



## Ray of Light Covid-19 Timetable

In the current Covid-19 crisis we have suspended all group gatherings and personal 1-1 support. Thanks to National Lottery support, we are now launching Just ASK – Access, Support and Kindness project in response to Covid-19 so that we can still deliver support sessions remotely utilising digital platforms.

Our services are available to anyone affected by cancer.

Group	What	When	How	To join:
<b>Arts and Crafts</b>	An opportunity to enjoy creative arts and the wellbeing benefits	Weekly – Tuesday 11-12pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Ray of Light Warblers</b>	Singing group – no singing ability required!!	Fortnightly - Thursday 7-8pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Whittling it down group</b>	Basic wood carving from beginners to advanced	Weekly -Thursday 11-12:30pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Art Therapy</b>	Led by art therapist – no art skill or experience is necessary	Weekly - Wednesday 4:30-6pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Chair Yoga</b>	Led by our Yoga Instructor Mel	Weekly - Wednesday 12-1pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Close knit group</b>	Knitting/textiles support group to have a knit and a natter	Weekly - Wednesday 2-3pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Light at the end of the tunnel – group support</b>	Support group for carers, join us for a cuppa.	Weekly - Thursday 1-2pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Introduction to Mindfulness and Forest Bathing</b>	Led by our Instructor Mel	Weekly	Facebook Private Group	Join us on Facebook: Introduction to Mindfulness and Forest Bathing with Ray of Light Wales
<b>Tai Chi</b>	Led by our Instructor Mel	Weekly – Monday 6-7pm	Facebook Private Group	Join us on Facebook: Tai Chi with Ray of Light Wales Cancer Support

<b>Pilates</b>	Led by our Instructor Mel	Weekly	Facebook Private Group	Join us on Facebook: Pilates with Ray of Light Wales Cancer Support
<b>Little Steps 4 week course</b>	Self-esteem and confidence building	Weekly - Monday 5-6:30 pm	Zoom	Book online at <a href="http://www.rayoflightwales.org.uk">www.rayoflightwales.org.uk</a>
<b>Telephone support</b>	Providing emotional and practical support	Daily	Phone	Just give us a call or drop us a text on 07971349703
<b>Macmillan Hope programme</b>	Living with or after a cancer diagnosis? Join our self-management programme called HOPE	Sessions are run throughout the year	Zoom	Please send us an email to arrange

We also provide online and telephone support.

Please get in touch with us at [contactus@rayoflightwales.org.uk](mailto:contactus@rayoflightwales.org.uk) and we will send you the details to join in.

Please follow us on:



Ray of light Wales Cancer Support



@rayoflightwales



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