11:00 – 15:00
'Trip to the Beach' – Guided visualisation 12:00 & 14:00	Cicely Saunders: A Palliative Care Pioneer 11:00 – 15:00	Cicely Saunders: A Palliative Care Pioneer 11:00 – 15:00	Ask the Doctor – 11:00 – 15:00	Massage 13:00 – 15:00
Afternoon Tea 13:00 – 15:00	Afternoon Tea 13:00 – 15:00	Beauty Sessions 11:00 – 15:00	Cicely Saunders: A Palliative Care Pioneer 11:00 – 15:00	Chair Yoga – 12:00 – 12:45
Ask the Doctor 13:00 – 15:00	Planning Ahead: ACP Discussion 13:30 – 14:00	Ask the Doctor 11:00 – 15:00	Therapy Dog Visit 12:15 – 12:45	Massage – 11:00 – 15:00
		Afternoon Tea 13:00 – 15:00	Afternoon Tea 13:00 – 15:00	Afternoon Tea 13:00 – 15:00
		Stress, strain & burnout: Caring for yourself. Talk and discussion 14:00 – 15:00	5 Ways of Wellbeing 13:30 – 14:00	5 ways to wellbeing 14:00 – 14:30
			Massage Techniques Demonstration 14:00 – 15:00	