



Carers Week

8th to 14th June

Our goal is to walk 350 miles with a smile by the end of Carers Week 2020.



Walk **1 mile...** with a **smile!**

Help raise awareness of carers, by walking around Devon! To record your mile and have an opportunity to win a hamper*, please email: online@devoncarers.org.uk with when and where you walked your mile.

*Hamper prize not open to Devon Carers team.

How you walk your mile is up to you – it could be by safely going out in your local area, or by walking round your garden (possibly a few times!), on an exercise machine, or even in your home.

For more information about Devon Carers, please visit:

www.devoncarers.org.uk

t: 03456 434 435*

*Call charges: Calls to 0345 cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way by your service provider.





Carers Week

Monday 8th to Sunday 14th June

What's online

In recognition of all the support carers provide to their loved ones, we are pleased to offer a range of free online activities to view during carers week.

Activities throughout the week

Virtual garden tours: take a tour around one of the many gardens in Devon, including our very own Devon Carers team, carers and volunteers gardens, Broomhill Sculpture Garden, Powderham Castle and Gardens, RHS Rosemoor, Burrow Farm Gardens, Fast Rabbit Gardens and Hartland Abbey Gardens.

Carer's cook book: a collection of recipes and photographs from carers, volunteers and the Devon Carers team.

On your bike: learn how to maintain your bike.

Carers art gallery: thematic Great Outdoors collection of carers, their families, volunteers and the Devon Carers team artwork.

Poetic carers: anthology of thematic This is Me poems written by carers, their families, volunteers and Devon Carers team.



To view all these activities visit:

<https://devoncarers.org.uk/information-and-advice/self-help/in-my-community/carers-week/>

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Monday 8th to Sunday 14th June

What's online

In recognition of all the support carers provide to their loved ones, we are pleased to offer a range of free online activities to participate in during Carers Week.



Monday 8th	10.30am	Sports Quiz
	7pm	Yoga To You
Tuesday 9th	10am	Cuppa with a Copper – PCSO session about keeping safe
	10:30am	Pins and Needles – opportunity to share your hobbies and projects
Wednesday 10th	10.30am	Wellbeing and relaxation - from your own home
	1.30pm	Craft Workshop
Thursday 11th	3pm	Cuppa with a Copper – PCSO session about keeping safe
	3pm	Yoga To You
	5pm	Sports Quiz
Friday 12th	3pm	Pins and Needles – opportunity to share your hobbies and projects
	4pm	Mindfulness - virtual forest therapy walk
Saturday 13th	4pm	Wellbeing and relaxation - from your own home
	10:30am	Craft Workshop
Sunday 14th	7pm	Cuppa with a Copper – PCSO session about keeping safe
	4pm	Mindfulness - virtual forest therapy walk
More information about activities throughout the week is available on our website.		Virtual garden tours Carer's cook book On your bike Carers art gallery Poetic carers

By booking a place at one of the online activities you consent to us sharing your name and email address with the activity facilitator, who will contact you directly with the Zoom access code.

To book a place at any of the online activities please email online@devoncarers.org.uk

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