

What's on

April 2024

- 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/



02/04	SUPPORT GROUP ●	10.00 – 12.00	Ripley
03/04	DROP-IN ●	10.00 - 12.00	Shirebrook
03/04	SHARED READING GROUP ●	13.00 - 14.00	Online
03/04	DROP-IN MENTAL HEALTH CARERS GROUP ●	11.30 - 13.30	Buxton
03/04	DROP-IN ●	10.00 - 12.00	Ashbourne
04/04	CARERS CLINIC – LONG EATON HC ●	Bookable Slots	Long Eaton
04/04	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
04/04	SUPPORT GROUP ●	14.00 - 15.30	Staveley
04/04	SUPPORT GROUP ●	13.30 - 15.30	Belper
04/04	MINDFULNESS ●	13.00 - 15.00	Swadlincote
05/04	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
05/04	CARERS CLINIC – BAYHEATH HOUSE ●	Bookable Slots	Chesterfield
08/04	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
08/04	GARDENING GROUP ●	11.00 – 12.00	Online
08/04	DROP-IN ●	11.30 – 13.30	Chesterfield
08/04	THE CARERS CIRCLE CUPPA AND CHAT ●	14.00 - 15.00	Online
09/04	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
09/04	CARERS WALK AND TALK ●	10.00 - 12.30	Shipley
10/04	DROP-IN ●	10.30 – 12.30	Chesterfield
11/04	MALE CARERS CUPPA AND CHAT ●	11.00 - 12.00	Online

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15/04	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
15/04	CARERS CLINIC – WILLINGTON SURGERY ●	Bookable Slots	Willington
15/04	DROP-IN ●	12.00 – 14.00	Chesterfield
16/04	SUPPORT GROUP ●	14.00 - 15.30	Glossop
17/04	SHARED READING GROUP ●	13.00 - 14.00	Online
18/04	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
18/04	MEMORY LOSS SUPPORT GROUP ●	14.00 - 15.30	Online
18/04	DROP-IN ●	09.00 - 12.30	Dronfield
19/04	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
19/04	CUPPA AND CHAT ●	12.00 - 14.00	Hilton
22/04	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
22/04	SUPPORT GROUP ●	14.00 - 16.00	Chapel-en-le-Frith
23/04	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
23/04	CARERS CLINIC – SWADLINCOTE SURGERY ●	Bookable Slots	Swadlincote
24/04	LEARNING DISABILITY GROUP ●	10.30 - 12.00	Ripley
25/04	SOAP MAKING WORKSHOP ●	10.00 - 12.00	Ilkeston
26/04	DROP-IN ●	09.00 - 17.30	Tibshelf
29/04	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online