Carers Week Programme
7th – 13th June 2021
Outdoor activities

To book a place on any of the activities on the page please email: shropshire.carers@shropshire.gov.uk or telephone 01743 341995
If you have transport difficulties to any of the activities please advise when booking

Competition time!

Two lucky winner will receive a years membership to the Dorothy Clive Gardens

To enter the competition please write 2 sentences about 'What made you identify as a carer?' Email your entries to shropshire.carers@shropshire.gov.uk

Sun 6th	Mon 7th	Tues 8th	Wed 9th	Thurs 10th	Fri 11th	Sat 12th	Sun 13th
11am –5pm **Hodnet Hall Gardens** TF9 3NN	10am – 11am **Cardingmill Valley** SY6 6JG	10.30am – 1.30pm **Alderford Lake** SY13 3JQ	10am **Powis Castle** SY21 8RF	10am **Powis Castle** SY21 8RF	10.30am – 12.30pm **Cavalier Centre** TF13 6PE	10.30am – 1.30am **Whittington Castle** SY11 4DF	11.30am onwards **Picnic in the park** DY14 8PE
	10.30am – 12.30pm **Babbinswood** Nature Trail and Bushcraft SY11 4PF	11am – 3pm **Acton Scott** SY6 6NQ	11am – 2pm **Severn Valley Country Park** WV15 6NG	10am – 10.30am **Convent of Poor Clare** SY12 0PA	11am – 12.30pm **Shrewsbury Museum** SY1 1LH		
	11am – 2pm **Grange Wood** TF11 8RZ		2pm – 5pm **Fordhall Farm** TF9 3PS		2pm – 4pm **Attingham Park** SY4 4TP		
	1.30am – 2pm **Onny Meadows** SY7 9RS		5.30pm – 7.30pm **Greenacres Farm** SY4 2JA		2pm – 5pm **Get Crafty** Wem Senior Club SY4 5ER		
	2pm – 4pm **Stiperstones** SY5 0NL						

Carers Week Programme
7th – 13th June 2021
Virtual activities

You do not need to book places on the virtual activities. Please click on the links to the activities found in the description on the following pages.

Mon 7th

1pm – 1.30pm
Carers Wellbeing
How breathing can help control your thoughts

7pm – 7.30pm
Carers Wellbeing
How breathing can help control your thoughts

Tues 8th

1pm – 1.30pm
Carers Wellbeing
How to get a better nights sleep

6pm – 7pm
Carers Surgery

7pm
Quiz

7pm – 7.30pm
Carers Wellbeing
How to get a better nights sleep

Wed 9th

11am – 12pm
Garden Birds Talk

1pm – 1.30pm
Carers Wellbeing
How to manage your mind

2pm – 3pm
Story telling

7pm – 7.30pm
Carers Wellbeing
How to managed your mind

7pm -7.40pm
Cup of Joy

7pm – 8pm
Story telling

Thurs 10th

1pm – 1.30pm
Carers Wellbeing
How to manage difficult emotions

1pm – 2pm
Carers Surgery

7pm – 7.30pm
Carers Wellbeing
How to managed difficult emotions

7pm – 8.30pm
Carers Wellbeing
Sound and Healing meditation

Fri 11th

1pm – 1.30pm
Carers Wellbeing
How to relax in stressful times

2pm - 2.40pm
Anything or Nothing – Light hearted chat

7pm – 7.30pm
Carers Wellbeing
How to relax in stressful times

Sat 12th

9.30am – 10.30am
Carers Surgery

1pm – 1.30pm
Carers Wellbeing
Mindfulness for Carers

2.30pm – 4pm
Carers Wellbeing
Sound and Healing meditation

4.30pm
Nature Printing

Sun 13th

1pm – 1.30pm
Carers Wellbeing
Breathing and relaxation exercises

Sunday 6th Outdoor Activities

11am – 5pm Hodnet Hall Gardens – TF9 3NN
Over 60 acres of brilliantly coloured flowers, magnificent forest trees, sweeping lawns and a chain of ornamental pools which run tranquilly along the cultivated garden valley to provide a natural habitat for waterfowl and other wildlife. No matter what the season, visitors will always find something fresh and interesting to ensure an enjoyable day's outing.

