

What's on

December 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

02/12	Heart-Centered Meditation ●	10.00 - 10.20	Online
02/12	Christmas Soap Making ○	13.00 - 15.00	Tissington
03/12	Chair-Based Yoga ●	13.30 - 14.15	Online
04/12	Drop-in ●	10.00 - 12.00	Borrowash
05/12	Support Group ●	13.30 - 15.30	Belper
05/12	Support Group ●	13.00 - 15.00	Swadlincote
05/12	Support Group ●	14.00 - 15.30	Staveley
05/12	Drop-in at Treetops Hospice ●	10.00 - 12.00	Risley
06/12	Christmas House Painting ○	13.00 - 15.00	Chesterfield

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Derbyshire All Age Carers Support Service

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Derbyshire All Age Carers Support Service

09/12	Heart-Centered Meditation ●	10.00 - 10.20	Online
10/12	Afternoon Tea at Mercia Marina ○	14.00 - 16.00	Mercia Marina
10/12	Stroke Association Training ○	10.30 - 12.30	Online
11/12	Shared Reading Group ●	13.00 - 14.00	Online
12/12	Celebration of Carers ○	11.00 - 12.30	Chesterfield
12/12	Carers Clinic ●	Bookable Slots	Long Eaton
13/12	Exercise Class ●	13.30 - 14.15	Online
13/12	Cuppa & Chat ●	12.00 - 15.00	Hilton
16/12	Heart-Centered Meditation ●	10.00 - 10.20	Online
17/12	Chair-Based Yoga ●	13.30 - 14.15	Online
17/12	Christmas Bath Bombs ○	11.30 - 13.30	Alfreton
17/12	Support Group ●	14.00 - 15.30	Glossop
19/12	Drop-in at Dementia Hub ●	09.30 - 11.30	Ilkeston
19/12	Memory Loss Carers Group ●	14.00 - 15.30	Online
23/12	Support Group ●	14.00 - 16.00	Chapel-en-le-Frith