

Empowered Online

Monday	11am - 11.45am	<i>The Storybox Project</i> - creative group offering fun, creative session inspired by weekly themes. A great session for people with dementia to engage with.
	2pm - 3pm	Jewish Carers Group with Emma
Tuesday	11am - 12pm	Pause to Draw: Rachel Burnham will guide people through capturing that perfect picture.
	3pm - 4pm	Escape to the Disco with DJ Ged Reek
Wednesday	11am - 12pm	Reminiscence Session - Katherine
	12pm - 1.15pm	Carers Group with Rachel
	2pm - 3pm	Chair based dancing Joanna (DSS)
	2pm - 3pm	A Conversation with ... Amanda Barrell and Rachel Yates Hoyles (Empowered Carers) : Connecting Carers : Exploring the use of online sessions to create a new space for carers to support and connect with each other.
	7pm - 8.30pm	Empowered Conversation Communication Course (Session 2)
Thursday	10.30am - 11.30am	Younger Carers Group with Emma
	11am - 12pm	General Knowledge Quiz with Katherine (DSS)
	2pm - 3pm	Singing and Music with Hannah (DSS)
Friday	11am - 12pm	Word games for the brain with Makelesi (DSS)
	11am - 12pm	Carers of people in Care Homes Group with Amanda
	2pm - 3pm	Singing and Music with Hannah (DSS)
	3pm - 4pm	Come and Sing : with Margaret and Barbara

Session in **bold** are run by the fantastic Dementia Support Service team at Age UK Salford, anyone interested should call – 0161 728 2001.

To find out more on the other sessions - www.empowered-conversations.co.uk