Monday 7th Outdoor activities

Join Cath Landles on one, or both, of the following guided walks on Monday 7th June 2021 in the heart of the Shropshire Hills Area of Outstanding Natural Beauty (AONB):

10am - 12pm Cardingmill Valley, Church Stretton. Meet outside the National Trust Pavilion tearoom. Postcode for Sat Nav SY6 6JG. Info and directions at https://www.nationaltrust.org.uk/carding-mill-valley-and-the-long-mynd

2pm - 4pm Stiperstones National Nature Reserve (all ability trail). Meet at the main car park at The Knolls. Postcode SY5 0NL. Nikki Smart (seasonal warden for the National Nature Reserve) will also join us. Info and directions at Shropshire's National Nature Reserves
Parking will be free at both sites.

Cath is the Community & Landscape Officer with the Shropshire Hills AONB Partnership. She will point out and share information about these two beautiful sites, including wildlife, habitats, farming, how the land is managed, history and the surrounding countryside. It will be easy walking on both walks and they will be short, gentle and suitable for all. We will have plenty of stops, to suit the group, so do bring a flask and cake!

What you need to wear and bring – Wear suitable outdoors clothes to suit the weather. Please remember, it's always colder in the hills, even on a sunny day! Strong footwear essential, e.g. walking boots, wellies, strong trainers or stout shoes. We'll have plenty of stops, always a good opportunity for a drink and piece of cake 😊 If it's hot weather, don't forget your sun cream, hat/sunglasses and water. And binoculars, if you have a pair.

There are toilets at Cardingmill Valley but none at the Stiperstones National Nature Reserve, the nearest ones are at The Bog Visitor Centre but you will need to check nearer the time to see if they have reopened after Covid. Info at http://www.bogcentre.co.uk/ or http://www.shropshiresgreatoutdoors.co.uk/site/the-bog-mine-and-visitor-centre/

Monday 7th Outdoor activities

10.30am - 12.30pm. Babbinswood Nature Trail and BushcraftBerghill Lane, Oswestry SY11 4PF.
Join naturalist and ecologist, Tom Moulsdale, on a guided nature trail and discover nature's best kept secrets. Hot drink and cake provided after the walk. Sturdy shoes advisable, toilets and parking on site.

11am - 2pm Grange Wood TF11 8RZ (Instruction on how to get to the woods will be issued on booking this event)
To celebrate Carers Week 2021 Chris and Gaynor Hogarth have extended an invitation to carers in Shropshire to spend some time in their 6 acres of woodland at Grange Woods near Sherrifhales. Exposure to forests and trees boosts the immune system, lowers blood pressure, reduces stress, improves mood, increases energy levels and improves sleep. The natural woodland is quiet, tranquil and relaxing and there is the opportunity for carers to try forest bathing, archery, natural crafts and bushcraft. Drinks will be provided but carers are asked to bring their own reusable cups and their own packed lunch. Toilet facilities comprise a compostable toilet as there is no running water and hand sanitizer is available throughout the site. Bench seating is available but if carers feel more comfortable bringing their own chair's they are welcome to do so. Undulating ground, not suitable for people with mobility issues. Sturdy footwear and weather appropriate clothing is recommended. Parking will be limited to 10 cars maximum.

11:30am – 2pm Onney Meadows Trail Shropshire Hills Discovery Centre, Craven Arms. SY7 9RS - meet outside the back into the meadow area.
An opportunity for a guided walk through the Onny Meadows (approx. 1 mile) , dogs are welcome outside. There are walks for differing abilities and a shorter accessible walk, if you would like to do your own thing, you are welcome but please come and have a cuppa afterwards.
If walking isn't for you, just relax with a drink and take in the views and wildlife.
The café is open for you to purchase your own lunch but refreshments are provided (hot drinks and homemade biscuits) and a gazebo will be up if its damp!
Waterproofs and sturdy footwear advisable. Accessible toilets and shop available.

