

What's on

November 2023

Pt 1

- Regular Workshops
- Limited Workshops
- Support Groups
- Drop-ins
- Cuppa & Chats

If you would like any information on our activity schedule, or would like to speak to a member of our team – please contact: info@derbyshirecarers.co.uk or call on: 01773 833833 derbyshirecarers.co.uk/



30/10	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
30/10	GREAT DRONFIELD GET2GETHER ●	10.00 - 14.00	Dronfield
01/11	CUPPA & CHAT ●	12.00 - 14.00	Hilton
01/11	DROP-IN ●	10.00 - 12.00	Shirebrook
01/11	DROP-IN ●	10.00 - 12.00	Ashbourne
01/11	DROP-IN ●	11.30 - 13.30	Buxton
02/11	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
02/11	SUPPORT GROUP ●	13.30 - 15.30	Belper
02/11	SUPPORT GROUP ●	13.00 - 15.00	Swadlincote
02/11	SUPPORT GROUP ●	14.00 - 15.30	Staveley
03/11	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
06/11	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
06/11	INFORMATION POINT ●	09.00 - 16.00	Derby
06/11	SUPPORT GROUP ●	14.00 - 15.30	Buxton
07/11	CHAIR BASED YOGA ●	13.30 - 14.15	Online
07/11	SUPPORT GROUP ●	10.00 - 12.00	Ripley
08/11	DELIRIUM AWARENESS TRAINING ●	14.00 - 15.30	Online
08/11	WELLBEING CUPPA & CHAT ●	11.00 - 12.00	Online
08/11	SHARED READING GROUP ●	13.00 - 14.00	Online
09/11	MALE CARERS CUPPA & CHAT ●	11.00 - 12.00	Online
09/11	INFORMATION POINT ●	09.00 - 13.30	Ilkeston
09/11	DROP-IN ●	11.00 - 13.00	Dronfield Woodhouse
10/11	CARERS CLINIC – BAYHEATH HOUSE ●	Bookable Slots	Chesterfield