

What's on

September 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

02/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
02/09	Gardening Group ●	11.00 - 12.00	Online
02/09	Support Group ●	14.00 - 15.30	Buxton
03/09	Benefits Advice Talk ○	13.00 - 15.00	Online
03/09	Support Group ●	10.00 - 12.00	Ripley
04/09	Drop-in ●	13.30 - 15.30	Draycott
04/09	Shared Reading Group ●	13.00 - 14.00	Online
05/09	Learning Disability Carers Group ●	16.00 - 17.15	Online
05/09	Support Group ●	13.30 - 15.30	Belper
05/09	Support Group ●	13.00 - 15.00	Swadlincote

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Derbyshire All Age Carers Support Service

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09/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
09/09	Carers Clinic ●	09.00 - 16.00	Hilton
09/09	Drop-in ●	11.30 - 13.30	Chesterfield
09/09	Drop-in ●	11.00 - 13.00	Risley
10/09	Chair-Based Yoga ●	13.30 - 14.15	Online
12/09	Male Carers Cuppa & Chat ●	11.00 - 12.00	Online
16/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
17/09	Support Group ●	14.00 - 15.30	Glossop
18/09	Shared Reading Group ●	13.00 - 14.00	Online
19/09	Memory Loss Carers Group ●	14.00 - 15.30	Online
19/09	Learning Disability Carers Group ●	16.00 - 17.15	Online
19/09	Cuppa, Chat & Sand Art ●	10.00 - 13.00	Creswell
20/09	Derbyshire Wellbeing Event ○	10.00 - 14.00	Alfreton
20/09	Exercise Class ●	13.30 - 14.15	Online

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23/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
23/09	Marbelling Workshop ○	14.00 - 16.00	Chapel-en-le-Frith
24/09	Chair-Based Yoga ●	13.30 - 14.15	Online
25/09	Pamper Day ○	11.00 - 14.00	Buxton
25/09	Scams Awareness Session ○	13.00 - 14.00	Online
26/09	Menopause Workshop ○	18.00 - 19.00	Online
26/09	Drop-in ●	10.00 - 12.30	Long Eaton
27/09	Cuppa & Chat ●	12.00 - 14.00	Hilton
30/09	Heart-Centered Meditation ●	10.00 - 10.20	Online

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