MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30-12:00 Art Group Z	**3** 11:00-13:00 Creative Writing Z	**4**	**5**	**6**
9 10:30-12:00 Art Group Z	**10** 11:00-13:00 Creative Writing Z 13:00-15:00 Talking Therapies:Boosting Mood G	**11** 16:00-17:30 Dementia Carers Group Z	**12** 10:30-12:30 Carers Walk:Kenwood ➡	**13** Time to get your boots on for Line dancing TBC
16 10:30-12:00 Art Group Z	**17** 11:00-13:00 Creative Writing Z	**18** 13:00-17:00 Royal Parks Walk: International Men's day (Men only) ➡ 17:00-19:00 Herbal blending and winter remedies workshop ➡ Times TBC Coffee & Careers Drop in at KX ➡	**19** 10:30-11:30 Carers Rights day session Z 14:00-16:00 Older Carers Group ➡	**20**
23 10:30-12:00 Art Group G	**24** 11:00-13:00 Creative Writing Z	**25**	**26** 14:00-16:00 Mental Health Carers G 14:00-16:00 Connecting Conversations ➡	**27** 10:30-12:00 Black Carers Collective TBC
30 10:30-12:00 Art Group Z				

COLOUR KEY

- ALL CARERS
- LEARNING DISABILITY CARERS
- MENTAL HEALTH CARERS
- OLDER CARERS
- DEMENTIA CARERS
- BLACK CARERS COLLECTIVE
- OTHER EVENT
- YOUNG ADULT CARERS
- HEALTH EVENTS
- LGBTQ+ CARERS

EVENT LOCATION

G: At Greenwood Centre
Z: Via Zoom
➡: Location elsewhere