# **Carers Week 8th to 14th June 2020 Timetable**

| **Date & Time** | **What’s on** | **Duration** | **How do I join?** | **Who is running the session?** |
| --- | --- | --- | --- | --- |
| 8th June 2pm | Mindfulness for Carers | 60 Minutes | To register please email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk) | HackneyCarers |
| 8th June 3pm | Carers Week, join us for our daily Care for a Cuppa Chats. | 30/60 Minutes | Click to Register <https://us02web.zoom.us/meeting/register/tZYoduqtpzgvHdBwvStDeVQNLsItgko7AUBt> | Carers UK |
| 8th June  8pm | Q&A with unpaid City Carer Resident  what is an unpaid carer? What support is there? And a few things I have learnt along the way | 39 Minutes | Join Zoom Meeting below  <https://us04web.zoom.us/j/71069972516?pwd=RjUxaGprQlN5WmRTNFVhYVFMMjErUT09>  Meeting ID: 710 6997 2516  Password: 9wX57V | **City Resident** |
| 9th June  10.00 – 11.30am | City Carers Tea & Cake via Zoom. Carers, relatives and friends. Bring your own cake and brew and join us by phone or Zoom | 90 Minutes | You can Join by phone but you will be charged at your local rate. Call 0203 481 5237. Enter 851 7055 9200 followed by # key OR  Go to Zoom.us click on join meeting at the top of the page Enter meeting ID: 851 7055 9200 | AgeUK  East  London |
| 9th June  11am | Health and Wellbeing - instructor Kelly, basic exercises that can be done from home to help physical and mental health, as well as answering questions about physical activity. | 60 Minutes | Click to Register  <https://us02web.zoom.us/meeting/register/tZEkdu-vqjsvGtXDbxVpfL0d9UmhjwVnohhF> | Carers UK |
| 9th June  11am | Intro to Ayurveda / DIY Chai Spice mix with [Svetla Karamshuk](http://www.instagram.com/ashtangi.who) aka [Ashtangi Who](http://www.ashtangiwho.com" \t "_blank)  (prompt start please be on time) | 90 Minutes | To register, please email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk) | HackneyCarers |
| 9th June  1.30pm | Pranayama and Meditation for Calm during Covid-19 | 60 Minutes | To register, please email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk) | HackneyCarers |
| 9th June 3pm | Carers Week, join us for our daily Care for a Cuppa Chats. | 30/60 Minutes | Click to Register <https://us02web.zoom.us/meeting/register/tZAlc--oqzguGNONLlKqoS953H4va6GAQmCr> | Carers UK |
| 9th June 6.30pm | Virtual Cuppa bunch of carers coming together for supportive chats to share practical tips and tricks, and sometimes just to vent | 30 Minutes | Click to register  <https://www.eventbrite.co.uk/e/cuppa-for-carers-tickets-103320408122?ref=ecal> | Mobilise Carers |
| 10th  June  11.30am | Dance for Carers with [Rachel Sparks](http://www.rachelsparksdance.co.uk) Wear rainbow / glitter / party outfits to celebrate carers and the work of the NHS | (Did not mention duration on website) | To register, please email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk) | HackneyCarers |
| 10th June 3pm | Carers Week, join us for our daily Care for a Cuppa Chats. | 30/60 Minutes | Click to Register <https://us02web.zoom.us/meeting/register/tZclf--vpzwrG9SVxGZz9UGiPyueCwT8vnRk> | Carers UK |
| 11th June | City Carers Gallery.  Carers submit your art paintings, poetry, photography etc for our digital gallery. From 11th June we will be displaying the work on the city connections website. |  | Please submit to [Kevin@cityconnections.org.uk](mailto:Kevin@cityconnections.org.uk)  Work can be on Making Caring visible but doesn’t have to be | AgeUK  East  London |
| 11th June  6.30pm | Chair Yoga for Carers with Madlyn Maya | (Did not mention duration on website) | To register, please email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk) | HackneyCarers |
| 11th June  6.30pm | Young adult carers come together to share ideas about blogging.  Have you been wanting to start a blog but just didn't know how to get started? Are you an experienced blogger keen to help others who are just starting out? | 45 Minutes | To Register:  <https://www.eventbrite.co.uk/e/mobilise-cuppa-young-adult-carers-blogging-workshop-tickets-107059485804?ref=ecal> | Mobilise Carers |
| 12th June 11am | Carers’ Virtual Coffee Morning with Amina and Tahmina from Hackney carers centre | 60 Minutes | To register, please email [info@hackneycarers.org.uk](mailto:info@hackneycarers.org.uk) | HackneyCarers |
| 12th June 12.30pm | Virtual Cuppa bunch of carers coming together for supportive chats to share practical tips and tricks, and sometimes just to  vent | 30 Minutes | To Register  <https://www.eventbrite.co.uk/e/cuppa-for-carers-tickets-107084570834?ref=ecal> | Mobilise Carers |
| 12th June 3pm | Carers Week, join us for our daily Care for a Cuppa Chats. | 30/60 Minutes | Click to Register  <https://us02web.zoom.us/meeting/register/tZMvduysrTMtGNcKJE0He9TbRb-pniYDgFon> | Carers UK |
| 14th June 3pm | Mini Quiz – Crowdsourcing questions from City Carers and former carers, who knows the range of questions we may have. | 39 Minutes | Any City Carers, families and City Residents welcome to join  Join Zoom Meeting  <https://us04web.zoom.us/j/76928677550?pwd=dmp3YnNFN3pVYXcxRUVPYjZsbTYrQT09>  Meeting ID: 769 2867 7550  Password: 5LdCqK | City Resident |

# Useful links and resources mentioned

AgeUK East London’s- City connection service <https://cityconnections.org.uk/>

Carers week national link: <https://www.carersweek.org/>

Carers week national link to all London activities <https://www.carersweek.org/get-involved/activities/itemlist/filterfork2?option=com_k2&view=itemlist&task=filterfork2&mid=176&Itemid=306&f%5Bg%5D%5Btext%5D=london>

Carers UK Online meet ups: <https://www.carersuk.org/help-and-advice/get-support/online-meetups>

Hackney Carers – Carers week <https://www.hackneycarers.org.uk/carers-week-2020>

Mobilise Carers <https://www.mobiliseonline.co.uk/cuppa>

Mobilise Carers 1:1 with a carer coach <https://calendly.com/mobilisecare>

How to use to use Zoom <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

How to use zoom by arrow senior living <https://www.arrowseniorliving.com/coronavirus/using-zoom/>