



Online opportunities for Carers – December 2020

Ashfield and Mansfield Dementia Friendly Community Partnership are pleased to announce a new programme of online sessions available for carers in the Ashfield, Mansfield and surrounding areas to access.

The sessions below, funded by Big Lottery as part of our DREAM project will be available throughout December providing an opportunity for local carers and their loved ones to connect with other carers providing lots of fun, social interaction and support during these challenging times we are all living in. If they prove to be popular we will look to offer these as a long term opportunity.

All sessions will be delivered via Zoom. If you require support with accessing this please let us know and we will support you where we can. To book a place please pass on your name and email address to the relevant contact below.

Activity	Dates	Time	Contact for further information or to book a place
Strictly carers Dance session A fun dance activity that can be done standing or seated, ideal for beginners – no dance experience necessary!	Tuesday 1 st , 8 th , 15 th , 22 nd December	1 – 2pm	Dianne Holmes 01623 457233 or email healthandwellbeing@ashfield.gov.uk
'Chill Out Hour' Join Julie for an hour of calm and relaxation. Making time for you, because you matter too. Focussing on your wellbeing, will include mindfulness and guided imagery.	Wednesdays 2 nd , 9 th , 16 th , 23 rd December	7-8pm	Julie Bentley Telephone: 07890 029305 Email: bentleyjtherapist@gmail.com
Quiz/ Games night A fun evening activity which will include different activities each week including quiz night and bingo. Week 1 will start with a quiz. Prizes will be on offer, but it's all about having fun and laughter together	Fridays 4 th , 11 th , 18 th December	6.30- 7.30pm	Dianne Holmes Telephone: 01623 457233 Email: healthandwellbeing@ashfield.gov.uk
Sunday sing along Singing is a great way to make you feel happy. The first session will be Christmas themed with future weeks based on the musical interests of the participants. If you haven't got a good singing voice don't worry, you will be on mute so you can sing like no one is listening!!	Sunday 6 th , 13 th , 20 th , 27 th December	1.30 – 2.15pm	Carol Hallam 07884 118000 c.hallam@ashfield.gov.uk

