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| **Day & Time** | **Activity** | **Joining Instructions** |
| **Every Monday**  11am – 12pm | **Asian Carers Group**  Take part in a variety of activities on zoom, including beauty and make up, hijab styling, health talks and guest speakers, confidence building and techniques to help with your mental health. | **Email - Office@bwdcarers.org.uk** |
| **Tuesday 1st December**  10.30 – 11.30 | **Meditation hour using Reiki**  Techniques. Energise your 7 chakras in your body to empower and help you through the week. | **Email - office@bwdcarers.org.uk** |
| **Wednesday 2nd December**  5.30pm – 6.30pm | **Party Make Up workshop**  As the party season approaches get some fabulous tips for all occasions with Hawa. Ideal for Christmas, Eid, Diwali and other festivities. | **Email - office@bwdcarers.org.uk** |
| **Every Tuesday**  1pm – 2pm | **TALK – group**  Needing to talk and connect  Call in for a chat bring a cuppa, meet other carers, a time to off load or just to listen and offer/get peer support. | **Email -**  **Kulsum. Chishti @bwdcarers.org.uk for zoom link.** |
| **Thursday 3rd December**  11am – 12 noon | **Christmas Coffee Morning featuring “Who wants to be a Millionaire Quiz.”**  Come and join us for a morning of fun with quiz and prizes. A chance to come, find out information and connect with others. | **Email - office@bwdcarers.org.uk** |
| **Thursday 3rd December**  11am – 1pm | **Winter Walk in the Park.**  Meet at the Pavilion in Witton Park, well wrapped up with a hot drink. A social distance walk and talk. | **Email - office@bwdcarers.org.uk** |
| **Tuesday 8th December**  10.30am – 12pm | **Money Saving Event**  Learn how to save money on your energy, bills, saving s and budgeting. Also, what benefits you are entitled to. | **Email - office@bwdcarers.org.uk** |
| **Tuesday 8th December**  2pm – 3pm | **Creative Mind Group and Coffee Afternoon**  A chance to share ideas and take part in a different workshop each week. From creative writing, poetry, paper craft, line drawing, Mandela art, relaxation techniques. Each week our group of creative carers will share a different topic with their peers  Learn lots of new skills and make friends.  Also support for low level mental health, such as stress, anxiety or depression. | **Email -**  **Kulsum. Chishti @bwdcarers.org.uk for zoom link.** |
| **Wednesday 9th December**  5.30pm – 7.30pm | **Hijab Styling**  Hawa to show every day and occasional styling.  Keep your hijab on the ready for a practice. | **Email - office@bwdcarers.org.uk** |
| **Thursday 10th December**  5.30pm – 8.30pm | **Quiz & Name That Tune**  A night in quizzing, are you ready for testing your general knowledge, give it a go. You might be a winner of £10 voucher to spend in the shops. Also Name that Tune played live on the piano by our very own Eric Haworth.  Ending with Christmas songs.  Free Coffee Voucher for all participants. | **Email - office@bwdcarers.org.uk** |
| **Friday 18th December**  7pm – 8.30pm | **Lyndsay & Pete invite you to a Friday night get together**  Is Lockdown getting you down, need something to raise your spirits. Join our sing along couple to brighten your Friday nights. Bring a cuppa or a glass of wine and relax listening and singing along to the sixty’s artists such as Billie Joe Spears, Connie Francis, Dolly Parton and famous Xmas songs to get you in the spirit. | **Email - office@bwdcarers.org.uk** |
| **Monday 21st December**  2pm – 3pm | **Christmas is coming**  **With Eric Haworth and Friends.**  Listen to Eric playing your favourite Christmas tunes on the piano and join into the singing if you feel comfortable. A fun afternoon to start the festive holiday season join in with a cuppa or a drink and enjoy the company and merriment. | **Email - office@bwdcarers.org.uk** |