

If you are a Carer in London and you would like to join our events, please fill in the attached bookingform 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 experinced 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 succesful 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 oppertuniy to get creative!

Being Mindful with Tessa and Debbie

Tessa Watt and Debbie Johnson teach a course called: Mindfulness-Based Stress Reduction (MBSR), it helps reducing stress and anxiety. You learn to be more aware of your thoughts, feelings and sensations with simple techniques that can be learned by anyone. It's perfect if you are under a lot of pressure and need to be calm.

OUTING

Houses of Parliament

This programm 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)

OUTING BBC Television Center Tour

On the award-winning tour of BBC Television Centre you will see what happens inside the most famous TV headquarters in the world! You're likely to see into studios, visit BBC News, take a peek into a dressing-room and have a play in our interactive studio. Book on time because we have only 20 places available!

Slide Show with Robin

Robin (aka Father X-mas) will present an uplifting and inspiring surprise slide show. It promises to be a realxing community afternoon for Carers at The Old Courthouse, with Live Music!

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