

# Carers in Bedfordshire (Bedford)

## Groups & Training Timetable October to December 2017



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

### Groups

Mon 2 Oct	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 3 Oct	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 3 Oct	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 9 Oct	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 9 Oct	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 10 Oct	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 14 Oct	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 16 Oct	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 17 Oct	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 17 Oct	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 23 Oct	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 24 Oct	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 25 Oct	10.00—12.30pm	Coffee & Information Morning	London Road Surgery
Thurs 26 Oct	1.30—3.30pm	Camera Club	Bedford office
Fri 27 Oct	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Sat 28 Oct	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 30 Oct	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 31 Oct	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 31 Oct	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 6 Nov	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 7 Nov	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 9 Nov	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 13 Nov	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 13 Nov	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 14 Nov	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 14 Nov	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 20 Nov	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 21 Nov	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 23 Nov	10.00—12.00pm	Parents Together	Bedford office
Fri 24 Nov	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Sat 25 Nov	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 27 Nov	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 28 Nov	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 28 Nov	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 29 Nov	10.00—12.30pm	Coffee & Information Morning	London Road Surgery
Thurs 30 Nov	1.30—3.30pm	Camera Club	Bedford office

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**October to December 2017**

### Groups cont.

Mon 4 Dec	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 5 Dec	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 11 Dec	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 11 Dec	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 12 Dec	9.45—11.15am	Carers Choir	Priory Methodist Church
Tues 12 Dec	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 14 Dec	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 18 Dec	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 18 Dec	10.15—1.15pm	Carers Rest	Dame Alice Court
22 Dec to 3 Jan		No groups during Christmas week	

### Training

Date (s)	Time	Course	Trainer	Fee
1 <sup>st</sup> Thursday of the month	Various times available	1-to-1 IT training	Karen Cope	Free / donation
Monday 11, 18, 25 Sept	12 – 1pm	Wellness	Dawn Sunrise	£15 per course £6 per session
Tues 12 Sept	1.30 – 3.30pm	5 Ways to Wellbeing	Sandra Rome	Free / donation
Wednesday 13, 20 & 27 Sept	6pm Coffee 6.30pm start 7.30pm finish	Mindfulness & Meditation Course	Dan Satterwaite	Free / donation
Friday 8, 15, 22, 29 Sept 6, 13, 20 Oct 3 Nov	10.30 – 12.30pm 22 Sept (1.30 to 3.30pm)	Mix Media (Art)	Anne Thompson	£35 per course; £6.00 per session
Tues 19 Sept	10 – 12pm	First Aid Training	Helen Bell-Day	Free
Tues 19 Sept	2 – 4pm	Meet the Team	Sandra Rome	Free / donation
Mon 2 Oct	1 – 3pm	5 Ways to Wellbeing	Sandra Rome	Free / donation
Tues 24 Oct	10.30 – 12.30pm	Understanding Stress	Yvonne Clarke	Free / donation
Monday 13, 20, 27 Nov	12 – 1pm	Wellness	Dawn Sunrise	£15 per course £6 per session
Tues 5 Dec	2 – 4pm	Meet the Team	Sandra Rome	Free / donation

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