

What's on

March 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/



04/03	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
04/03	SUPPORT GROUP ●	14.00 - 15.30	Buxton
04/03	GARDENING GROUP ●	11.00 - 12.00	Online
04/03	DROP-IN ●	11.00 - 13.00	Dronfield Woodhouse
05/03	SUPPORT GROUP ●	10.00 - 12.00	Ripley
06/03	DROP-IN ●	10.00 - 12.00	Ashbourne
06/03	DROP-IN MENTAL HEALTH CARERS GROUP ●	11.30 - 13.30	Buxton
06/03	SHARED READING GROUP ●	13.00 - 14.00	Online
06/03	DROP-IN ●	10.00 - 12.00	Shirebrook
07/03	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
07/03	SUPPORT GROUP ●	13.30 - 15.30	Belper
07/03	SUPPORT GROUP ●	13.00 - 15.00	Swadlincote
07/03	SUPPORT GROUP ●	14.00 - 15.30	Staveley
07/03	INFORMATION POINT ●	10.00 - 12.00	Clay Cross
08/03	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
08/03	CARERS CLINIC – BAYHEATH HOUSE ●	Bookable Slots	Chesterfield
11/03	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
11/03	DROP-IN ●	11.30 - 13.30	Chesterfield
11/03	CARERS CLINIC – WELLBROOK MEDICAL ●	Bookable Slots	Hilton
11/03	THE CARERS CIRCLE CUPPA AND CHAT ●	14.00 - 15.00	Online
12/03	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
12/03	INFORMATION POINT ●	09.00 - 13.30	Ilkeston
13/03	YOUNG CARERS ACTION DAY ●	14.00 - 17.00	Mansfield
13/03	INFORMATION POINT ●	09.00 - 16.00	Derby
14/03	MALE CARERS CUPPA AND CHAT ●	11.00 - 12.00	Online
15/03	CUPPA AND CHAT ●	12.00 - 14.00	Hilton

What's on

March 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/



18/03	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
18/03	FIRST AID TRAINING ●	13.00 - 15.00	Chapel-en-le-Frith
19/03	SUPPORT GROUP ●	14.00 - 15.30	Glossop
20/03	SHARED READING GROUP ●	13.00 - 14.00	Online
21/03	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
21/03	MEMORY LOSS SUPPORT GROUP ●	14.00 - 15.30	Online
21/03	CARERS CLINIC – OVERDALE MEDICAL ●	Bookable Slots	Breaston
21/03	CUPPA AND CHAT ●	11.00 - 14.00	Chesterfield
22/03	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
25/03	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
25/03	SUPPORT GROUP ●	14.00 - 16.00	Chapel-en-le-Frith
25/03	UNDERSTANDING DEMENTIA BETTER ●	13.30 - 15.30	Online
25/03	INFORMATION POINT ●	09.00 - 16.00	Derby
26/03	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
27/03	LEARNING DISABILITY GROUP ●	10.30 - 12.00	Ripley
28/03	FOOD AND MOOD WORKSHOP ●	18.30 - 19.30	Online