Monday 7th Virtual Activities

1pm – 1.30pm & 7pm – 7.30pm
How breathing can help control your thoughts
When we feel anxious and/or stressed one of the things we forget to do is breathe slowly. We tend to breathe rapidly, increase heartbeat and thoughts. In today's exercises we will look at how breathing can help slow down your heartbeat, slow down your thoughts and help you focus on the present. Learn simple techniques to help you when you need it most and where else you might get help.

Please click link below to join these activities:
1 - 1.30pm: https://us02web.zoom.us/j/81029307727 **Meeting ID: 810 2930 7727**

7 – 7.30pm: https://us02web.zoom.us/j/82607102293 **Meeting ID: 826 0710 2293**

Tuesday 8th Outdoor Activities

10.30am - 1.30pm Alderford Lake Tilstock Road, Whitchurch. SY13 3JQ
A great opportunity to meet outside, enjoy the space and gather your thoughts around the lake. The lake walk is fairly flat and approx. 1 mile. There are several benches and picnic areas for refreshments around the lake. The entrance is gravel, please wear sturdy shoes. Bring your own picnic.

11am - 3pm Acton Scott Historic Working Farm Church Stretton SY6 6QN (as seen on BBC 2`s "Victorian farm")
Enjoy beautiful outdoor spaces, but know if the weather isn't so good there is indoor space too! Get close to nature, go back in time and meet the animals – piglets will have joined the Acton Scott family by June. Note – some areas are not so accessible due to the nature of the original buildings.
This is a bespoke event, for Shropshire Carers only. It is free to attend and hot drinks will be supplied but bring your own lunch. Sturdy footwear and waterproofs are a must !
Rangers will be on hand all day to accompany you around the farm. Accessible toilets, 6 wheelchairs available and 1 x mobility scooter (these need to be pre- booked)

Tuesday 8th Virtual Activities

1pm – 1.30pm & 7pm – 7.30pm Carers Wellbeing - How Carers can get a better nights sleep
Some nights there are so many thoughts going through your mind that you find it impossible to go to sleep and then worry why you cannot sleep. In today's excersise we look at what might prevent your from going to sleep including diet and what can do to help yourself and where else you might get help.

Please click link below to join these activities:
1 - 1.30pm: https://us02web.zoom.us/j/81029307727 **Meeting ID: 810 2930 7727**

7 – 7.30pm: https://us02web.zoom.us/j/82607102293 **Meeting ID: 826 0710 2293**

6pm - 7pm Carer Surgery
Phone in with questions and for advice. Call Margarete Davies on 01743 341995. Advice sessions will be up to 15 minutes on a first come first serve basis.

7pm start – Quiz
Join Julie Apted for a stimulating and enjoyable quiz.

The quiz will be hosted on Microsoft Teams, should you need instruction on how to join please email; shropshire.carers@shropshire.gov.uk
Click here to join the quiz

Wednesday 9th Outdoor Activities

10am Powis Castle Gardens – SY21 8RF
Come and explore a paradise in Wales, with beautiful colours, amazing scents and picturesque spaces to relax. Dating back 300years, these world-class gardens are steeped in history. Nowhere else will you experience such a theatrical mix of dramatic terraces, sophisticated flower borders, fantastical topiary and superb views across the deer park, Severn Valley and in the distance, the pointed profiles of Long Mountain and the Breidden Hills.
Courtyard Café open 10-5 and Garden Coffee Shop open 11-4, serving light refreshments or bring a flask or a picnic with you, to enjoy in the gardens
Free admission to the gardens for carers on these dates. Booking only though Shropshire Carers Team. Normal admission charges apply for accompanying family and friends who are not NT members.

11am - 2pm – Severn Valley Country Park Guided Walk – WV15 6NG
A walk through the beautiful country park and wildflower meadow and opportunity to try your hand at pond dipping. Guided walk for approx. 1 hour, then picnic and pond dipping. Car Park is free. Bring your own picnic. Please wear suitable outdoor clothes for the weather on the day and sturdy shoes are a must.

