

# CARERS' TIME OUT

with HOPS Wellbeing Service

Get away from it all for a little while!



If you usually spend time caring for a relative, friend or neighbour, you may be eligible for a **FREE** day away from your usual 24/7 responsibilities .

Our Carers' Days run from 10am – 2.15pm and our Autumn dates are :-

**FRIDAY SEPTEMBER 22<sup>nd</sup>**

**FRIDAY OCTOBER 20<sup>th</sup>**

**FRIDAY NOVEMBER 24<sup>th</sup>**

You will have time for yourself - a chance to relax, be cared for and join in activities with other carers.

**ALL FREE**

Enjoy a relaxing Away Day with HOPS in the beautiful and peaceful setting of the Quaker Meeting House, opposite Roker Park.

Taster sessions of massage, reflexology and Reiki will be on offer ...as well as taster sessions in Yoga / Meditation in Motion and an introduction to Mindfulness. Other options , like a Music and Laughter workshop may also be offered.

A lovely lunch will be provided as well as tea, coffee etc throughout the day. You could also enjoy the beauty of Roker Park or walk down to the nearby beach .

## CONTACT US **NOW** TO FIND OUT MORE

**Book early for this very popular event.**

Email [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk) OR

Phone **0191 548 3722** If we can't answer straight away, please leave your contact details OR

Text 07907 051595 OR

Write to HOPS, Quaker Meeting House, **30 Roker Park Road**, Sunderland, SR6 9PG

[www.healing-sunderland.org.uk](http://www.healing-sunderland.org.uk) or find us on Facebook  
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