

CARERS FIRST E-ZINE



CARERS SOCIAL CALENDAR May edition

Location	Details	Dates & Times
Online / Zoom	<p>Carers only social café Log in from the comfort of your own home and have a chat with like minded people.</p> <p>Book online at: https://www.clanryegroup.com/book-now/social-cafe Or email us at: pauline.rice@clanryegroup.com</p>	Every Wednesday from 11:00AM - 12:00PM
Online / Zoom	<p>Self-Management Pain Course - Challenging Your Condition with We are Versus Arthritis. This Course is aimed at adults living with persistent and long term pain. To sign up call 02890782940 or email NIreland@versusarthritis.org</p>	<p>Thursday 19/05/2022 - 23/06/2022 2.00 – 4.30pm</p> <p>Wednesday 25/05/2022 - 29/06/2022 1.00 – 3.30pm</p>
Online / Zoom	<p>Brain development recurring workshops for parents of adolescents living in the Southern Trust area. For more info or to book contact Mona on 07585889605</p>	Wednesdays 7.00 PM - 9.00PM

Armagh & Dungannon area

Location	Details	Dates & Times
Armagh Palace Stables	<p>Walking Group followed by refreshments Meeting at the car park in Palace Stables . Contact us for more details : sarah.haughey@clanryegroup.com or 02830898119</p>	Every Tuesday from 10:30AM - 11:30AM

CARERS FIRST E-ZINE



CARERS SOCIAL CALENDAR May edition

Armagh/ Dungannon

Location	Details	Dates & Times
Armagh City Library	Patchwork Group – For adults who enjoy sewing and patchwork. Share tips and ideas and swap patterns! Contact 028 3752 4072 to find out if booking is required.	Every Thursday from 10:30AM - 12:30PM
West Armagh Consortium	Beginners Yoga – Stretch your body and strengthen your mind. Chair and Mat based classes available. Contact Sarah to reserve your space on 028 308 98119	Mondays & Thursdays 09:45AM - 10.45AM

Newry & Mourne

Location	Details	Dates & Times
Clanrye Group Community Mill - The Quays	Social Café – Pop in for a mid week cuppa and a chat. No need to book. Just turn up!	Every Wednesday from 11am to 12pm
Clanrye Group Community Mill - The Quays	Commun-knit-tea – A knitting group get together with tea and biscuits. Knit your own or join out Plarn Project.	Every Tuesday from 10:30am to 12:30pm
Warrenpoint	Walking group followed by refreshments Contact Ann-Marie on 028 3089 8119 to book.	Every Monday from 10:30am to 11:30am
Newry Tow Path	Walking group followed by refreshments Contact Ann-Marie on 028 3089 8119 to book.	Every Friday from 10:30am to 11:30am
Derrymore Woods - Bessbrook	Walking group followed by tea and coffee and something sweet. Contact Ann-Marie on 028 3089 8119 to book.	Every Tuesday from 10:30am to 11:30am



CARERS FIRST E-ZINE



CARERS SOCIAL CALENDAR May edition

Newry & Mourne

Location	Details	Dates & Times
Arts and Crafts	Casual Arts and Crafts group , professionally led in a relaxed environment. An escape for your arty side, enjoy an afternoon in the company of like minded. Contact Roisin on 028 30898119	Morning and afternoon classes every Monday

Craigavon & Banbridge area

Location	Details	Dates & Times
Lurgan - Clan na Gael, 8A Francis Street, Lurgan, Craigavon BT66 6DL	Think5Do5 Workshop /Verve Health Trainers Including Arts/Crafts, BE Active and more. Refreshments included. Contact Michelle Moulton ; michelle.moulton@clanryegroup.com or 07966771654	Tuesday 24th May 2022 10am – 1pm
Portadown - Peoples park	Walking Group followed by refreshments Meeting at the Mayfair Business Centre Contact: emma.mckerr@clanryegroup.com or 07485325861	Every Wednesday from 11:00AM - 12:00PM
Bannside church Solitude park Banbridge	Walking Group followed by refreshments Meeting at the Bannside Church Contact: michelle.moulton @clanryegroup.com or	Every Thursday from 11:00AM - 12:00PM
Ballydown Church Hall	Carers support group – open to all carers. Contact Liz Armstrong on 07720 098647	Second Thursday of every month from 7:30pm
Banbridge Library	Craft & Chatter – For adults who enjoy knitting, crochet, cross stitch and crafting. Booking essential on 028 406 23973	Every Monday from 10am to 11am or 11:30am to 12:30pm

CARERS FIRST E-ZINE



CARERS SOCIAL CALENDAR

May edition

Kilkeel

Location	Details	Dates & Times
Kilkeel - Nautilus Centre	Carers Coffee Morning - happening monthly with various presenters each month. Contact Lorraine Murphy ; Lorraine.murphy@clanryegroup.com or 07966771652	26th May 2022 10:30am – 12:00noon 30th June 2022 10:30am – 12:00noon
Kilkeel Leisure Centre	Walking Group - Low level walking group meeting weekly Contact Lorraine Murphy ; Lorraine.murphy@clanryegroup.com or 07966771652	Fridays 11am - 11.45pm

SAVE THE DATE : Carer's Week 6 – 12th June 2022

The theme for this year is: “make caring Visible, Valued and Supported”. We will have a range of services available on the week across the southern area to include Health Checks, Complimentary Therapies, First Aid training, Afternoon Tea, Picnics, Podcasts and much more.

However, if you feel anything else should be included, please contact the programme Co Ordinator :
pauline.rice@clanryegroup.com or Mobile 07966771644