2pm - 4pm Ford Hall Farm – TF9 3PS
Come and join us for a guided walk around Ford hall Organic Farm with Charlotte, who will give an inspiring behind the scenes story about this historic farm. The walk will take you past some of the livestock, through forests and up gentle slopes, there are no stiles, a few steps with a rail, duration 50 mins-60 mins. Or let your creative side enjoy an afternoon of crafting with Meg in the community room. Hot drinks and cake provided.

5.30pm -7.30pm Greenacres Farm – SY4 2JA
Orienteering fun around the farm followed by a burger/sausage and bun afterwards. Join us for an evening of fun exploring Greenacres farm, light refreshments provided.

Wednesday 9th Virtual Activities

11am - 12pm – Garden Birds Talk
Join Diane Monteith for a informative and enjoyable chat about the birds you may find in your garden.
Please click link below to join this activity:
https://us02web.zoom.us/j/86384344345?pwd=RGMrNDhNTGxrSjI5QWdhbC9Ib21YUT09 - **Meeting ID: 863 8434 4345, Passcode: 143570**

1pm – 1.30pm & 7pm – 7.30pm Carers Wellbeing - How to manage your mind
Wouldn't it be great if you could manage your mind and your thoughts so that they do not control you? In today's exercise we will look at thoughts and what you can do to help you control them. Change your destructive thought patterns into constructive ones.

Please click link below to join these activities:
1 - 1.30pm: https://us02web.zoom.us/j/81029307727 **Meeting ID: 810 2930 7727**

7 – 7.30pm: https://us02web.zoom.us/j/82607102293 **Meeting ID: 826 0710 2293**

2pm - 3pm & 7pm - 8pm Story teller
Join award winning storyteller Jake Evans for an hour of entertainment as he takes your imagination on a wild journey from the comfort of your own home. Jake has been performing professionally since winning the 'National Young Storyteller of the Year' in 2014. His repertoire includes folk tales, myths, legends, historical true tales as well as his own personal adventures from around the world. www.jakeevansstoryteller.com

This activity will be hosted on Microsoft Teams, should you need instruction on how to join please email; shropshire.carers@shropshire.gov.uk
2pm – 3pm **Click here to join the Story Telling**

7pm – 8pm **Click here to join the Story Telling**

7pm - 7.40pm Cup of Joy
Join Stu, who is himself a carer, for: “A Cuppa Joy” A bit of light-hearted fun and positivity to brighten your day. Bring a notepad and pen.

Please click link below to join this activity:
https://us02web.zoom.us/j/83484325021 **Meeting ID: 834 8432 5021**

Thursday 10th Outdoor Activities

10am Powis Castle Gardens – SY21 8RF
Come and explore a paradise in Wales, with beautiful colours, amazing scents and picturesque spaces to relax. Dating back 300years, these world-class gardens are steeped in history. Courtyard Café open 10-5 and Garden Coffee Shop open 11-4, serving light refreshments or bring a flask or a picnic with you, to enjoy in the gardens
Free admission to the gardens for carers on these dates. Booking only though Shropshire Carers Team. Normal admission charges apply for accompanying family and friends who are not NT members

10.30am - 1.30pm Convent of Poor Clare's, Monastery of Our Lady and St. Joseph. Ellesmere - SY12 0PA
Situated in the beautiful foothills just outside Ellesmere, close to The Mere. We offer the opportunity to come and relax in this quiet and peaceful location.
You are welcome to bring any items you made during lockdown to show and tell. Have a go at needle felting, pebble painting, decorating jars with string.
There will also be a small plant stall where you can swap plants and shrubs. Coffee/tea will be available – bring your own picnic. Parking on the LHS as you enter the grounds.

