

Carers in Bedfordshire (Ivel Valley & West Mid Beds)

Groups

April – June 2018

For further details visit our Groups & Training Webpage on www.carersinbeds.org.uk

Groups



Tues 3 April	10.30am-12.00pm	Shefford Carers Group (Carer only)	Shefford Health Centre
Wed 4 April	10.30am-12.00pm	Biggleswade Carers group (Carer only)	Sea Cadets HQ, Biggleswade
Sat 7 April	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggleswade
Mon 9 April	11.00am-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Tues 10 April	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 11 April	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Thurs 12 April	10.00am-12.00pm	Carers Thursday	Sue Ryder Hospice, Moggerhanger
Thurs 12 April	10.00am-12.00pm	Parents Together	The Hub, Ivel Valley School, Biggleswade
Mon 16 April	10.30am-12.30pm	Tea and Toast Drop in	Sea Cadets HQ, Biggleswade
Tues 17 April	10.30am-12.00pm	Stotfold Carers Group (Carer only)	The Old Council Office, Stotfold
Wed 18 April	11.00am-1.00pm	Biggleswade Walking group	Various locations
Fri 20 April	10.30am-12.30pm	Wellbeing group (for carers on their own or with the person with dementia)	Henlow Gardens Community room, Henlow
Mon 23 April	1.00-4.00pm	Flitwick Cafe	Sea Cadets HQ, Flitwick
Mon 23 April	18.30-20.30pm	Men's Group	The White Hart Pub, Biggleswade
Tues 24 April	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 25 April	10.30am—12.30pm	Camera Club	Sea Cadets HQ, Biggleswade
Wed 25 April	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Fri 27 April	11.50am-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Tue 1 May	10.30am-12.00pm	Shefford Carers Group (Carer only)	Shefford Health Centre, Shefford
Wed 2 May	10.30am-12.00pm	Biggleswade Carers Group (Carer only)	Sea Cadets HQ, Biggleswade
Sat 5 May	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggleswade
Tues 8 May	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 9 May	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Thurs 10 May	10.00am-12.00pm	Parents Together	The Hub, Ivel Valley School, Biggleswade
Thurs 10 May	10.00am-12.00pm	Taster Thursday	Sue Ryder Hospice, Moggerhanger

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Mon 14 May	11.00am-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Tues 15 May	10.30am-12.00pm	Stotfold Carers Group (Carer only)	The Old Council Office, Stotfold
Wed 16 May	11.00am-1.00pm	Biggleswade Walking Group	Various Locations
Fri 18 May	10.30am-12.30pm	Wellbeing group (for carers on their own or with the person with dementia)	Henlow Gardens Community room, Henlow
Mon 21 May	10.30am-12.30pm	Tea and Toast Drop In	Sea Cadets HQ, Biggleswade
Tues 22 May	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Fri 25 May	11.50am-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Mon 28 May	18.30-20.30pm	Men's Group	The White Hart Pub, Biggleswade
Wed 30 May	10.30am-12.30pm	Camera Club	Sea Cadets HQ, Biggleswade
Sat 2 June	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggleswade
Tue 5 June	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Tue 5 June	10.30am-12.00pm	Shefford Carers Group (Carer only)	Shefford Health Centre
Wed 6 June	10.30am-12.00pm	Biggleswade Carers Group (Carer only)	Sea Cadets HQ, Biggleswade
Wed 6 June	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Mon 11 June	11.00am-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Thurs 14 June	10.00am-12.00pm	Parents Together	The Hub, Ivel Valley School, Biggleswade
Thurs 14 June	10.00am-12.00pm	Taster Thursday	Sue Ryder Hospice, Moggerhanger
Fri 15 June	10.30am-12.30pm	Wellbeing group (for carers on their own or with the person with dementia)	Henlow Gardens Community room, Henlow
Mon 18 June	10.30am-12.30pm	Tea and Toast Drop In	Sea Cadets HQ, Biggleswade
Tues 19 June	10.30am-12.00pm	Stotfold Carers Group (Carer only)	The Old Council Offices, Stotfold
Tues 19 June	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 20 June	11.00am-1.00pm	Biggleswade Walking Group	Various locations
Fri 22 June	11.50am-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Mon 25 June	1.00-4.00pm	Flitwick Cafe	Sea Cadets HQ, Flitwick
Mon 25 June	18.30-20.30pm	Men's Group	The White Hart Pub, Biggleswade
Wed 27 June	10.30am-12.30pm	Camera Club	Sea Cadets HQ, Biggleswade

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A not-for-profit
organisation run for
carers by carers
Registered Charity
No. 1135507

Workshop/Information Sessions April – June 2018

Training

Date (s)	Time	Course	Trainer	Fee
Thursdays start date 19 April	10.30am- 12.30pm	Art Group Sea Cadets HQ Biggleswade	Deidre Porter Hanson	£40 per course or £6 per session
Tues 10 April	10.00am- 2.30pm	Relaxation Therapy Sea Cadets HQ Biggleswade	Victoria Harley	£15.00 for 30 min or £25.00 for 60 mins
Tues 24 April	10.30am- 12.30pm	Meet the Team Sea Cadets HQ Biggleswade	Staff	Free donations welcome
Tues 8 May	10.30am- 2.30pm	Relaxation Therapy Sea Cadets HQ Biggleswade	Victoria Harley	£15.00 for 30 min or £25.00 for 60 mins
Wed 9 May	10.30am- 12.30pm	Medication Management Parkside Hall, Amphill	Smarta Health	Free Donations welcome
Wed 23 May	1.30-2.30pm	Power of Attorney Sea Cadets HQ Biggleswade	Nigel Nashdon Woodfine Solicitors	Free Donations welcome
Tues 12 June	10.30am- 2.30pm	Relaxation Therapy Sea Cadets HQ Biggleswade	Victoria Harley	£15.00 for 30 min or £25.00 for 60 mins
Thurs 21 June	1.00-2.30pm	Financial Wellbeing St. Nicholas Church Hall, Barton Le Clay	Jenny Harris	Free Donations welcome

To book, please contact Dawn Ray 01767 315079