

# MEANINGFUL DAILY ACTIVITIES CARERS PROGRAMME



## Meaningful Daily Activities Programme

We understand the importance of keeping connected to the person you are caring for, and to maintain a positive relationship

We can provide workshops through weekly program's for carer's, while providing stimulating activities for those with a diagnosis of mental health

- > Relevant up-to-date Information
- > Understanding the Importance of Personalised Activities
- > Activity Workshops Including Reminiscence
- > Health, Well-being and Fitness
- > Where's good to go? - Dementia Friendly Outings
- > Caring for ME!
- > Motivation, Self-esteem and confidence building
- > Increasing Social Interaction

Location

East of England, Bedfordshire

<https://www.freeadsz.co.uk/x-335214-z>



Do YOU know somebody who is a carer OR are you a carer ? (informal). Our Meaningful Daily Activities Programme offers:-

Carers the opportunity to take part in weekly workshops (see image attached)

- Vulnerable adults the opportunity to take part in stimulating activities which have been revised and set up by ME's very own experienced and dedicated activities coordinator

Get in contact with ME and enquire about this perfect opportunity that will start to take place in MAY!



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