Thursday 10th Virtual Activities

1pm – 1.30pm & 7pm – 7.30pm– How Carers can manage difficult emotions
We all face situations that can bring up a whole host of emotions. In today's exercise we look at what we can do to help us look at the emotions we feel, why we feel that way and how we can help ourselves understand how dealing with them is much better for our health than burying them deep.

Please click link below to join this activity:
1pm - 1.30pm: https://us02web.zoom.us/j/81029307727 - Meeting ID: 810 2930 7727
7pm – 7.30pm: https://us02web.zoom.us/j/82607102293 - Meeting ID: 826 0710 2293

1pm - 2pm Carer Surgery
Phone in with questions and for advice. Call Margarete Davies on 01743 341995. Advice sessions will be up to 15 minutes on a first come first serve basis.

7pm - 8.30pm Sound Healing Meditation – with Trixi Field.
This workshop will be a guided meditation through the chakras incorporating gentle vocal toning using a beautiful Indian scale together with a colour visualisation. It'll be in two sessions: Part 1 (7.00 - 7.40 pm) will be an introduction, a short voice warm-up, and a focus on the colour visualisation.
Part 2 (7.45-8.15) we will put the vocal toning and the visualisation together.
Don't worry if you don't think you can sing – this is not at all important. What is more, no-one else will hear you!

Please click link below to join this activity:
Sound Healing & Meditation with Trixi (Part 1, 7pm – 7.40pm) - https://us04web.zoom.us/j/76074502141?pwd=amI4NmZuOHJtMkoxd2NyTHc5ankwdz09
Meeting ID: 760 7450 2141, Passcode: y7kxrC
Sound Healing & Meditation with Trixi (Part 2, 7.45pm – 8.15pm) - https://us04web.zoom.us/j/72188961388?pwd=TW5rOFB5dFg5RVhRdmVhNkgwNk9XQT09
Meeting ID: 721 8896 1388, Passcode: Hhqkh2

Friday 11th Outdoor Activities

10.30am - 12.30pm Cavalier Centre, Much Wenlock the home of Perry Riding for the disabled – TF13 6PE
The simple act of petting animals releases an automatic relaxation response. it lowers anxiety and helps people relax, provides comfort, can reduce loneliness and increase mental stimulation. It can provide an escape or happy distraction. ...Carers are invited to visit the centre and take the opportunity to meet the ponies and enjoy a therapeutic session of yoga and hand massage. Drinks are available but people should bring their own picnic lunch. Please wear sturdy shoes and appropriate clothing.

11am - Shrewsbury Museum & Art Gallery, The Square, Shrewsbury, SY1 1LH
Free guided tour of Shrewsbury Museum and Art Gallery, followed by complementary light refreshments in the Stop.Cafe bar.
The tour will focus on the objects that are the highlights of the galleries, ranging from the best Roman inscription in Britain to internationally important mammoth bones. We'll also take a look at the museum buildings themselves which include a very rare example of a medieval merchant's house. There will be time for you to browse at your leisure if you wish.

2pm – 4pm Attingham Park, wellbeing in nature (walk and craft activity) – SY4 4TP
Join Clare from Lovelyland, as we explore the seasonal changes happening in this beautiful green space. In this session we will take a relaxing walk through the green space taking time to observe, discover and create.
There will be time to listen, record and collect items that you find inspiring and use these items to create a clay tile, dish or pot.
This will be an outdoor session so please wear weather appropriate clothing and shoes comfortable for a gentle walk. Bring a drink and a piece of cake to enjoy while we work

2pm - 5pm Get crafty at Wem Senior Club – SY4 5ER
Crafting get together at Wem Senior Club, Chapel Street, Wem, SY4 5ER. Parking is close by – on street, or in the nearby car parks. Come and join us for a quiet get together in the sheltered rear garden of this comfortable and welcoming club – accessed by the side gate. An opportunity to try crafting, sit and share stories, and meet the Carers Support Practitioner/s. There will also be an opportunity to bring and swap plants and shrubs. Light refreshment will be served, please advise of any allergies.

