

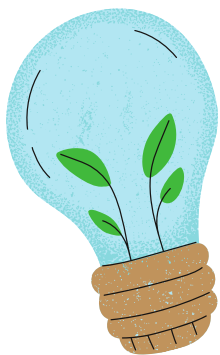


Adult Carer Events

Date and time	Activity	Location
Monday 4th 10.30 - 12.30	Creative Art Session with Nicola (Booking essential)	Choir Vestry, St Ninians Cathedral
Wednesday 6th 10.00 - 12.30	Perth Dementia Cafe (Awareness day)	North Church Hall, Perth
Wednesday 6th 14.00 - 16.00	Gie it Laldy Carers Choir (Booking essential)	Perth Theatre, Second floor
Thursday 7th 10.00 - 13.00	Blairgowrie Social Group (Booking essential)	Fair 'O' Blair
Sunday 10th 18.00 - 19.00	Relaxation with Rosemary (Booking essential)	Via Zoom
Monday 11th 10.30 - 12.30	Creative Art Session with Nicola (Booking essential)	Choir Vestry, St Ninians Cathedral
Wednesday 13th 14.00 - 16.00	Gie it Laldy Carers Choir (Booking essential)	Perth Theatre, Second Floor
Thursday 14th 10.30 - 12.00	Crieff Carers Café - drop in	Royal British Legion Clubrooms, Perth Road

Tuesday 19th 10.00 – 11.30	Tai Chi with Alexander (Booking essential)	Choir Vestry, St Ninians Cathedral
Sunday 24th 18.00 – 19.00	Relaxation with Rosemary (Booking essential)	Via Zoom
Monday 25th 14.30 – 16.30	The Bridge Project (Booking essential)	Carers Centre, Lewis Place
Wednesday 27th 14.00 – 16.00	Gie it Laldy Carers Choir (Booking essential)	Perth Theatre, Second floor
Wednesday 27th 14.00 – 17.00	Skills Development Scotland 1:1 appointments (Booking essential)	Carers Centre, Lewis Place





Learning Opportunities

Monday 4th March - 1pm - 3pm

Manual Handling training - Pullar House, 1st Floor

All aspects of manual handling will be covered through a range of conversations & demonstrations on safe and efficient techniques and manoeuvres e.g. how to use current equipment such as wheelchairs and walking aids.

Tuesday 5th March - 1.30pm - 3pm

Self - Directed Support drop in session at the Carers Centre, Lewis Place. Come along for a chat and bring any questions you have.

Thursday 21st March - 2pm - 3pm

Scams with Melanie - Online

Melanie can talk to you about local and national scams whether doorstep, online or telephone. She can advise you if you think you are currently being scammed or give you advice about what to look out for to protect yourself and your loved ones. If necessary, she can follow up with a home visit. Melanie has done several sessions for us and carers have found them really helpful

Tuesday 26th March - 10.30am - 12pm

Self - Directed Support Zoom drop in join for a chat or for a chance to ask any questions you might have.