



Repaying the Kindness

Respite for Carers

The Old Courthouse
43 Renfrew Road
London SE11 4NA
+44 (0) 207 820 9020
charity no. 1091604

Programme for Southwark Carers Jan-Mar 2010

*We work on a basis of donation, however if you are unable to donate, this is fine too.
All our events include a delicious vegetarian meal or snack!*

JANUARY

Wed 13 Jan, 2:00–5:00pm
at: Kagyu Samye Dzong *

Gentle Yoga with Cathy
suggested donation: £2.50

Thu 21 January, 4:30 –7:30pm
at: Kagyu Samye Dzong *

Gentle Yoga with Cathy
suggested donation: £2.50

FEBRUARY

Tue 2 Feb, 10:30am–3:30pm
at: The Old Courthouse

“Being Mindful” w Tessa and Debbie
suggested donation £ 3.00

Thu 11 Feb, 10:30am–3:30pm

OUTING to: Houses of Parliament
(max 26 places)
suggested donation: £ 3.50

Mon 15 Feb, 10:30am–3:30pm
at: The Old Courthouse

Art & Crafts with Stephen
(making postcards)
suggested donation: £ 3.00

Wed 24 Feb, 11:00am–3:00pm
at: The Old Courthouse

Slide show with Robin
suggested donation: £2.50

MARCH

Tue 9 Mar, 4:30 – 7:30pm
at: Kagyu Samye Dzong *

“Being Mindful” w Tessa and Debbie

Mon 15 Mar, 10:30am – 3:30pm
at: The Old Courthouse

Art & Crafts with Stephen
(Diary Day)
suggestion of donation: £ 3.00

Mon 22 Mar, 10:00am–3:30pm
(Meeting at the Old Courthouse - Coach leaves at 10:00am, we aim to be back at the
Old Courthouse at 3:30pm)

Outing: BBC Tour (max 20 places)
suggested donation: £ 3.50

(* Other address: Kagyu Samye Dzong, 33 Manor Place, London SE17 3BD)

Please Turn Over >>>

for more info about the events and how you can attend

repayingthekindness@gmail.com
www.repayingthekindness.org