

What's on

Events in **Purple** are in person drop-ins for Carers.

Events in **Bold** are in person events for Carers.

All other events are held on zoom.

W/C	Monday	Tuesday	Wednesday	Thursday	Friday
23rd May		Chair Based Yoga 1:30-2:15pm	Shared Reading Group 1-2pm		Music Session 2-3.15pm
30th May				Bank Holiday	Bank Holiday
6th June	Understanding Anxiety 1.30pm	Wingerworth Carers Drop In 8.30am - 6pm Chair Based Yoga 1:30-2:15pm Care for a Cuppa, New Mills Volunteer Centre - 1-4pm	Shared Reading 1pm - 2pm via zoom Care for a Cuppa 2pm – 3.30pm Staveley Fire Station Community Room (face to face)	Carers Book Club - 1pm - 2pm	Care for a Cuppa and Pamper, Blythe House Hospice - 11am - 3pm Carers 'Bake Off' - 11am
13th June	Online Gardening Group 11am Inspirative Arts 2-3pm				Exercise Class 1:30-2:15pm
20th June		Chair Based Yoga 1:30-2:15pm	Shared Reading 1-2pm	Dementia Friends and Family session 10.30am-12.30pm	
27th June					Manual Handling Training 10.30am-12.30pm Chesterfield Exercise Class 1:30-2:15pm
4th July	Online Gardening Group 11am	Chair Based Yoga 1:30-2:15pm	Shared Reading 1-2pm	Carers Book Club - 1pm - 2pm	

For more information, please contact Katie:

Call **07773 173 416**

Email **katie.matkin@derbyshirecarers.co.uk**



Limited Activities

Music Session

Friday 27th May

@ 2pm - 3.15pm - via Zoom

Try our mix and match music taster session!

If you love music or have a passion for singing / movement to music, join us in a new zoom music session!

On this workshop we will get together to enjoy some music related games / quizzes, have a singsong and share any fun music memories!

Dementia Friends and Family Session

Thursday 23rd June

@ 10.30am-12.30pm - via Zoom

FREE online friends and family sessions provide practical guidance for unpaid Carers supporting somebody with Dementia in the Derbyshire area only! To book your FREE place, visit <https://www.eventbrite.co.uk/e/family-carer-eventunderstanding-dementia-better-tickets-269636990497>

Please contact

ruth@dementiaadventure.co.uk if you have any questions or phone 01245 237548

Understanding Anxiety - Coping Strategies

Monday 6th June

@ 1.30pm - via Zoom

We live in a world of system overload and technology stimulation where we rarely get five minutes to ourselves to stop and decompress - busy, busy, busy has become the dominating factor.

We find our mind tugged this way and that by the competing demands of work, family, relationships and life events happening. The mind-body system reacts to this chaos resulting in chronic stress, anxiety and depression. This is our mind-body system telling us to STOP.

This workshop will explore the nature of anxiety and give practical strategies to manage it better.

Manual Handling Training

Friday 1st July

@ 10.30am-12.30pm - Chesterfield

Venue: St Thomas Centre, Chatsworth Road, Chesterfield, S40 3AW

Join us in a face-to-face training session on Manual Handling.

This session will focus on the safe movement principles, technique and demonstrations along with general advice on moving and handling.

You will also leave with a booklet to look back on the topics we have covered.

Please make sure to book your place, as spaces are limited.



Limited Activities

Cyber, Fraud and Scams Awareness

Wednesday 13th July

@ 5pm - via Zoom

Join us on Zoom in learning how to stay safe online. Learn how to protect yourself from being a victim in the recent cybercrimes, fraud and scams in your area.

Being aware and making our loved ones aware of scams is preventing us from becoming a victim.

Come along and talk to a professional, ask questions and stay safe!

First Aid Training

Monday 18th July

@ 2pm - 3pm - via Zoom

This informative, online First Aid training session will allow you to ask a range of questions and receive medical advice from an NHS paramedic, all from the comfort of your own home.

If you are interested and will require information on specific medical conditions, please specify this prior to the session to ensure correct research and accurate answers can be provided.

Rhubarb Farm

Tuesday 19th July

@ 10am - 3pm - Nether Langwith

Rhubarb Farm CIC, Hardwick Street, Langwith, Nether Langwith, Mansfield, NG20 9DR

Derbyshire Carers Association have arranged for a group of Carers to attend an exciting day out at Rhubarb Farm! The day will start at 10am where you will take part in various activities.

Including - crafts, seed sowing, meeting the animals and having a tour of the farm, followed by a lunch and a chance to catch up with other Carers. This activity will finish at 3pm.

Limited spaces are available so please be sure to get in touch to secure your place and to make us aware of any dietary requirements.

Carers Drop-in Clinic

Tuesday 7th June

@ 8.30am - 6pm - Wingerworth

Come along to our Carers Drop In Session and have a chat with Derbyshire Carers Association about the support available to you as a Carer.

Wingerworth Medical Centre, Allendale Road Wingerworth Chesterfield S42 6PX
No appointment needed, Please call Heather Aitken for further information
01773 833833



Regular Activities

Book Club

Monthly Thursdays

@ 1pm - 2pm - via Zoom

The group virtually meets up monthly for a cuppa and a chance to discuss the chapters read with fellow Carers.

Chair Based Yoga

Alternative Tuesdays

@ 1.30pm - 2.15pm - via Zoom

Our Chair Based Yoga sessions are for all abilities. Take things at your own pace and exercise in the comfort and safety of your own home, along with other Carers online.

Gardening Group

Monthly Mondays

@ 11am - via Zoom

We will be running an online gardening group once month with jobs to do in the garden that month and other topics pre-chosen by attendees.

Exercise Class

Alternate Fridays

@ 1.30pm - 2.15pm - via Zoom

Our Exercise Class sessions are for all abilities. Take things at your own pace and exercise in the comfort and safety of your own home, along with other Carers online.

Inspirative Arts

Monthly

via Zoom

Join us for one of our Inspirative Arts sessions.

These sessions are for you to enjoy as you create your art work, doodles and collages.

You will be using pictures from magazines, text or creating your own writing fonts and drawings to express your imagination, what you feel, and is focused on the process more than the final product.

So it's all about self expression and engaging in art for your own reflection and relaxation.

Shared Reading

Alternate Wednesdays

@ 1pm - 2pm - via Zoom

These groups are welcoming and informal and there is no pressure to participate in any particular way. You can read, listen, talk, ask questions or just observe.

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