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.

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| --- | --- | --- | --- | --- | --- |
| Group | What | When | How | To join: | |
| Arts and Crafts | An opportunity to enjoy creative arts and the wellbeing benefits | Weekly – Tuesday 11-12pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Ray of Light Warblers | Singing group – no singing ability required!! | Fortnightly - Thursday  7-8pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Whittling it down group | Basic wood carving from beginners to advanced | Weekly -Thursday 11-12:30pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Art Therapy | Led by art therapist – no art skill or experience is necessary | Weekly - Wednesday  4:30-6pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Chair Yoga | Led by our Yoga Instructor Mel | Weekly - Wednesday  12-1pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Close knit group | Knitting/textiles support group to have a knit and a natter | Weekly -Wednesday 2-3pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Light at the end of the tunnel – group support | Support group for carers, join us for a cuppa. | Weekly - Thursday  1-2pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) | |
| Introduction to Mindfulness and Forest Bathing | Led by our Instructor Mel | Weekly | Facebook Private Group | Join us on Facebook: Introduction to Mindfulness and Forest Bathing with Ray of Light Wales | |
| Tai Chi | 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 |
| Pilates | Led by our Instructor Mel | Weekly | Facebook Private Group | Join us on Facebook: Pilates with Ray of Light Wales Cancer Support |
| Little Steps 4 week course | Self-esteem and confidence building | Weekly - Monday 5-6:30 pm | Zoom | Book online at [www.rayoflightwales.org.uk](http://www.rayoflightwales.org.uk) |
| Telephone support | Providing emotional and practical support | Daily | Phone | Just give us a call or drop us a text on  07971349703 |
| Macmillan Hope programme | 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:



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Ray of light Wales Cancer Support



@rayoflightwales



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