

What's on

March 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

03/03	Heart-Centered Meditation ●	10.00 - 10.20	Online
03/03	Support Group ●	14.00 - 15.30	Buxton
04/03	Support Group ●	10.00 - 12.00	Ripley
05/03	Financial Benefits for Carers ○	13.00 - 15.00	Online
05/03	Drop-in ●	13.00 - 16.00	Heanor
06/03	Learning Disability Carers Mtg ●	16.00 - 17.15	Online
06/03	Book Club ●	13.30 - 14.30	Online
06/03	Support Group ●	13.30 - 15.30	Belper
06/03	Support Group ●	13.00 - 15.00	Swadlincote
06/03	Support Group ●	14.00 - 15.30	Staveley
07/03	Exercise Class ●	13.30 - 14.15	Online

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10/03	Heart-Centered Meditation ●	10.00 - 10.20	Online
10/03	Carers Clinic ●	Bookable Slots	Hilton
10/03	Gardening Group ●	11.00 - 12.00	Online
10/03	Drop-in ●	13.00 – 15.00	Heanor
11/03	Reimagining Carers Assessments ○	10.00 - 11.30	Online
11/03	Manual Handling ○	10.00 - 12.00	Baslow
12/03	Understanding Communication after a Stroke ○	10.00 - 12.00	Chaddesden
12/03	Hospital Discharge Liaison Project ○	10.00 - 11.30	Online
13/03	Men's Drop-in Q&A Session ○	11.00 - 12.00	Online

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17/03	Heart-Centered Meditation ●	10.00 - 10.20	Online
17/03	Drop-in ●	09.30 – 11.30	Somercotes
18/03	Chair-Based Yoga ●	13.30 - 14.15	Online
18/03	Support Group ●	14.00 - 15.30	Glossop
19/03	Carers Clinic ●	Bookable Slots	Long Eaton
19/03	Work Readiness ○	13.00 - 14.30	Online
19/03	Drop-in ●	10.00 – 12.30	Chesterfield
20/03	Memory Loss Carers Group ●	14.00 - 15.30	Online
20/03	Learning Disability Carers Mtg ●	16.00 - 17.15	Online

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24/03	Heart-Centered Meditation ●	10.00 - 10.20	Online
24/03	Mindfulness Session ○	19.00 - 20.00	Online
24/03	Support Group ●	14.00 - 16.00	Chapel-en-le-Frith
25/03	When Caring Comes to an End ○	13.00 - 14.30	Online
26/03	Shared Reading Group ●	13.00 - 14.00	Online
27/03	Support Group ●	10.30 - 12.00	Swadlincote
27/03	Drop-in ●	14.00 - 16.00	Langwith
27/03	Men's Cuppa & Chat ●	11.00 - 12.00	Online
28/03	Cuppa & Chat ●	12.00 - 14.00	Hilton

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