

CARE 2 ... supporting Carers and their companions as well as Former Carers



ONLINE

Care 2 Try Better Health the Holistic Way C2229711	01.03.2023 WEDNESDAY	09.00 – 10.30AM	Georgia Daniel	Enrol here
Care 2 Visit St Osyth's Priory, near Colchester C2229701	20.03.2023 MONDAY	20.03.2023 2.00 – 3.30PM	Margaret Mills	Enrol here
Care 2 try Hand massage C2229709	22.03.2023 WEDNESDAY	09.00 – 10.30 AM	Georgia Daniel	Enrol here
Care 2 Make Easter Cards and Place Name Cards C2229706	27.03.2023 MONDAY	27.03.2023 10.00 – 11.30 AM	Catherine Wilcock	Enrol here
Care 2 Visit Paycocke's House C2229702	27.03.2023 MONDAY	27.03.2023 2.00 – 3.30PM	Margaret Mills	Enrol here
Care 2 Try Foot Massage C2229710	29.03.2023 WEDNESDAY	09.00 – 10.30 AM	Georgia Daniel	Enrol here
Care 2 Make Spring Flower decorations C2229704	30.03.2023 THURSDAY	30.03.2023 10.00 – 11.30 AM	Catherine Wilcock	Enrol here
Care 2 Manage Fatigue and Burn Out C2229712	31.03.2023 FRIDAY	31.03.2023 2.00- 3.30PM	Bex Harper	Enrol here

Care 2 Try Easter Cooking C2229707	03.04.2023 MONDAY	03.04.2023 10.00 – 11.30 AM	Catherine Wilcock	Enrol here
Care 2 Visit Layer Marney Tower, near Colchester C2229700	11.04.2023 TUESDAY	13.03.2023 2.00 – 3.30PM	Margaret Mills	Enrol here
Care 2 find out about Nutrition C2229708	18.04.2023 TUESDAY	16.05.2023 10.00 – 11.30AM 5 sessions	Catherine Wilcock	Enrol here
Care 2 Visit Marks Hall, near Colchester, Coggeshall C2229703	24.04.2023 MONDAY	24.04.2023 2.00 – 3.30PM	Margaret Mills	Enrol here
Care 2 Try Seated Yoga C2229770	26.04.2023 WEDNESDAY	9.00 - 10.30	Georgia Daniel	o/s cis and submit
Care 2 Find out about Essex people and places C2229698	15.05.2023 MONDAY	15.05.2023 2.00 – 3.30PM	Margaret Mills	Enrol here
Care 2 Destress with Art Online C2229713	17.05.2023 WEDNESDAY	17.05.2023 10 – 11.30AM	Sue Pownall	Enrol here
Care 2 Find out about Essex Seaside Towns? C2229695	23.05.2023 TUESDAY	23.05.2023 2.00 – 3.30PM	Margaret Mills	Enrol here
Care 2 visit Wanstead House, Wanstead (now in Greater London, but until 1965, when the boundaries changed, the site was in Essex)	25.05.2023 THURSDAY	25.05.2023 2.00 – 3.30PM	Margaret Mills	Enrol here

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