

If you are a Carer in London and you would like to join our events, please fill in the attached booking form and send it back to us. We also ask Carers who are joining RTK for the first time to fill out a "Carers information form" (please feel free to contact us if you have any questions)

A bit more information about the events we offer this programme:

Gentle Yoga with Cathy

Cathy Brebion is an experienced Yoga teacher and has taught Yoga to all ages. She is also experienced in Ayurvedic massage and Panchakarma Therapy. The last Yoga session she gave for RTK was well received! Anybody can join the session (you don't need to be experienced). It's very relaxing and re-energizing.

Arts & Crafts day with Stephen

Stephen Wright is a successful artist and has been a Carer himself. He works with several techniques: mixed media, mosaic, collage, textiles, sculptures, installations etc. For our programme he will give 2 workshops for Carers. "Making Postcards" (any type of Card with mixed media) and "Diary Day" (you will make an art work about a special day in your life). It's open to anyone and it will be a great opportunity to get creative!

OUTING Houses of Parliament

This programme we are visiting the Houses of Parliament! We will see the key areas of the estate, such as the Commons and Lords debating chambers and the Queen's Robing Room. The tour takes about 75 minutes. There are max. 26 places available, so make sure you book in time. (Because this trip is still to be confirmed, our alternative will be: The British Museum)

*Best wishes from all at Repaying the Kindness,
see you soon!*