

What's on

November 2023

Pt 2

- 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/



13/11	CARERS CLINIC – WELLBROOK MEDICAL ●	Bookable Slots	Hilton
13/11	THE CARERS CIRCLE CUPPA & CHAT ●	14.00 - 15.00	Online
13/11	DROP-IN ●	11.30 – 13.30	Chesterfield
13/11	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
14/11	INFORMATION POINT ●	09.00 - 16.00	Derby
14/11	WELLBEING EVENT ●	10.00 - 14.00	Long Eaton
16/11	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
16/11	MEMORY LOSS SUPPORT GROUP ●	14.00 - 15.30	Online
16/11	INFORMATION POINT ●	11.00 - 15.00	Ilkeston
17/11	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
18/11	INFORMATION POINT ●	10.00 - 13.00	Ilkeston
20/11	DROP-IN ●	13.00 - 15.00	Chesterfield
20/11	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
21/11	SUPPORT GROUP ●	14.00 - 15.30	Glossop
21/11	CHAIR BASED YOGA ●	13.30 - 14.15	Online
22/11	SHARED READING GROUP ●	13.00 - 14.00	Online
23/11	CARERS RIGHTS INFORMATION DAY ●	10.00 - 13.00	South Normanton
23/11	CUPPA & CHAT ●	12.15 - 15.30	Chesterfield
23/11	CUPPA & CHAT ●	10.00 - 12.00	Ilkeston
27/11	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
27/11	SUPPORT GROUP ●	14.00 - 16.00	Chapel-en-le-Frith
27/11	DROP-IN ●	09.00 - 12.00	Clowne
29/11	DROP-IN ●	10.30 – 12.00	Chesterfield
29/11	LEARNING DISABILITY GROUP ●	10.30 - 12.00	Ripley
30/11	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
01/12	EXERCISE TO MUSIC ●	13.30 - 14.15	Online