

What's on

July - August 2022

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
11th July	Carers Session - Hilton Online Gardening Group 11am	Drop-in Shirebrook 10-12.30pm Creative Zoom 10.30-11.30am	Drop-in Chesterfield 10-1.30pm Scams Awareness 5pm		
18th July	First Aid Training 2-3pm	Drop-in Bolsover 10-12.30pm Rhubarb Farm visit 10-3pm Chair Based Yoga 1:30-2:15pm	Drop-in Tibshelf 8-6pm Shared Reading Group 1-2pm		Exercise Class 1:30-2:15pm
25th July	Mix and Match Music Workshop 1.30-2.45pm		Drop-in Chesterfield 10.30-12.30pm		
1st Aug		Chair Based Yoga 1:30-2:15pm	Shared Reading Group 1-2pm	Book Club 1-2pm	Exercise Class 1:30-2:15pm
8th Aug	Helping Hooves 10-12pm Little Eaton	Meditation and Mindfulness 1.30pm		Games Afternoon 1-2pm	Bingo Fridays 1pm
15th Aug		Creative Zoom 10.30-11.30am Chair Based Yoga 1:30-2:15pm	Shared Reading 1-2pm		
22nd Aug	Games Afternoon 1-2pm				Bingo Fridays 1pm
29th Aug		Chair Based Yoga 1:30-2:15pm	Shared Reading 1-2pm	Book Club 1-2pm	
5th Sept	Carers Session - Hilton				Exercise Class 1:30-2:15pm

For more information, please contact Katie:

Call **07773 173 416**

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



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.

Carers Drop-in sessions

Just turn up, no appointment required

Tuesday 12th July - Freedom Community Project, Shirebrook Methodist Church - 10am - 12.30pm

Wednesday 13th July - Renew Wellbeing Café, Chesterfield Baptist Church, Cross Street, Chesterfield - 10am - 1.30pm

Tuesday 19th July - Freedom Community Project, Bolsover Methodist Church - 10am - 12.30pm

Wednesday 20th July - Staffa Health Surgeries: (taking place at Tibshelf Surgery 3 Waverley Street Tibshelf) - 8am - 6pm

Wednesday 27th July - Chesterfield Wellbeing Hub: Low Pavement Chesterfield - 10.30am - 12.30pm

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 Sessions

Monday 11th July, 5th September, 14th November

@ Wellbrook Medical Centre, Hilton

Are you a patient at Wellbrook Medical Centre and care for a family member, friend or neighbour who has a long-term illness or disability?

Would you like to meet your Carer Support Worker for South Derbyshire?

Book on to our Carers Session and have a chat with DCA about the support available to you as a Carer

Please contact Hannah Sewell on 01773 833 833 to book your appointment.



Limited Activities

Mix & Match Music Workshop

Monday 25th July

@ 1.30pm - 2.45pm - 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!

Helping Hooves

Monday 8th August, 12th September, 10th October, 14th November

@ 10am - 12pm - Little Eaton

Derbyshire Carers Association has joined up with Helping Hooves in creating some exciting carer bespoke sessions for you to attend!

These sessions are completely member led. Come along and choose from connecting with horses, animal welfare and management, bush craft, mindful gardening and crafts.

They will be once a month on the second Monday 10-12pm.

Come along for just one session or several sessions.

Alfreton Road, Little Eaton, Derby, Bottle Brook Meadows, located opposite 291

Bingo Fridays

Friday 12th & 26th August

@ 1pm - via Zoom

Join in groups or as an individual, compete with other Carers and their friends / families in winning a game for a small prize!

Sleep Workshop

Thursday 22nd September

@ 7pm - 8pm - via Zoom

Do you struggle to get to sleep?

Are you unable to stay asleep through the night?

Are you tired throughout the day?

Join us on our sleep workshop where Jill McGarry, Salford LD Consultant Clinical Psychologist talks to us about sleep, and shares some useful hints and tips.

Meditation and Mindfulness

Tuesday 9th August

@ 1.30pm - via Zoom

During this workshop you will be shown useful mindfulness and meditation techniques to create balance and to focus your thinking.

Sharon will talk you through both methods, giving you chance to practice these together and ask any questions you may have.

Games Afternoons

Thursday 11th August, Monday 22nd August

@ 1pm - 2pm - via Zoom

Come along and join in on some online games, whether this be a quiz, a game of Pictionary, guess who & many more!

Bring your family / friends or come as an individual, meet new people and have fun!



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.

Creative Zoom

Monthly Tuesdays

@10.30am - 11.30am - via Zoom

Join us for one of our Creative Zoom 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.

For more information, please contact Katie:

Call **07773 173 416**

Email katie.matkin@derbyshirecarers.co.uk

