

Carers in Bedfordshire (Leighton Buzzard & Chiltern Vale)

Groups & Training Timetable January to March 2018



Groups

There will be no Eaton Bray Café due to the New Year Bank Holiday			
Thurs 4 Jan	11.00 – 12.30pm	Dunstable (Dementia) Carers Group	St. Augustine's Church
Tue 9 Jan	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 10 Jan	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 11 Jan	10.00 – 12.00pm	Leighton Buzzard Drop In	Arden House
Sat 13 Jan	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tue 16 Jan	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tue 16 Jan	2.00 – 4.00pm	Walking Group	Rushmere Country Park
Thurs 18 Jan	10.00 – 12.00pm	Parents Together	Greenfields
Thurs 18 Jan	1.00 – 4.00pm	Leighton Buzzard Café	Scout Hall
Thurs 25 Jan	10.00 – 12.00pm	Leighton Buzzard Morning Group	Greenfields
Mon 29 Jan	7.00 – 9.00pm	Leighton Buzzard Evening Group	Venue TBC
Tue 30 Jan	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Tue 30 Jan	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Wed 31 Jan	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Thurs 1 Feb	11.00 – 12.30pm	Dunstable (Dementia) Carers Group	St. Augustine's Church
Mon 5 Feb	1.00 – 4.00pm	Eaton Bray Cafe	EB Village Hall
Thurs 8 Feb	10.00 – 12.00pm	Leighton Buzzard Drop In	Greenfields
Sat 10 Feb	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tue 13 Feb	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tue 13 Feb	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 14 Feb	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
There will be no February Parents Together meeting due to school holidays			
Thurs 15 Feb	1.00 – 4.00pm	Leighton Buzzard Cafe	Scout Hall
Tues 20 Feb	2.00 – 4.00pm	Walking Group	Dunstable Downs
Thu 22 Feb	10.00 – 12.00pm	Leighton Buzzard Morning Group	Greenfields
Mon 26 Feb	7.00 – 9.00pm	Leighton Buzzard Evening Group	Venue TBC
Tues 27 Feb	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Tue 27 Feb	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Wed 28 Feb	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House

For further details visit our Groups & Training Webpage on www.carersinbeds.org.uk or contact Sarah Johnson on 07772 231208

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Groups cont.

Thurs 1 March	11.00 – 12.30pm	Dunstable (Dementia) Carers Group	St. Augustine's Church
Mon 5 March	1.00 – 4.00pm	Eaton Bray Cafe	EB Village Hall
Thurs 8 March	10.00 – 12.00pm	Leighton Buzzard Drop In	Greenfields
Sat 10 March	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tue 13 March	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tue 13 March	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 14 March	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 15 March	10.00 – 12.00pm	Parents Together	Greenfields
Thurs 15 March	1.00 – 4.00pm	Leighton Buzzard Cafe	Scout Hall
Tue 20 March	2.00 – 4.00pm	Walking Group	Stockgrove Country Park
Mon 26 March	7.00 – 9.00pm	Leighton Buzzard Evening Group	Venue TBC
Tue 27 March	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Tue 27 March	2.00 – 3.30pm	Barton Carers Group	St Nicholas Church Hall
Wed 28 March	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Thu 29 March	10.00 – 12.00pm	Leighton Buzzard Morning Group	Venue TBC

Please note we have new venues for the **Leighton Buzzard Morning Group**, **Leighton Buzzard Parents Together** and **Leighton Buzzard Café**: -Greenfields, Theedway, Leighton Buzzard, LU7 9SP and Leighton Buzzard Scout Hut, Grovebury Road, Leighton Buzzard, LU7 4SW

Training & Group Speakers

Date (s)	Time	Course/Speaker	Trainer	Venue	Fee
1 st & 3 rd Wed of the month	Various times available	1-to-1 IT training	Martin Walker	TBC	Free
Mon 29 Jan	7-9pm	Impact	Déanne	TBC	Free
Tue 27 Feb	1-3pm	Houghton Regis Helpers	Jenny	Houghton Regis Library	Free
Wed 28 Feb	1-3pm	Everyday First Aid	British Red Cross	TBC	Free
Mon 5 March	10am-12pm	Moving & Handling	Jennie Archer	Dunstable Fire Station	Free
Tue 13 March	6-8pm	Seaside Talk	Dunstable Town Tour Guide	Salvation Army	Free
Thu 29 March	10am-12pm	'A Changing World'	Purple Trust	TBC	Free

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