

What's on

October 2024

- Regular Activity
- Limited Activity
- Support Group
- Drop-in
- Cuppa & Chat
- Carers Clinic

For more information or to speak to a member of our team, please call **01773 833 833** or email info@derbyshirecarers.co.uk

30/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
01/10	Gardening Group ●	11.00 - 12.00	Online
01/10	Support Group ●	10.00 - 12.00	Ripley
02/10	Shared Reading Group ●	13.00 - 14.00	Online
03/10	Learning Disability Carers Group ●	16.00 - 17.15	Online
03/10	Support Group ●	13.30 - 15.30	Belper
03/10	Support Group ●	13.00 - 15.00	Swadlincote
04/10	Exercise Class ●	13.30 - 14.15	Online

daacss

Derbyshire All Age Carers Support Service

What's on

October 2024

- Regular Activity
- Limited Activity
- Support Group
- Drop-in
- Cuppa & Chat
- Carers Clinic

For more information or to speak to a member of our team, please call

01773 833 833 or email info@derbyshirecarers.co.uk

daacss

Derbyshire All Age Carers Support Service

07/10	Heart-Centered Meditation ●	10.00 - 10.20	Online
07/10	Support Group ●	14.00 - 15.30	Buxton
08/10	Drop-in ●	10.30 - 12.30	Wirksworth
08/10	Chair-Based Yoga ●	13.30 - 14.15	Online
09/10	Carers Clinic ●	Bookable Slots	Long Eaton
10/10	Male Carers Cuppa & Chat ●	11.00 - 12.00	Online
10/10	Cuppa & Chat ●	12.00 - 14.00	Ilkeston
10/10	Diabetes Information session ○	14.00 - 15.00	Online
14/10	Heart-Centered Meditation ●	10.00 - 10.20	Online
14/10	Arthritis Information session ○	13.00 - 14.00	Online
15/10	Support Group ●	14.00 - 15.30	Glossop
16/10	Shared Reading Group ●	13.00 - 14.00	Online
17/10	Memory Loss Carers Group ●	14.00 - 15.30	Online
17/10	Learning Disability Carers Group ●	16.00 - 17.15	Online
18/10	Exercise Class ●	13.30 - 14.15	Online

What's on

October 2024

- Regular Activity
- Limited Activity
- Support Group
- Drop-in
- Cuppa & Chat
- Carers Clinic

For more information or to speak to a member of our team, please call **01773 833 833** or email info@derbyshirecarers.co.uk

21/10	Heart-Centered Meditation ●	10.00 - 10.20	Online
21/10	Mindfulness Session ○	20.00 - 21.00	Online
22/10	Chair-Based Yoga ●	13.30 - 14.15	Online
23/10	Carers Clinic ●	Bookable Slots	Swadlincote
24/10	Drop-in – The Dementia Hub ●	9.30 – 11.00	Ilkeston Hospital
25/10	Cuppa & Chat ●	12.00 - 14.00	Hilton
28/10	Heart-Centered Meditation ●	10.00 - 10.20	Online
28/10	Drop-in ●	9.00 – 14.00	Derby
28/10	Support Group ●	14.00 - 16.00	Chapel-en-le-Frith
30/10	Shared Reading Group ●	13.00 - 14.00	Online
31/10	Learning Disability Carers Group ●	16.00 - 17.15	Online

daacss

Derbyshire All Age Carers Support Service