

What's on

January 2024 w/c 8th Jan

- 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
or call on: 01773 833833
derbyshirecarers.co.uk/



08/01	HEART CENTERED MEDITATION ●	10.00 - 10.30	Online
08/01	DROP-IN ●	11.30 – 13.30	Chesterfield
08/01	THE CARERS CIRCLE CUPPA AND CHAT ●	14.00 - 15.00	Online
08/01	MANUAL HANDLING ●	13.00 - 15.00	Chapel-en-le-Frith
10/01	SHARED READING GROUP ●	13.00 - 14.00	Online
10/01	DROP-IN ●	10.30 – 12.00	Chesterfield
11/01	LEARNING DISABILITY GROUP ●	16.00 - 17.15	Online
11/01	MALE CARERS CUPPA AND CHAT ●	11.00 - 12.00	Online
12/01	EXERCISE TO MUSIC ●	13.30 - 14.15	Online