Friday 11th Virtual Activities

1pm - 1.30pm & 7pm - 7.30pm How Carers can relax in stressful times
We will all go through stressful times at various times in our lives, death of loved ones, work, house, divorces, caring for someone, even going on holiday can cause stress. In today's exercise we will look at what we can do to help ourselves relax during these times.
Please click link below to join this activity
1pm - 1.30pm: https://us02web.zoom.us/j/81029307727 **Meeting ID: 810 2930 7727**
7pm – 7.30pm: https://us02web.zoom.us/j/82607102293 **Meeting ID: 826 0710 2293**

2pm - 2.40pm Valerie Woodmansey Anything or Nothing
Join Valerie Woodmansey who heads up the "Bishops Castle Befriending Circle "
Please click the link to join this activity: https://us04web.zoom.us/j/71383236251?pwd=S0VCai82Y2ltU1k2Kys2Q1lpd0RUUT09 **Meeting ID: 713 8323 6251 & Passcode: 123456**

Saturday 12th Outdoor Activities

10.30am - 1pm – Whittington Castle, Castle Street. Whittington, Nr Oswestry - SY11 4DF.
Come and join us at Whittington Castle on the border of Wales and England, close to the historic fort of Old Oswestry. Please arrive promptly for your 10.30am tour of the castle followed by a delicious cake and drink (advise of any allergies at booking).
Parking on site. Level paths and grassy trails around the castle and moat.

Saturday 12th Virtual Activities

9.30am - 10.30am Carer Surgery
Phone in with questions and for advice. Call Margarete Davies on 01743 341995. Advice sessions will be up to 15 minutes on a first come first serve basis.

1pm - 1.30pm Carers Wellbeing - Mindfulness for Carers
Mindfulness can help you deal with all sorts of situations in a focused, calm and productive way without you getting yourself stressed, anxious and upset. In today's exercise we will look at what mindfulness exercises we can do to help ourselves when under pressure.
Please click link below to join this activity:
1 - 1.30pm: https://us02web.zoom.us/j/81029307727 **Meeting ID: 810 2930 7727**

2.30pm – 4pm Sound Healing Meditation – with Trixi Field.
This workshop will be a guided meditation through the chakras incorporating gentle vocal toning using a beautiful Indian scale together with a colour visualisation. It'll be in two sessions: Part 1 (2.30 – 3.10pm) will be an introduction, a short voice warm-up, and a focus on the colour visualisation.
Part 2 (3.15 -3.45) we will put the vocal toning and the visualisation together.
Don't worry if you don't think you can sing – this is not at all important. What is more, no-one else will hear you!.
Please click link below to join this activity:
Sound Healing & Meditation with Trixi (Part 1, 2.30 – 3.10pm) - https://us04web.zoom.us/j/73054236122?pwd=U3d0dmRmN1FwWUxMbEsxY3FoZlZlUT09
Meeting ID: 730 5423 6122, Passcode: 8BePMR
Sound Healing & Meditation with Trixi (Part 2, 3.15 – 3.45pm) - https://us04web.zoom.us/j/74768886276?pwd=NWs2d1JHSURoazMzRXVmYS9DUkp6QT09
Meeting ID: 747 6888 6276, Passcode: 08m4hj

4.30pm Nature Printing Session - Booking is essential for this activity. The link will be sent once your booking is confirmed.
Join Clare from Lovelyland in a pre-recorded Nature Printing workshop.
You will be sent a Nature Printing kit in the post which contains everything you need to create your own Nature Bunting. Clare will take you through the printing process using items you find inspiring from nature. You can take a walk in a green space you love or collect items from your garden to have ready .
Items you can use: Leaves, Sticks and twigs, Flowers and petals, Stones, Pine-cones and catkins.

Sunday 13th Outdoor Activities

11.30am onwards Picnic in a park – DY14 8PE
Join us for a 'bring your own picnic in the park'. We will be at Cleobury Mortimer carer Community Picnic, Playing Field, Love Lane, Cleobury Mortimer. DY14 8PE Bring a picnic, deckchair and the sunshine. Find us by the Carers Week sign

Sunday 13th Virtual Activities

1pm - 1.30pm Breathing and relaxation exercises for Carers
By using some very simple breathing and relaxation exercises we can change how we feel about a certain situation that is causing us to feel stressed our anxious. We will explore various techniques and what else is available to help you through difficult situations.

