

Day	Date	Session Type	What's on In May	Start	End
Mon	3rd		Early May Bank Holiday		
Tues	4th	Health & Wellbeing	Online Tai Chi - for Carers and Cared for	11.00	12.00
Weds	5th	Social	Carers Coffee Morning "Put the Kettle on"	11.00	12.00
Weds	5th	Health & Wellbeing	RYCT - Reminiscence Project - For Carers and Cared for	14.00	15.30
Thurs	6th	Skill & Social	Art with Maggie	11.00	13.00
Mon	10th	Health & Wellbeing	Mencap Coffee Mornings	10.30	12.30
Mon	10th	Health & Wellbeing	Tai Chi - For Carers	11.00	12.00
Mon	10th	Health & Wellbeing	Tai Chi - For Carers and Cared for	13.00	14.00
Tues	11th	Health & Wellbeing	Online Tai Chi - for Carers and Cared for	10.30	11.30
Weds	12th	Social	Carers Coffee Morning "Put the Kettle on"	11.00	12.00
Weds	12th	Health & Wellbeing	RYCT - Reminiscence Project - For Carers and Cared for	14.00	15.30
Thurs	13th	Skill & Social	Art with Maggie	11.00	13.00
Thurs	13th	Health & Wellbeing	Arthritis Action "Exercise" Workshop	13.00	14.00
Mon	17th	Social	Mencap Coffee Mornings	10.30	12.30
Mon	17th	Health & Wellbeing	Tai Chi - For Carers	11.00	12.00
Mon	17th	Health & Wellbeing	Tai Chi - For Carers and Cared for	13.00	14.00
Mon	17th	Health & Wellbeing	Carers Mental Health Peer Support Group	14.00	15.30
Tues	18th	Health & Wellbeing	Online Tai Chi - for Carers and Cared for	10.30	11.30
Weds	19th	Social	Carers Coffee Morning" Put the Kettle on"	11.00	12.00
Weds	19th	Health & Wellbeing	Managing your Mind-set Workshop	13.00	14.00
Weds	19th	Health & Wellbeing	RYCT - Reminiscence Project - For Carers and Cared for	14.00	15.30
Thurs	20th	Skill & Social	Art with Maggie	11.00	12.00
Mon	24th	Social	Mencap Coffee Mornings	10.30	12.30
Mon	24th	Health & Wellbeing	Greenwich Carers Mental Health Forum	11.00	12.30
Mon	24th	Health & Wellbeing	Tai Chi - For Carers	11.00	12.00
Mon	24th	Health & Wellbeing	Tai Chi - For Carers and Cared for	13.00	14.00
Tues	25th	Health & Wellbeing	Online Tai Chi – For Carers and Cared for	10.30	11.30
Weds	26th	Social	Carers Coffee Morning" Put the Kettle on"	11.00	12.00
Weds	26th	Health & Wellbeing	RYCT - Reminiscence Project - For Carers and Cared for	14.00	15.30
Thurs	27th	Skill & Social	Art with Maggie	11.00	13.00
Thurs	27th	Health & Wellbeing	Learn self-coaching skills	18.30	19.30
Mon	31st		Spring Bank Holiday		