



Peer Support Online Activity Schedule 16th February 2021 - 26th February 2021

Tuesday 16th February

- 11am Banana Pancakes (Gluten Free)
1pm Healthy Eating, Healthy Me
2pm Healthy Fakeaway Burger and Chips

Wednesdays 17th February

- 11am Just for fun
1pm Internet Safety
2pm Quiz time

Thursday 18th February

- 11am Gentle exercise
1pm Reflexology demonstration with Tara
2pm Gentle Tai Chi for beginners

Friday 19th February

- 11am Coffee and catch up
1pm Bingo
2pm Quiz

Tuesday 23rd February

- 11 am Cinnamon French toast with yoghurt and berries
- 1pm Guest speaker Debbie, from *Get Back On Track*.
- 2pm Healthy chicken curry and rice

Wednesday 24th February

- 11am Coffee and catch up
- 1pm Courses in the vale.
- 2pm Quiz

Thursday 25th February

- 11am Gentle exercise session.
- 1pm Introduction to meditation
- 2pm Volunteering opportunities and organisations

Friday 26th February

- 11am Coffee and catch up
- 1pm Bingo
- 2pm Quiz

Dear Member,

Please see our online activity schedule for Tuesday 16th February to Friday 26th February 2021.

Mind have added more sessions, where you can cook along, making some healthy meals, join in with some gentle exercise and then gain some useful tips for relaxing and unwinding. We will also be welcoming some guest speakers from other organisations to tell us about what they do in our communities and how we can take part.

If you would like to get involved in any of the activities please email us on kimparrott@mindinthevale.org.uk. We will send you an invitation prior to the sessions which will include a link for that days zoom meetings. You can use this to access all of the sessions that day.

In order to take part in these sessions, you will need to set up an account on Zoom. Zoom is free to use and can be downloaded to your Smart phone, tablet or iPad via your app store (Google play or Apple app store). If you are using a laptop, please visit <https://zoom.us/> to set up an account using your email address.

When you are accessing a session, you will be admitted into a virtual waiting room. Please ensure your correct name is registered with the account as I can only admit people who have registered to attend.

If you need assistance on how to download and use Zoom or you have any other queries please don't hesitate to get in touch. You can reach us on:

Email: kimparrott@mindinthevale.org.uk

Call or Text: 07376695626

Alternatively there are numerous videos available on YouTube and guides available online with detailed explanations.

we have enclosed recipes for our cooking sessions, so you can cook along with us if you want too or you can just watch, it will be great to see you there.

Best Wishes

Kim Parrott & Kelly Bryant

Mind in the Vale

