



Self Care Week 2020 Programme of Events

Monday 16 th November	10am	WOMENS HEALTH TALK IN PUNJABI Talk about the cancer screening programmes available to women, and how to keep well. Delivered in Punjabi, specifically for South Asian Women. Link on Zoom : https://zoom.us/j/2131346643?pwd=NS90M3p0WS9OdGhLZk03QXRrazQ3QT09	
	anytime	PILATES 45 minute exercise class focusing on balance, posture, strength and flexibility. https://www.nhs.uk/conditions/nhs-fitness-studio/pilates-for-beginners/	
Tuesday 17 th November	10am	GARDENING FOR CARERS Meet other Carers and participate in some gardening activities. Based at Middletown Allotments in Skipton, meeting 10:30- 12noon. To book, contact Carol Hudson: 01756 700888 option 3.	
	2pm	CREATIVE COOKING Make delicious nutritious meals, using ingredients that are in season and in your cupboard! Book on via Pioneer Projects 015242 62672.	
Wednesday 18 th November	10:30am	OPEN PATIENT GROUP MEETING An open forum to meet other patients, talk about what matters to you, and listen to practice updates. Link: https://zoom.us/j/2131346643?pwd=NS90M3p0WS9OdGhLZk03QXRrazQ3QT09	
	2pm	MINOR AILMENTS LIVE TALK WITH DR KATE HOWEGO Refresh your knowledge and become confident in treating common illnesses and injuries. Suitable for all patients. Link: https://zoom.us/j/2131346643?pwd=NS90M3p0WS9OdGhLZk03QXRrazQ3QT09	
Thursday 19 th November	10:30am	BODY & MIND RELAXATION Release stress and anxiety in movement session focussing on breath work and yoga. 10:30-11:30am (Online). Book on via Pioneer Projects 015242 62672	
	2:30pm	CREATIVE COMMUNITY HUB Take part in some creative activities, to improve your mental wellbeing. Book on via Pioneer Projects 015242 62672	
Friday 20 th November	anytime	DEMENTIA FRIENDS TRAINING Free Dementia Friend Training to learns about dementia and how you can help in your own community. https://www.dementiafriends.org.uk	
Saturday 21 st November	anytime	DYNELEY 5KM CHALLENGE The Dyneley Virtual 5k walk / run challenge. Tweet a selfie of yourself in action and become one of our self care champions! @DyneleyHouse	