

Carers in Bedfordshire (Leighton Buzzard & Chiltern Vale)

Groups & Training Timetable July to Sept 2017

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

Groups

| | | | |
|--|---------------------|---|--------------------------|
| Mon 3 July | 1.00 – 4.00pm | Eaton Bray Cafe | EB Village Hall |
| Tue 4 July | 2.00 – 3.30pm | Barton Carers Group (Cares for someone with Dementia) | St Nicholas Church Hall |
| Sat 8 July | 1.00 – 4.00pm | Houghton Regis Cafe | HR Day Centre |
| | | | |
| Tue 11 July | 6.00 – 8.00pm | Dunstable Carers Group | Salvation Army |
| Wed 12 July | 9.30 – 3.00pm | Young Carers Drop In | Arden House |
| Wed 12 July | 10.30 – 12.00pm | Dunstable Downs Drop In | Dunstable Downs |
| Thurs 13 July | 10.00 – 12.00pm | Leighton Buzzard Drop In | Arden House |
| | | | |
| Tue 18 July | 2.00 – 3.30pm | Barton Carers Group (carers of someone with Dementia) | St Nicholas Church Hall |
| Tue 18 July | 2.00 – 4.00pm | Walking Group | Dunstable Downs |
| Thurs 20 July | 10.00 – 12.00pm | Parents Together | Arden House |
| Thurs 20 July | 1.00 – 4.00pm | Leighton Buzzard Cafe | Arden House |
| | | | |
| Tue 25 July | 1.00 – 3.00pm | Houghton Regis Carers Group | HR Library |
| Wed 26 July | 11.00 – 1.00pm | Houghton Regis Memory Gateway | St Thomas' Meeting House |
| Thurs 27 July | 10.00 – 12.00pm | Leighton Buzzard Morning Group | Arden House |
| | | | |
| Mon 31 July | 7.00 – 9.00pm | Leighton Buzzard Evening Group | Arden House |
| Tues 1 Aug | 2.00 – 3.30pm | Barton Carers Group (carers of someone with Dementia) | St Nicholas Church Hall |
| | | | |
| Mon 7 Aug | 1.00 – 4.00pm | Eaton Bray Cafe | EB Village Hall |
| Tues 8 Aug | 6.00 – 8.00pm | Dunstable Carers Group | Salvation Army |
| Wed 9 Aug | 9.30 – 3.00pm | Young Carers Drop In | Arden House |
| Wed 9 Aug | 10.30 – 12.00pm | Dunstable Downs Drop In | Dunstable Downs |
| Thurs 10 Aug | 10.00 – 12.00pm | Leighton Buzzard Drop In | Arden House |
| Sat 12 Aug | 1.00 – 4.00pm | Houghton Regis Cafe | HR Day Centre |
| | | | |
| Tues 15 Aug | 2.00 – 3.30pm | Barton Carers Group (carers of someone with Dementia) | St Nicholas Church Hall |
| Tues 15 Aug | 2.00 – 4.00pm | Walking Group | Venue to be confirmed |
| Thurs 17 Aug | 1.00 – 4.00pm | Leighton Buzzard Cafe | Arden House |
| Parents Together – there will be no August meeting due to the school holidays | | | |
| | | | |
| Mon 28 Aug | BANK HOLIDAY | | |
| Tues 29 Aug | 1.00 – 3.00pm | Houghton Regis Carers Group | HR Library |
| Tue 29 Aug | 2.00 – 3.30pm | Barton Carers Group (carers of someone with Dementia) | St Nicholas Church Hall |
| Wed 30 Aug | 11.00 – 1.00pm | Houghton Regis Memory Gateway | St Thomas' Meeting House |
| Thu 31 Aug | 10.00 – 12.00pm | Leighton Buzzard Morning Group | Arden House |

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Groups & Training Timetable

July to Sept 2017

Groups cont.

| | | | |
|---------------|-----------------|---|--------------------------|
| Mon 4 Sept | 1.00 – 4.00pm | Eaton Bray Cafe | EB Village Hall |
| Sat 9 Sept | 1.00 – 4.00pm | Houghton Regis Cafe | HR Day Centre |
| | | | |
| Tue 12 Sept | 2.00 – 3.30pm | Barton Carers Group (carers of someone with Dementia) | St Nicholas Church Hall |
| Tues 12 Sept | 6.00 – 8.00pm | Dunstable Carers Group | Salvation Army |
| Wed 13 Sept | 9.30 – 3.00pm | Young Carers Drop In | Arden House |
| Wed 13 Sept | 10.30 – 12.00pm | Dunstable Downs Drop In | Dunstable Downs |
| Thurs 14 Sept | 10.00 – 12.00pm | Leighton Buzzard Drop In | Arden House |
| | | | |
| Tue 19 Sept | 2.00 – 4.00pm | Walking Group | Rushmere Country Park |
| Thurs 21 Sept | 10.00 – 12.00pm | Parents Together | Arden House |
| Thurs 21 Sept | 1.00 – 4.00pm | Leighton Buzzard Cafe | Arden House |
| | | | |
| Mon 25 Sept | 7.00 – 9.00pm | Leighton Buzzard Evening Group | Arden House |
| Tue 26 Sept | 1.00 – 3.00pm | Houghton Regis Carers Group | HR Library |
| Tue 26 Sept | 2.00 – 3.30pm | Barton Carers Group | St Nicholas Church Hall |
| Wed 27 Sept | 11.00 – 1.00pm | Houghton Regis Memory Gateway | St Thomas' Meeting House |
| Thurs 28 Sept | 10.00 – 12.00pm | Leighton Buzzard Morning Group | Arden House |

Training

| Date (s) | Time | Course | Trainer | Venue | Fee |
|--|-------------------------|-----------------------|----------------------------|------------------------|------|
| 1 st & 3 rd Wed of the month | Various times available | 1-to-1 IT training | Martin Walker | Arden House | Free |
| | | | | | |
| Thurs 13 July | 1.00 – 3.00pm | Healthy Self Esteem | Purple Trust | Arden House | Free |
| | | | | | |
| Tues 22 Aug | 10.00 – 12.00pm | 5 Ways to Wellbeing | Sandra Rome Sally Petre | Dunstable Fire Station | Free |
| Thurs 31 Aug | 10.00 – 12.00 | Seaside Talk | Town Tour Guide | Arden House | Free |
| | | | | | |
| Thurs 7 th Sept | 10.00 – 12.00 | Medication Management | Smarta Healthcare | Arden House | Free |
| We are hoping to run Autism training in September in Dunstable. Details have yet to be confirmed, if you are interested in attending please register your interest with Sarah Johnson. | | | | | |

For further information or to book, please contact **Sarah Johnson** on **07772 231208**