



## **Carers online Sessions at 2pm**

**13th January 2021**

**27th January 2021**

**10th February 2021**

**24th February 2021**

**10th March 2021**

**24th March 2021**

**7th April 2021**

**21st April 2021**

**These light-hearted sessions last for an hour,  
beginning at 2pm including quizzes and different  
entertainment**

**If you are interested in joining or would like  
further information please contact  
01442 259049 or  
[carers@ageukdacorum.org.uk](mailto:carers@ageukdacorum.org.uk)**

**All you need is a laptop, tablet, iPad, phone that  
can access Zoom application.**

**Plus pen and paper**

