

What's on

January 2024 w/c 15th 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/



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|-------|-------------------------------------|----------------|---------------------|
| 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 |