

# Carers in Bedfordshire (Ivel Valley & West Mid Beds)

## 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

Tues 3 Oct	10.30-12.00pm	Shefford Carers Group (Carer only)	Shefford Health Centre
Wed 4 Oct	10.30-12.30pm	Biggleswade Carers Group (Carer only)	Sea Cadets HQ, Biggleswade
Wed 4 Oct	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Sat 7 Oct	1.00-4.00pm	Biggleswade Carers Cafe	Adult Learning Centre, Biggs
Mon 9 Oct	11.00-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Tues 10 Oct	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall, Barton Le Clay
Thurs 12 Oct	10.00-12.00pm	Carers Taster Thursday	Sue Ryder Hospice, Moggerhanger
Thurs 12 Oct	10.00-12.00pm	Parents Together	The Hub, Ivel Valley school
Mon 16 Oct	10.30-12.30pm	Tea & Toast Drop In	Sea Cadets HQ, Biggleswade
Tues 17 Oct	10.30-12.00pm	Stotfold Carers Group (Carers only)	Larksfield Surgery
Wed 18 Oct	11.00-1.00pm	Biggleswade Walking Group	Various Locations
Wed 18 Oct	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Wed 18 Oct	10.30-12.00pm	Amphill Drop In	Parkside Hall, Amphill
Fri 20 Oct	10.30-12.30pm	Wellbeing Group (for carers on their own or with the person with dementia)	Henlow Gardens Community Room, Henlow
Mon 23 Oct	1.00-4.00pm	Flitwick Cafe	Sea Cadets, Flitwick
Tues 24 Oct	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 25 Oct	10.30-12.30pm	Camera Club	Sea Cadets HQ, Biggleswade
Thurs 26 Oct	10.30-12.30pm	West Mid Beds Walking group	The Hub car park, Amphill Great Park
Thurs 26 Oct	1.00-3.00pm	Scrapbooking/Reminiscence Sessions (for carers on their own or with the person with dementia)	Sea Cadets HQ, Biggleswade
Fri 27 Oct	11.50-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Wed 1 Nov	10.30-12.30pm	Biggleswade Carers Group	Sea Cadets HQ, Biggleswade
Wed 1 Nov	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Sat 4 Nov	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggs
Tues 7 Nov	10.30-12.00pm	Shefford Carers Group (Carers only)	Shefford Health Centre
Tues 7 Nov	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall, Barton Le Clay
Thurs 9 Nov	10.00-12.00pm	Parents Together	The Hub, Ivel Valley School
Thurs 9 Nov	10.00-12.00pm	Carers Taster Thursday	Sue Ryder Hospice, Moggerhanger
Mon 13 Nov	11.00-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Wed 15 Nov	11.00-1.30pm	Biggleswade Walking Group	Various locations
Wed 15 Nov	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade

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### Groups cont.

Mon 20 Nov	10.30-12.30pm	Tea & Toast Drop In	Sea Cadets HQ, Biggleswade
Tues 21 Nov	10.30-12.00pm	Stotfold Carers Group (Carer only)	Larksfield Surgery
Tues 21 Nov	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall, Barton Le Clay
Thurs 23 Nov	10.30-12.30pm	West Mid Beds Walking Group	The Hub car park, Amptill Great Park
Fri 24 Nov	11.50-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Wed 29 Nov	10.30-12.30pm	Camera Club	Sea Cadets HQ, Biggleswade
Wed 29 Nov	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Thurs 30 Nov	1.00-3.00pm	Scrapbooking/Reminiscence Sessions (for carers on their own or with the person with dementia)	Sea Cadets HQ, Biggleswade
Sat 2 Dec	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggs
Tues 5 Dec	10.30-12.00pm	Shefford Carers Group (Carer only)	TBC
Tues 5 Dec	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall, Barton Le Clay
Wed 6 Dec	10.30-12.30pm	Biggleswade Carers Group (Carer only)	Sea Cadets HQ, Biggleswade
Mon 11 Dec	11.00-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Wed 13 Dec	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Thurs 14 Dec	10.30-12.00pm	Parents Together	The Hub, Ivel Valley School
Thurs 14 Dec	10.00-12.00pm	Carers Taster Thursday	Sue Ryder Hospice, Moggerhanger
Fri 15 Dec	10.30-12.30pm	Wellbeing Group (for carers on their own or with the person with dementia)	Henlow Gardens Community Room, Henlow
Fri 15 Dec	11.50-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Tues 19 Dec	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall, Barton Le Clay
22 Dec to 3 Jan		No groups during Christmas week	

### Training

Date (s)	Time	Course	Trainer	Fee
Thursdays start date 28 Sept	10.30-12.30pm	Art Group	Deidre Porter Hanson	£40 per course or £6 per session
Wed 11 Oct	10.30-12.30pm	Medicine Management- Sea Cadets HQ, Biggs	Smarta Healthcare	Free donations welcome
Tues 17 Oct	1.30-3.00pm	Nutrition – Barton Le Clay	Food first project	Free donations welcome
Mon 6 Nov	1.00-3.00pm	Managing Stress – Sea Cadets Flitwick	Yvonne Clarke	Free donations welcome
Tues 14 Nov	1.00-3.00pm	Meet the Team- Sea Cadets HQ, Biggs		Free donations welcome

For further information or to book, please contact **Dawn Ray** on **01767 315079**