

# Winter Wellness Online Events for Carers

## **Just Sing! - restarting Tue 19th Jan, 1:30 to 2:30 pm**

Join us for a weekly sing-a-long session with choir leader Anya Bisset. No previous singing experience necessary. Drop-ins welcome. Sessions will continue for eight weeks **up to and including until Tue 9th Mar.**

## **Gentle Years/ Seated Yoga\* - Mon 18th Jan, 10:30 to 11:15 am**

Join us for a gentle yoga session with instructor Sue Northop, Revitalise Yoga. This taster class is suitable for carers who have never done yoga, people with long term conditions, older people or anyone who likes their yoga relaxed and slow.

## **Relaxing Yoga\* - Wed 20th Jan, 2 to 2:45 pm**

Join us for a relaxing yoga session with instructor Sue Northop, Revitalise Yoga. This taster class is open to all carers, regardless whether you've done yoga or not. Adaptations will be suggested for people with health conditions.

## **Pilates Taster\* (morning slot) - Tue 26th Jan, 9:50 to 10:40 am**

## **Pilates Taster\* (evening slot) - Thu 4th Feb, 5:20 to 6:10 pm**

Join us for a friendly and upbeat Pilates session with instructor Johanna Dollerson, Lark Pilates. Morning or evening slots available - no need to attend both. The beginner level tasters will focus on stretching and relaxation with some core strengthening and shoulder work too.

**\*Please note** you will be sent a health form to complete and return to the instructor in advance of any yoga or Pilates session to help keep you safe and comfortable. This is an essential requirement of taking part in a taster class.



## Winter wellness continued...

### **Dementia Course for Carers - starting Mon 1st Feb, 2 to 3pm**

Join us for an accessible and engaging course for carers in association with the Dementia Services Development Centre at Stirling University. The course will consider: understanding dementia; communication; changes in behaviour and the ageing body; and environmental impacts. The course will take place over three weeks on **Mon 1st, Mon 8th and Mon 15th Feb, 2 to 3 pm.**

### **Love Drama Workshop (age guide 3 to 7) - Thu 11th Feb, 10:30 to 11:30 am**

### **Love Drama Workshop (age guide 8 to 11) - Fri 12th Feb, 10:30 to 11:30 am**

Drama workshop for children with additional support needs focusing on imagination during the half-term holidays. Parents and siblings are welcome to join in the fun, too!

### **Play, Care, Cope Workshop (adults) - Thu 18th Feb, 10:30 to 11:30 am**

Join arts in health charity Hearts & Minds for a session exploring playful ways to de-stress. This is a great opportunity to have a giggle and to re-connect with yourself and other carers.

### **Gentle Moves (seated exercise) - Thu 11th Mar, 11 am to 12 noon**

Join Ageing Well coach Tracey Young for an online seated exercise class and social chat for older carers focusing on staying active in later life. Please sit on a straight backed stable chair e.g. dining chair for this class.

### **Booking Instructions**

All events require advanced booking and will be held on Zoom. To book a place on an event, **please call us on 0131 665 0135 or email [centre@coel.org.uk](mailto:centre@coel.org.uk).**

You can also view our calendar of events with activity descriptions on our website here: <https://coel.org.uk/events/>

