

# Carers in Bedfordshire (Leighton Buzzard & Chiltern Vale)

## Groups & Training Timetable April to June 2018



### Groups

There will be no Eaton Bray Café due to the Easter Bank Holiday			
Thurs 5 April	11.15 – 12.30pm	Dunstable Dementia Carers Group	St. Augustine's Church
Tue 10 April	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tue 10 April	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 11 April	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 12 April	10.00 – 12.00pm	Leighton Buzzard Drop In	Greenfields
Sat 14 April	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tue 17 April	2.00 – 4.00pm	Walking Group	Houghton Hall
Thurs 19 April	10.00 – 12.00pm	Parents Together	Greenfields
Thurs 19 April	1.00 – 4.00pm	Leighton Buzzard Café	Scout Hall
Tue 24 April	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Tue 24 April	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Wed 25 April	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Wed 25 April	7.00 – 9.00pm	Leighton Buzzard Evening Group	Greenfields
Thurs 26 April	10.00 – 12.00pm	Leighton Buzzard Morning Group	Greenfields
Thurs 3 May	11.15 – 12.30pm	Dunstable (Dementia) Carers Group	St. Augustine's Church
There will be no Eaton Bray Café due to May Day Bank Holiday			
Tue 8 May	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tue 8 May	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 9 May	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 10 May	10.00 – 12.00pm	Leighton Buzzard Drop In	Greenfields
Sat 12 May	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tues 15 May	2.00 – 4.00pm	Walking Group	Leighton Buzzard Canal
Thurs 17 May	10.00 – 12.00pm	Parents Together	Greenfields
Thurs 17 May	1.00 – 4.00pm	Leighton Buzzard Cafe	Scout Hall
Tue 22 <sup>nd</sup> May	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
There will be no Leighton Buzzard Evening Group meeting due to the Spring Bank Holiday			
Tues 29 May	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Wed 30 May	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Wed 30 May	7.00 – 9.00pm	Leighton Buzzard Evening Group	Greenfields
Thu 31 May	10.00 – 12.00pm	Leighton Buzzard Morning Group	Greenfields

For further details visit our Groups & Training Webpage on [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk) or contact Sharon Rogers on 07772 231192

# Carers in Bedfordshire (Leighton Buzzard & Chiltern Vale)



## Groups & Training Timetable April to June 2018

### Groups cont.

Mon 4 June	1.00 – 4.00pm	Eaton Bray Cafe	EB Village Hall
Tue 5 June	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Thurs 7 June	11.00 – 12.30pm	Dunstable (Dementia) Carers Group	St. Augustine's Church
Sat 9 June	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tue 12 June	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 13 June	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 14 June	10.00 – 12.00pm	Leighton Buzzard Drop In	Greenfields
Tue 19 June	2.00 – 4.00pm	Walking Group	Leighton Buzzard Canal
Tue 19 June	2.00 – 3.30pm	Barton Carers Group	St Nicholas Church Hall
Thurs 21 June	10.00 – 12.00pm	Parents Together	Greenfields
Thurs 21 June	1.00 – 4.00pm	Leighton Buzzard Cafe	Scout Hall
Tue 26 June	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Wed 27 June	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Wed 27 June	7.00 – 9.00pm	Leighton Buzzard Evening Group	Greenfields
Thu 28 June	10.00 – 12.00pm	Leighton Buzzard Morning Group	Greenfields

The Leighton Buzzard Evening Group will now meet on the last Wednesday of the month.

### Training & Group Speakers

Date (s)	Time	Course/Speaker	Trainer	Venue	Fee
1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month	Various times available	1-to-1 IT training	Martin Walker	Leighton Buzzard Library	Free
Mon 30 April	7.00 – 9.00pm	Schizophrenia	Dr Middleton	Astral Park, Leighton Buzzard	Free
Wed 9 May	10.00 – 12.00pm	Improving Mood	ELFT	Dunstable Fire Station	Free
Tue 22 May	1.00-3.00pm	Sleep Workshop	Mind BLMK	Dunstable Fire Station	Free
Thurs 31 May	10.00-12.00pm	Relaxation	Mel Reynolds	Greenfields, Leighton Buzzard	Free
Wed 20 June	1.00-3.00pm	Managing Worries	ELFT	Leighton Buzzard Scout Hut	Free

**Mon 11 June    11.00-4.00pm    Carers Week 'Cream Tea' Carers in Beds    L- Buzzard Scout Hut    Free**

For further details visit our Groups & Training Webpage on [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk) or contact Sharon Rogers on 07772 231192