

# What's on

## May 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](mailto:info@derbyshirecarers.co.uk) or call on: 01773 833833 [derbyshirecarers.co.uk/](http://derbyshirecarers.co.uk/)



29/04	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
01/05	DROP-IN ●	10.00 - 12.00	Ashbourne
01/05	DROP-IN MENTAL HEALTH CARERS GROUP ●	11.30 - 13.30	Buxton
01/05	SHARED READING GROUP ●	13.00 - 14.00	Online
02/05	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
02/05	DROP-IN ●	10.00 - 12.00	Shirebrook
02/05	SUPPORT GROUP ●	13.00 - 15.00	Swadlincote
02/05	SUPPORT GROUP ●	14.00 - 15.30	Staveley
02/05	SUPPORT GROUP ●	13.30 - 15.30	Belper
03/05	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
07/05	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
07/05	SUPPORT GROUP ●	10.00 - 12.00	Ripley
07/05	DROP-IN - MENTAL HEALTH WELLBEING ●	10.30 - 12.30	Chesterfield
09/05	MALE CARERS CUPPA AND CHAT ●	11.00 - 12.00	Online
10/05	CARERS CLINIC – BAYHEATH HOUSE ●	Bookable Slots	Chesterfield
13/05	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
13/05	GARDENING GROUP ●	11.00 - 12.00	Online
13/05	DROP-IN ●	11.30 - 13.30	Chesterfield
13/05	THE CARERS CIRCLE CUPPA AND CHAT ●	14.00 - 15.00	Online
13/05	CARERS CLINIC – WELLBROOK MEDICAL ●	Bookable Slots	Hilton
14/05	BENEFITS ADVICE TALK ●	17.00 - 18.30	Online
14/05	ARTS AND CRAFTS ●	10.00 - 13.00	Long Eaton
15/05	SHARED READING GROUP ●	13.00 - 14.00	Online
16/05	MEMORY LOSS SUPPORT GROUP ●	14.00 - 15.30	Online
16/05	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
16/05	CRAFTS WITH SPIRAL ARTS ●	13.30 - 15.30	Ilkeston
17/05	EXERCISE TO MUSIC ●	13.30 - 14.15	Online

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20/05	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
21/05	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
21/05	SUPPORT GROUP ●	14.00 - 15.30	Glossop
21/05	DROP-IN ●	13.00 - 15.00	Chesterfield
22/05	DROP-IN ●	10.30 - 12.30	Chesterfield
23/05	CUPPA AND CHAT ●	11.00 - 14.00	Chesterfield
24/05	CUPPA AND CHAT ●	12.00 - 14.00	Hilton
29/05	DROP-IN ●	10.30 - 13.30	Dronfield Woodhouse
29/05	LEARNING DISABILITY GROUP ●	10.30 - 12.00	Ripley
29/05	SHARED READING GROUP ●	13.00 - 14.00	Online
30/05	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
30/05	DROP-IN ●	12.00 - 14.00	Staveley
31/05	EXERCISE TO MUSIC ●	13.30 - 14.15	Online