



**Ealing
Carers Service**

Tü Vida
Supporting your life in London



“Making Caring Visible and Valued”

**Join us for a week of virtual health, wellbeing & fun activities
5th – 13th June 2021**

All sessions will run on Zoom/ MS Teams. A laptop/tablet/smart phone with speaker & camera are required.

For more information or to book onto a session, please contact us on
Tel no : 020 3137 6194 or email: london@tuvida.org

Date	Details	
Saturday 5 th June	1	Nourished Minds – Cookery group with Chefs Laura and Henry, from 11.00am - 1.00pm. Recipe - Turkish style chicken shish kebabs with Turkish chopped salad & chilli butter. Join Zoom Meeting https://us02web.zoom.us/j/83277197936 Meeting ID: 832 7719 7936
Monday 7 th June	1	Breathe body and Mind, Yoga (floor & seated) with Harpal Sahota, from 10.30 - 11.30am Zoom: ID 822 1485 3326 passcode: 414736
	2	Afternoon Tea with Shelley - Chat with a nice cuppa from 12.00 -1.00pm https://zoom.us/j/96075962158?pwd=a3pQdzFSUGJoQWFBa1k1OHZkWGpRdz09 Meeting ID: 960 7596 2158 Passcode: 246809
	1	Pilates with Patricia Lajtaj, from 10.00 – 11.00am https://us02web.zoom.us/j/81705472893?pwd=bGMzSjduaUlyNjdsTHZjdGNLYnJMUT09 Meeting ID: 817 0547 2893 Password: 024024
Tuesday 8 th June	2	Journey through Caring. An opportunity to chat with other carers and share experiences with Vinnette Campbell, from 11.00 – 12.00pm https://us02web.zoom.us/j/81485440613?pwd=YUdlSWE0blZwOTRoK1pCM2tBUlBPdz09 Meeting ID: 814 8544 0613 Password: 369844
	3	Feet massage – online tutorial with Susan Player, from 11.00 – 12.00pm https://zoom.us/j/95701386509?pwd=T0gwZHBvNHkwRTlOa1BZSk5PdnJldz09 Meeting ID: 957 0138 6509 Passcode: 036101
	4	Care 2 Sing UK – Online singing group with vocal coach Victoria Beebee, from 2.00 – 2.40pm. You will need to email us in advance at london@tuvida.org so that we can send you the lyric sheets for the session.
	5	Join Debra and Michael from Acton Gardens association for a session about growing vegetables on your balcony/ windowsill, from 6.30pm : https://www.eventbrite.co.uk/e/balcony-and-windowsill-growing-online-workshop-tickets-155811487353
	1	Hand and nail care, online tutorial with Susan Player, from 10.00 – 11.00am https://zoom.us/j/91768310964?pwd=aDYyV3dnWGhNeUFsQVZuSjRJejVJQT09 . Meeting ID: 917 6831 0964 Passcode: 021309
Wednesd ay 9 th June	2	Christopher Jack and Aydid Cabdillahi from North West London CCG “Accessing local health services and how to register yourself as a Carer with your GP”. From 11.30- 12.30pm. (West London only) ID 85697579518 PW 386060
	3	Sarah Waddingham, Professional Counsellor. Join Sarah for a session of Mindful exercises, with visualisation and breathing techniques, to help you relax and improve your wellbeing, from 1.00pm – 2.00pm ID 82473797828 PW 638742
	4	Working for Carers with Caroline Sullivan, from 1.00 -2.00pm. A presentation discussing How to identify and support carers. For Zoom link, please call: 020 8868 5224 Ext 208/218 or email workingforcarers@harrowcarers.org. (West London only)
	5	Live music with Stephen Roper – Enjoy a gig from your sofa, from 7.00 – 8.00pm
	1	Moving and Handling – online tutorial with Susan Player, from 10.00 – 11.00am https://zoom.us/j/91028378545?pwd=N1VZVDUra1ZuNk03N2gyTXB1Ty8zZz09 Meeting ID: 910 2837 8545 Passcode: 962783
Thursday 10 th June	2	Join professional photographer Becky Mursell from Artificiation, for a fun filled photography workshop, from 2.30 – 3.30pm



		https://us02web.zoom.us/j/86006780371?pwd=bTJSTHdYQ0dPVk5QSXBnUEE1MVhmZz09 Meeting ID: 860 0678 0371 Passcode: 115982
	3	Join Jarnail Singh for an energising session of Bhangra dancing, from 6.00pm - 6.30pm ID 908 977267 password : 0000 (zeros)
Friday 11 th June	1	Floor Yoga with Harpal Sahota from 9.00 – 10.00am. ID 859 6056 1538 (No password needed)
	2	Zumba class followed by some Tai Chi with Soranny Perone from 10.00 – 11.00 am. ID : 2579203329 password : fit2021
	3	Join one of the carers from the Working for Carers Programme, as she shares her journey about life as a carer, from 11.00 – 12.00pm call 0208 868 5224 EX 208/218 or Email : workingforcarers@harrowcarers.org.
	5	Mindfulness During Lockdown and Beyond. Join life coach Soranny Perone for a mindfulness session, from 2.30 – 3.30pm Zoom ID 257 9203329 password : fit2021
	6	Quiz Night. From 7.00 – 8.00pm https://zoom.us/j/95087070326?pwd=cTJReml1SXhWT0N2MW9PTXJYajE4dz09 Meeting ID: 950 8707 0326 Passcode: 814743