

# Lockdown: A Carer's Survival Guide

**One hour virtual workshop on ZOOM**

**Tips and advice on how to manage a caring  
role through lockdown**

**Staying Safe & Well**

**Staying Connected**

**Keeping Active**

**Staying Positive**



**MONDAY**  
8th & 15th  
February  
6.00pm-  
7.00pm

**TUESDAY**  
2nd & 9th  
February  
11.00am-  
12.00pm

**FRIDAY**  
5th & 12th  
February  
2.00pm-  
3.00pm

To register in advance please follow the links below

**Tuesday 2nd** - [https://uso2web.zoom.us/meeting/register/tZwoc-ivqzMiElZxHEGM2kmBkE6Xd89D-\\_45](https://uso2web.zoom.us/meeting/register/tZwoc-ivqzMiElZxHEGM2kmBkE6Xd89D-_45)

**Friday 5th** - <https://uso2web.zoom.us/meeting/register/tZikdumupj8jGNMMIFm4xF9gXgJS0q1Rs3gj>

**Monday 8th** - [https://uso2web.zoom.us/meeting/register/tZMpde-orzouHNFydhkM\\_i4noZyUjCNFLA9o](https://uso2web.zoom.us/meeting/register/tZMpde-orzouHNFydhkM_i4noZyUjCNFLA9o)

**Alternatively for more information contact**  
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