

ONLINE RELAXATION FOR CARERS, FRIENDS AND FAMILY

Please join our free online Relaxation sessions which take place on the first Wednesday of each month from 9.30 am – 10.30 am. No experience required.

Wednesday 4th June 2025

Wednesday 2nd July 2025

Wednesday 6th August 2025

Wednesday 3rd September 2025

Wednesday 1st October 2025

Wednesday 5th November 2025

Wednesday 3rd December 2025

Sessions take place online on MS Teams,

The sessions are for carers of people who are receiving services from Oxford Health and staff who are working carers.

To book a place, please email:

lcareyoucare@oxfordhealth.nhs.uk or contact Sally Wells on 07824 103370