Please click link below to join this activity:
1 - 1.30pm: https://us02web.zoom.us/j/81029307727 **Meeting ID: 810 2930 7727**

To book your place on any of the outdoor activities and the Nature Printing session please either;
Email: Shropshire.Carers@shropshire.gov.uk
Telephone: 01743 341995

Bishops Castle Befriender Circle
Valerie.woodmansey@btinternet.com

DerwenCollege
www.derwen.ac.uk/

Shropshire Hills Discovery Centre
The Home of Grow Cook Learn
www.shropshirehillsdiscoverycentre.co.uk

Percy Thrower's Garden Centre
www.bluediamond.gg/garden-centre/percy-throwers-garden-centre

Shrewsbury Food Hub
www.shrewsburyfoodhub.org.uk/

Shropshire Museums
https://www.shropshiremuseums.org.uk/smag/

https://cloisters.tripod.com/uk_pcc_ellesmere/

Ludlow Farmshop
www.ludlowfarmshop.co.uk/

Fordhall Organic Farm
www.fordhallfarm.com/

Thank you to everyone that have generously donated gifts for Carers Week

And

To all that have given their time to present activities and talks.

www.actonscott.com/

Jake's Take
www.jakeevansstoryteller.com

alderford
https://alderford.com/

Dorothy Clive Garden
https://dorothyclivegarden.co.uk/

Babbinswood organic farm shropshire
www.babbinswoodfarm.co.uk/

Shropshire Hills
Area of Outstanding Natural Beauty

'The Shropshire Hills is one of 39 designated 'Areas of Outstanding Natural Beauty' in England and Wales. The Shropshire Hills AONB covers almost a quarter of Shropshire, extending from the Wrekin to the Clun Forest and from the Stiperstones across to the Clee Hills. We work in partnership to conserve and enhance this special landscape. Find out more at www.shropshirehillsaonb.co.uk

Hodnet Hall Gardens
www.hodnethallgardens.org/

Cavalier Centre
Home of Perry Riding for the Disabled
www.cavaliercentre.org/

www.whittingtoncastle.co.uk/

AAMAR
https://www.aamarhealing.co.uk/

Severn Valley Country Park
http://www.shropshiresgreatoutdoors.co.uk/site/severn-valley-country-park/

Trixi Field
trixifieldmusic.webstarts.com
Here's a link to music by Trixi:
https://www.youtube.com/watch?v=rfxlQDksmdw

Enjoyed the relaxation and healing activities?
Why not attend one or all the activities being hosted at the Centre for Integral Health.
All session are FREE for Carers.

For more information on any of the events please contact the Centre for Integral Health

Join us for this FREE series of wellbeing events aimed at carers of all ages and abilities. If you cannot make it on the night don't worry sign up and watch on demand. To book your place please following the link: **https://bookwhen.com/integralhealth/e/ev-sca1-20210512180000**

12th May 2021 – Find your personal Meditation with Ben Calder

19th May 2021 – Making Self Care easier with Franziska Cecchetti-Pretsch

26th May 2021 – Serious Laughter Yoga with Sara Kay

2nd June – An Introduction to Mindfulness with June Meagher

9th June – Your daily Breath with Andrea Proffitt

16th June – Pilates with Wendy Joelson & Mirren Kemp-Walker

23rd June – Breaking Free with Marcus Mathews

30th June – Food and Energy with Maria Franklin

7th July – Sound healing with Andrea Proffitt

14th July – Qigong with Ben Calder

Organised by the Centre for Integral Health
funded by Reaching Wider: North & Mid Wales Partnership (RWNMWP).

Centre for Integral Health

Unit 8, Hartley Business Centre, 272-284 Monkmoor Road, Shrewsbury, Shropshire, SY2 5ST

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