

# What's on

## April 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](mailto:info@derbyshirecarers.co.uk)**

31/03	Heart-Centered Meditation ●	10.00 - 10.20	Online
01/04	Support Group ●	10.00 - 12.00	Ripley
03/04	Support Group ●	13.30 - 15.30	Belper
03/04	Support Group ●	13.00 - 15.00	Swadlincote
03/04	Support Group ●	14.00 - 15.30	Staveley
03/04	Learning Disability Carers Mtg ●	16.00 - 17.15	Online
03/04	Book Club ●	13.30 - 14.30	Online
04/04	Exercise Class ●	13.30 - 14.15	Online

# daacss

Derbyshire All Age Carers Support Service

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Derbyshire All Age Carers Support Service

07/04	Heart-Centered Meditation ●	10.00 - 10.20	Online
07/04	Support Group ●	14.00 - 15.30	Buxton
07/04	Gardening Group ●	11.00 - 12.00	Online
08/04	New to Caring Session ○	13.00 - 14.30	Online
10/04	Drop-in ●	14.00 - 17.00	Tibshelf
10/04	Men's Cuppa & Chat ●	11.00 - 12.00	Online
14/04	Heart-Centered Meditation ●	10.00 - 10.20	Online
15/04	Support Group ●	14.00 - 15.30	Glossop
15/04	Chair-Based Yoga ●	13.30 - 14.15	Online
17/04	Memory Loss Carers Group ●	14.00 - 15.30	Online
17/04	Learning Disability Carers Mtg ●	16.00 - 17.15	Online

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Derbyshire All Age Carers Support Service

21/04	Heart-Centered Meditation ●	10.00 - 10.20	Online
23/04	Planning for the Future ○	11.00 - 12.30	Online
23/04	Shared Reading Group ●	13.00 - 14.00	Online
23/04	Carers Clinic ●	Bookable Slots	Swadlincote
23/04	Drop-in ●	10.00 - 12.30	Shirebrook
23/04	Hospital Discharge Liaison Project ○	10.00 - 12.00	Online
24/04	Food and Mood Workshop ○	19.00 - 20.00	Online
24/04	Support Group ●	10.30 - 12.00	Swadlincote
25/04	Cuppa & Chat ●	12.00 - 14.00	Hilton
28/04	Heart-Centered Meditation ●	10.00 - 10.20	Online
28/04	Support Group ●	14.00 - 16.00	Chapel-en-le-Frith
30/04	Moment of Reflection ○	14.30 - 15.30	Online