

What's on

January 2024 Pt 1

- 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/



02/01	SUPPORT GROUP ●	10.00 – 12.00	Ripley
03/01	DROP-IN ●	10.00 – 12.00	Shirebrook
03/01	DROP-IN ●	11.30 – 13.30	Buxton
04/01	SUPPORT GROUP ●	13.00 – 15.00	Swadlincote
04/01	SUPPORT GROUP ●	14.00 – 15.30	Staveley
04/01	SUPPORT GROUP ●	13.30 – 15.30	Belper
05/01	CARERS CLINIC – BAYHEATH HOUSE ●	Bookable Slots	Chesterfield
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
15/01	HEART CENTERED MEDITATION ●	10.00 – 10.30	Online
15/01	CARERS CLINIC – WELLBROOK MEDICAL ●	Bookable Slots	Hilton
15/01	DROP-IN ●	11.00 – 13.00	Dronfield Woodhouse
16/01	INFORMATION POINT ●	11:30 – 15.00	Dronfield
16/01	SUPPORT GROUP ●	14.00 – 15.30	Glossop
16/01	CHAIR-BASED YOGA ●	13.30 – 14.15	Online
18/01	MEMORY LOSS SUPPORT GROUP ●	14.00 – 15.30	Online
19/01	DROP-IN ●	10.30 – 12.30	Bolsover