




Wigan and Leigh Carers Centre






TRAINING PROGRAMME DECEMBER 2021

TO BOOK ACTIVITIES OR EVENTS PLEASE VISIT: <https://wlcccarers.com/events-booking/>
 or call 01942 705959 or email info@wlcccarers.com

MON	TUE	WED	THURS	FRI	SAT
		<p>1. Mindfulness Walk 10am - 11am (Westwood Woods WN3 5DS)</p> <p>Christmas nesting boxes 10.30 am- 12.30pm (Carers Centre)</p> <p>Men's Group 1.00pm – 2.30 pm (Carers Centre)</p> <p>Young Carers Sewing Group ^{11yrs+} 5.30pm-7.30pm (Carers Centre)</p>	<p>2. Christmas Card Making Workshop 10 am – 12 pm (Carers Centre)</p> <p>Mindset Programme 6 week course Men's Group 1 – 3 pm (Carers Centre)</p>	<p>3. Feel Good Friday!!! Appointments with Forest Falls Healing, Gold Standard Foot and Leg Clinic, Urban Hair & Nail Studio Hindley</p>	<p>4. Young Carers Cake Decorating 10am-12.30pm (Carers Centre)</p>

<p>6. Coffee Morning 10 am – 12 pm (Carers Centre or online)</p>	<p>7. Yoga for beginners 6 week course 10.00 am -11.00 am (Carers Centre & Online)</p> <p>Diabetes Awareness Training 1pm – 3 pm (Carers Centre)</p>	<p>8. Mindfulness Walk 10 am - 11am (Shevington Park WN3 6DF)</p> <p>Christmas Decoupage Pillow Boxes 10.30 am - 12.30 pm (Carers Centre)</p> <p>Young Carers Sewing Group ^{11yrs+} 5.30pm-7.30pm (Carers Centre)</p>	<p>9. Christmas Tea Light Workshop 10.30 am - 12.30 pm (Carers Centre)</p> <p>Mindset Programme 6 week course Men’s Group 1 – 3 pm (Carers Centre)</p> <p>Diabetes Awareness Training 7 - 9 pm (ONLINE)</p>	<p>10.</p>	<p>11. Young Carers Christmas Film 5 – 11 yrs 10 am - 12.30 pm (Carers Centre)</p>
<p>13. Coffee Morning 10 am – 12 pm (Carers Centre or online)</p>	<p>14. Yoga for beginners 6 week course 10 am -11 am (Carers Centre & Online)</p> <p>First Aid For Carers 1.30 pm - 3.00 pm (1 Meyrick St Wigan)</p>	<p>15.  Festive Mindfulness Walk (Wear your Christmas attire if you wish!) 10 am – 11 am (Three Sisters, Ashton)</p> <p>Christmas Cracker workshop 10.30am - 12.30 pm (Carers Centre)</p>	<p>16. Christmas Wreath Making 10 am - 12pm (Carers Centre)</p> <p>Christmas Wreath Making 1 pm – 3 pm (Carers Centre)</p>	<p>17. Feel Good Friday!!! Appointments with Forest Falls Healing, Gold Standard Foot and Leg Clinic, Urban Hair & Nail Studio Hindley</p>	<p>18 Young Carers Christmas Film 12 - 16yrs 10am - 12.30 pm (Carers Centre)</p>

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<p>20.  Carers Christmas Jumper Coffee Morning 10 am – 12 pm (Carers Centre or online) (Wear your Christmas attire if you wish!)</p> <p>Carers Bereavement Friendship Group 12.30 pm – 1.30 pm (Carers Centre)</p>	<p>21.</p>	<p>22.</p>	<p>23. Carers Centre Closed (phone lines still open)</p>	<p>24 Christmas Eve </p>	<p>25 Christmas Day </p>
<p>27. BANK HOLIDAY</p>	<p>28. BANK HOLIDAY</p>	<p>29. Carers Centre Closed (phone lines still open)</p>	<p>30. Carers Centre Closed (phone lines still open)</p>	<p>31. New Year's Eve Carers Centre Closed (phone lines still open)</p>	