

What's on

February 2025

- 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

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Derbyshire All Age Carers Support Service

03/02	Heart-Centered Meditation ●	10.00 - 10.20	Online
03/02	Support Group ●	14.00 - 15.30	Buxton
04/02	Planning for the Future ○	11.00 - 12.30	Online
04/02	Support Group ●	10.00 - 12.00	Ripley
06/02	Book Club ●	13.30 - 14.30	Online
06/02	Support Group ●	13.30 - 15.30	Belper
06/02	Support Group ●	13.00 - 15.00	Swadlincote
06/02	Support Group ●	14.00 - 15.30	Staveley
06/02	Drop-in ●	11.00 - 12.30	Chesterfield
07/02	Exercise Class ●	13.30 - 14.15	Online
10/02	Heart-Centered Meditation ●	10.00 - 10.20	Online
11/02	Carers Drumming Session ○	13.30 - 15.00	Stenson Fields
14/02	Accessing Support for your loved one ○	11.00 - 12.30	Online

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17/02	Heart-Centered Meditation ●	10.00 - 10.20	Online
18/02	Chair-Based Yoga ●	13.30 - 14.15	Online
18/02	Support Group ●	14.00 - 15.30	Glossop
20/02	Memory Loss Carers Group ●	14.00 - 15.30	Online
24/02	Heart-Centered Meditation ●	10.00 - 10.20	Online
24/02	Support Group ●	14.00 - 16.00	Chapel-en-le-Frith
25/02	Carers Wellness ○	13.30 - 15.30	Online
26/02	Moment of Reflection ○	14.30 - 15.30	Online
26/02	Shared Reading Group ●	13.00 - 14.00	Online
27/02	Support Group ●	10.30 - 12.00	Swadlincote
28/02	Cuppa & Chat ●	12.00 - 14.00	Hilton

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