

ONLINE RELAXATION FOR CARERS, FRIENDS AND FAMILY

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

Sessions take place online on MS Teams,

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

To book a place, please email:
lcareyoucare@oxfordhealth.nhs.uk or contact Sally Wells on 07824 103370

Thursday 2nd July 2026

Thursday 6th August 2026

Thursday 3RD September 2026

Thursday 1ST October 2026

Thursday 5th November 2026

Thursday 3rd December 2026