

Adult Carer Events - December 2024

Date and time	Activity	Location
Sunday 1st 18.00 - 19.00	Relax with Rosemary - Facial (Booking essential) Carers will need a comfortable seat, a basin of water, cleanser, moisturiser, towel and 2 slices of cucumber.	Zoom
Wednesday 4th 14.00 - 16.00	Gie it Laldy Carers Choir (Booking essential)	Norrie Miller Studio, Perth Concert hall
Wednesday 4th 10.00 - 12.30	Perth Dementia Café	North Church Hall, Perth
Thursday 12th 10.30 - 12.00	Crieff Carers Café - drop in	Royal British Legion Clubrooms, Perth Road
Sunday 15th 18.00 - 19.00	Relax with Rosemary - Hand Massage (Booking essential) Carers will need a glass of water, hand cream, body lotion or emollient.	Zoom

