

## Bedford Groups Timetable January to March 2018



The **Bedford Carers Café** provides a range of activities for carers and the person they care for in a friendly and informal setting. They meet on the 4th Saturday of the month from 1 to 4pm at Priory Methodist Church.

Running alongside the Bedford Café between 2pm and 4pm, is the **Bedford Memory Gateway**. This is for carers and those living with dementia to meet together, receive support and gather helpful information. For further information please contact Lisa Head on 07772 231232 or email [lisa.head@carersinbeds.org.uk](mailto:lisa.head@carersinbeds.org.uk)

**Bedford Evening Carers Group** provides support for carers who are caring for family or friends with mental health issues and would like to share their experiences with others. Speakers are regularly invited to talk on issues relevant to carers. They meet on the 2nd Monday of the month from 7 to 9pm at the Bedford office - particularly useful for carers who are busy during the day.

The **Camera Club** and the **Carers Choir** give carers an opportunity to join together with others to enjoy a creative activity. The Camera Club meets on the last Thursday of every month from 1.30 to 3.30pm at the Bedford office. The Carers Choir meets fortnightly on Tuesday from 9.45am (for tea & coffee) to 11.15am at Priory Methodist Church.

The **Carers Rest** provides a safe haven for both carers and their loved ones affected by Dementia. It provides social activities as well as a 2-course meal. They meet every Tuesday from 10 to 1.30pm at Dame Alice Court.

The **Coffee Morning Drop-in** is a place for all carers to share their experiences with each other and to gain support. This is a good group to attend if you are a newly registered carer. They meet every Monday from 10.30 to 12pm at the Bedford office.

The **Learning Disability Group** supports carers with family and friends with learning disabilities. This group regularly invites speakers. They meet on the 4th Friday of the month from 10am to 12pm at the Bedford Office.

The **Parents Together Group** provides support for parents who are caring for a child with additional needs. An experienced support worker runs the session providing information, guidance and one-to-one support. You can also share information and experiences with other parents. They meet the 2<sup>nd</sup> Friday of the month at the FACES office at Church Lane Community Centre.

For further details, visit our Groups & Training Webpage at [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk)



## Groups

Mon 8 Jan	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
No Group in Jan		Bedford Evening Carers Group	Bedford office
Tues 9 Jan	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 9 Jan	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 11 Jan	10.00—12.00pm	Carers Taster Thursday	St John's Hospice
Fri 12 Jan	10.00 – 12.00pm	Parents Together	Church Lane Com Ctr
Mon 15 Jan	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 16 Jan	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 22 Jan	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tue 23 Jan	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 23 Jan	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 25 Jan	1.30—3.30pm	Camera Club	Bedford office
Fri 26 Jan	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Sat 27 Jan	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 29 Jan	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 30 Jan	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 31 Jan	10.00—12.30pm	Coffee & Information Morning	London Road Health Ctr
Mon 5 Feb	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 6 Feb	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 6 Feb	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 8 Feb	10.00—12.00pm	Carers Taster Thursday	St John's Hospice
Fri 9 Feb	10.00 – 12.00pm	Parents Together	Church Lane Com Ctr
Mon 12 Feb	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 12 Feb	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 13 Feb	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 19 Feb	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 20 Feb	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 20 Feb	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 22 Feb	1.30—3.30pm	Camera Club	Bedford office
Fri 23 Feb	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Sat 24 Feb	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 26 Feb	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 27 Feb	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 28 Feb	10.00—12.30pm	Coffee & Information Morning	London Road Health Ctr

# Carers in Bedfordshire (Bedford)

## January to March 2018

### Groups cont.

Mon 5 Mar	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 6 Mar	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 6 Mar	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 8 Mar	10.00—12.00pm	Carers Taster Thursday	St John's Hospice
Fri 9 Mar	10.00 – 12.00pm	Parents Together	Church Lane Com Ctr
Mon 12 Mar	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 12 Mar	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 13 Mar	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 19 Mar	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 20 Mar	9.45—11.15am	Carers Choir	Priory Methodist Church
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Thurs 22 Mar	1.30 – 3.30pm	Camera Club	Bedford office
Fri 23 Mar	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Sat 24 Mar	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 26 Mar	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 27 Mar	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 28 Mar	10.00—12.00pm	Parents Together	Bedford office

For further information, please contact **Nic West** on **0300 111 1919**

### Addresses

Bedford Office, Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford MK41 7PZ

Church Lane Community Centre (FACES), 147 Church Lane, Bedford, MK41 0PW

Dame Alice Court, Newnham St, Bedford, MK40 3NR

London Road Health Centre, 84-86 London Road, Bedford, MK42 0NT

Priory Methodist Church, 63 Newnham Avenue, Bedford, MK41 9QJ

St John's Hospice, St John's Road, Moggerhanger, Bedford, MK44 3RJ