

# What's on

## November 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**

|       |                                         |               |              |
|-------|-----------------------------------------|---------------|--------------|
| 03/11 | Heart-Centered Meditation ●             | 10.00 - 10.20 | Online       |
| 03/11 | Support Group ●                         | 14.00 - 16.00 | Buxton       |
| 04/11 | Support Group ●                         | 10.00 - 12.00 | Ripley       |
| 05/11 | Drop-in ●                               | 10.00 - 12.30 | Chesterfield |
| 05/11 | Accessing Support for Your Loved Ones ○ | 13.00 - 15.00 | Online       |
| 06/11 | Support Group ●                         | 13.30 - 15.30 | Belper       |
| 06/11 | Support Group ●                         | 13.00 - 15.00 | Swadlincote  |
| 06/11 | Support Group ●                         | 14.00 - 15.30 | Staveley     |
| 06/11 | Carers Wellness Meditation Workshop ○   | 18.00 - 19.00 | Online       |
| 07/11 | Exercise Class ●                        | 13.30 - 14.15 | Online       |

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Derbyshire All Age Carers Support Service

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|       |                                  |                |                    |
|-------|----------------------------------|----------------|--------------------|
| 10/11 | Heart-Centered Meditation ●      | 10.00 - 10.20  | Online             |
| 10/11 | Drop-in ●                        | 13.30 – 15.30  | Chapel-en-le-Frith |
| 10/11 | Gardening Group ●                | 11.00 - 12.00  | Online             |
| 11/11 | Cuppa & Chat ●                   | 13.30 - 15.30  | Hathersage         |
| 11/11 | Home Energy Workshop ○           | 11.00 - 12.30  | Online             |
| 12/11 | Drop-in ●                        | 10.30 – 12.00  | Swadlincote        |
| 12/11 | Drop-in ●                        | 10.00 – 13.00  | Heanor             |
| 13/11 | Information Point ●              | 11.00 – 13.00  | Derby              |
| 13/11 | Drop-in ●                        | 13.30 – 15.30  | Ilkeston           |
| 13/11 | Learning Disability Carers Mtg ● | 16.00 - 17.15  | Online             |
| 14/11 | Carers Clinic ●                  | Bookable Slots | Hilton             |

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|       |                                      |               |              |
|-------|--------------------------------------|---------------|--------------|
| 17/11 | Heart-Centered Meditation ●          | 10.00 - 10.20 | Online       |
| 17/11 | Cuppa & Chat ●                       | 10.00 - 14.00 | Chesterfield |
| 17/11 | Drop-in ●                            | 09.00 – 13.00 | Baslow       |
| 17/11 | Carers Rights Awareness ○<br>Session | 11.00 - 12.30 | Online       |
| 18/11 | Drop-in ●                            | 13.00 – 15.30 | Ripley       |
| 18/11 | Book Club ●                          | 13.30 - 14.30 | Online       |
| 18/11 | Support Group ●                      | 14.00 - 15.30 | Glossop      |
| 18/11 | Drop-in ●                            | 09.00 – 12.30 | Matlock      |
| 18/11 | Chair-Based Yoga ●                   | 13.30 - 14.15 | Online       |
| 20/11 | Drop-in ●                            | 10.30 – 12.30 | Ashbourne    |
| 20/11 | Information Point ●                  | 10.00 – 12.00 | Derby        |
| 20/11 | Memory Loss Carers Group ●           | 14.00 - 15.30 | Online       |
| 21/11 | Drop-in ●                            | 10.30 – 12.30 | Ashbourne    |

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|       |                                  |                |                    |
|-------|----------------------------------|----------------|--------------------|
| 24/11 | Heart-Centered Meditation ●      | 10.00 - 10.20  | Online             |
| 24/11 | Support Group ●                  | 14.00 - 16.00  | Chapel-en-le-Frith |
| 24/11 | Drop-in (Foodbank users only) ●  | 12.00 – 14.00  | Brimington         |
| 25/11 | Financial Benefits for Carers ○  | 11.00 - 12.30  | Online             |
| 25/11 | Drop-in ●                        | 12.00 – 14.00  | Swadlincote        |
| 26/11 | Shared Reading Group ●           | 13.00 - 14.00  | Online             |
| 26/11 | Carers Clinic ●                  | Bookable Slots | Hartington         |
| 27/11 | Learning Disability Carers Mtg ● | 16.00 - 17.15  | Online             |
| 27/11 | Support Group ●                  | 10.30 - 12.00  | Swadlincote        |
| 27/11 | Drop-in ●                        | 10.00 – 12.00  | Matlock Bath       |
| 28/11 | Cuppa & Chat ●                   | 12.00 - 14.00  | Hilton             |