

What's on

September 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

01/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
01/09	Gardening Group ●	11.00 - 12.00	Online
01/09	Support Group ●	14.00 - 16.00	Buxton
02/09	Financial Benefits for Carers ○	19.00 - 20.00	Online
02/09	Support Group ●	10.00 - 12.00	Ripley
02/09	Chair-Based Yoga – Extra session ●	17.00 - 17.45	Online
04/09	Support Group ●	13.30 - 15.30	Belper
04/09	Support Group ●	13.00 - 15.00	Swadlincote
04/09	Support Group ●	14.00 - 15.30	Staveley
04/09	Learning Disability Carers Mtg ●	16.00 - 17.15	Online
05/09	Exercise Class ●	13.30 - 14.15	Online
05/09	Drop-in ●	10.00 – 13.00	Derby

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08/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
08/09	Drop-in ●	13.30 – 15.30	Chapel-en-le-Frith
09/09	Drop-in ●	18.00 – 20.00	Willington
09/09	Water Colour Painting Class ○	17.30 - 19.30	Hilton
09/09	Cuppa & Chat ●	13.30 - 15.30	Hathersage
10/09	Understanding Communication ○ After Stroke	10.00 - 11.00	TBC
10/09	Walk & Picnic ○	11.00 - 12.30	Carsington
11/09	Work Readiness ○	19.00 - 20.00	Online
11/09	Men's Cuppa & Chat ●	11.00 - 12.00	Online
11/09	Wellbeing Walk ○	10.00 - 13.00	Cressbrook
11/09	Drop-in ●	12.30 – 14.00	Chesterfield

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15/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
16/09	Support Group ●	14.00 - 15.30	Glossop
16/09	Book Club ●	13.30 - 14.30	Online
16/09	Chair-Based Yoga ●	13.30 - 14.15	Online
18/09	Information Point ●	11.00 - 13.00	Derby
18/09	Learning Disability Carers Mtg ●	16.00 - 17.15	Online
18/09	Memory Loss Carers Group ●	14.00 - 15.30	Online
18/09	Calming Techniques for Anxiety ○	18.00 - 19.00	Online
19/09	Carers Clinic ●	Bookable Slots	Hilton

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22/09	Heart-Centered Meditation ●	10.00 - 10.20	Online
22/09	Drop-in (Foodbank users only) ●	12.00 – 14.00	Brimington
22/09	Drop-in (TEC Marketplace event) ●	12.00 – 14.00	Matlock
22/09	Support Group ●	14.00 - 16.00	Chapel-en-le-Frith
23/09	Information Point ●	10.00 – 12.00	Derby
23/09	When Caring Comes to an End ○	19.00 - 20.00	Online
24/09	Shared Reading Group ●	13.00 - 14.00	Online
24/09	Drop-in ●	10.00 – 12.30	Chesterfield
24/09	Carers Clinic ●	Bookable Slots	Hartington
25/09	Accessing Support for Your Loved One ○	19.00 - 20.00	Online
25/09	Support Group ●	10.30 - 12.00	Swadlincote
25/09	Drop-in ●	10.00 – 12.00	Matlock Bath
25/09	Drop-in ●	14.00 – 16.00	Langwith
26/09	Cuppa & Chat ●	12.00 - 14.00	Hilton
26/09	Carers Clinic ●	Bookable Slots	Long Eaton
29/09	Heart-Centered Meditation ●	10.00 - 10.20	Online

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