

# What's on

## January 2024 Pt 2

- Regular Workshops
- Limited Workshops
- Support Groups
- Drop-ins
- Cuppa & Chats

If you would like any information on our activity schedule, or would like to speak to a member of our team – please contact:  
[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
or call on: 01773 833833  
[derbyshirecarers.co.uk/](http://derbyshirecarers.co.uk/)



22/01	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
22/01	SUPPORT GROUP ●	14.00 - 16.00	Chapel-en-le-Frith
24/01	SHARED READING GROUP ●	13.00 - 14.00	Online
24/01	CARERS CLINIC – SWADLINCOTE SURGERY ●	Bookable Slots	Swadlincote
25/01	CUPPA AND CHAT ●	12.00 - 14.00	Hilton
25/01	CUPPA AND CHAT ●	10.00 - 12.00	Ilkeston
25/01	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
26/01	INFORMATION POINT ●	10.00 - 13.00	Staveley
26/01	EXERCISE TO MUSIC ●	13.30 - 14.15	Online
30/01	CHAIR-BASED YOGA ●	13.30 - 14.15	Online
31/01	LEARNING DISABILITY GROUP ●	10.30 - 12.00	Ripley
31/01	CARERS CLINIC – LONG EATON HC ●	Bookable Slots	Long Eaton