

Carers Groups/Activities November 2023 PROGRAMME

For any additional information on this month table please email carers
carers.support@mindincroydon.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
30 th October	31 st October	1 st November NO GROUP	2 nd November	3 rd November Fairfield House, 10 Altyre Road Carers Peer Support Group 10am-11am 'Mindful Movements' 11am-12pm
6 th November	7 th November	8 th November Pampisford Road, Purley Carers Peer Support Group 5.30pm-7pm Self Confidence & Assertiveness	9 th November	10 th November Fairfield House, 10 Altyre Road Carers Peer Support Group 10am-11am 'Mindful Movements' 11am-12pm
13 th November	14 th November	15 th November NO GROUP	16 th November Equine Therapy 9am-12pm small charge for activity Please contact Angela for more details: angela@mindincroydon.org.uk	17 th November Fairfield House, 10 Altyre Road Carers Peer Support Group 10am-11am 'Mindful Movements' 11am-12pm
20 th November	21 st November	22 nd November Pampisford Road, Purley Carers Peer Support Group 5.30pm-7pm Mindfulness/Meditation Guest Facilitator—Paola Bagnall	23 rd November Equine Therapy 9am-12pm small charge for activity Please contact Angela for more details: angela@mindincroydon.org.uk	24 th November NO GROUP
27 th November	28 th November	29 th November NO GROUP	30 th November Equine Therapy 9am-12pm small charge for activity Please contact Angela for more details: angela@mindincroydon.org.uk	1 st December Fairfield House, 10 Altyre Road Carers Peer Support Group 10am-11am 'Mindful Movements' 11am-12pm