

# Carers in Bedfordshire (Leighton Buzzard & Chiltern Vale)

## 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	1.00 – 4.00pm	Eaton Bray Cafe	EB Village Hall
Tue 10 Oct	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tue 10 Oct	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 11 Oct	9.30 – 3.00pm	Young Carers Drop In (18-25yrs )	Arden House
Wed 11 Oct	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 12 Oct	10.00 – 12.00pm	Leighton Buzzard Drop In	Arden House
Sat 14 Oct	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tue 17 Oct	2.00 – 4.00pm	Walking Group	Leighton Buzzard Canal
Thurs 19 Oct	10.00 – 12.00pm	Parents Together	Arden House
Thurs 19 Oct	1.00 – 4.00pm	Leighton Buzzard Café	Arden House
Tue 24 Oct	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Wed 25 Oct	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Thurs 26 Oct	10.00 – 12.00pm	Leighton Buzzard Morning Group	Arden House
Mon 30 Oct	7.00 – 9.00pm	Leighton Buzzard Evening Group	Arden House
Tue 31 Oct	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Mon 6 Nov	1.00 – 4.00pm	Eaton Bray Cafe	EB Village Hall
Tues 7 Nov	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Wed 8 Nov	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Wed 8 Nov	9.30 – 3.00pm	Young Carers Drop In (18-25yrs )	Arden House
Thurs 9 Nov	10.00 – 12.00pm	Leighton Buzzard Drop In	Arden House
Sat 11 Nov	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tues 14 Nov	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Thurs 16 Nov	10.00 – 12.00pm	Parents Together	Arden House
Thurs 16 Nov	1.00 – 4.00pm	Leighton Buzzard Cafe	Arden House
Tue 21 Nov	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Tues 21 Nov	2.00 – 4.00pm	Walking Group	Dunstable Downs
Mon 27 Nov	7.00 – 9.00pm	Leighton Buzzard Evening Group	Arden House
Tues 28 Nov	1.00 – 3.00pm	Houghton Regis Carers Group	HR Library
Wed 29 Nov	11.00 – 1.00pm	Houghton Regis Memory Gateway	St Thomas' Meeting House
Thu 30 Nov	10.00 – 12.00pm	Leighton Buzzard Morning Group	Arden House

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### Groups cont.

Mon 4 Dec	1.00 – 4.00pm	Eaton Bray Cafe	EB Village Hall
Tue 5 Dec	2.00 – 3.30pm	Barton Carers Group (Cares for someone with Dementia)	St Nicholas Church Hall
Sat 9 Dec	1.00 – 4.00pm	Houghton Regis Cafe	HR Day Centre
Tues 12 Dec	6.00 – 8.00pm	Dunstable Carers Group	Salvation Army
Wed 13 Dec	9.30 – 3.00pm	Young Carers Drop In (18-25yrs )	Arden House
Wed 13 Dec	10.30 – 12.00pm	Dunstable Downs Drop In	Dunstable Downs
Thurs 14 Dec	10.00 – 12.00pm	Leighton Buzzard Drop In	Arden House
Tue 19 Dec	2.00 – 3.30pm	Barton Carers Group	St Nicholas Church Hall
Tue 19 Dec	2.00 – 4.00pm	Walking Group	Venue to be confirmed
<p><b>The following groups will not meet in December due to the Christmas holidays:- Houghton Regis, Leighton Buzzard Cafe, Leighton Buzzard Evening &amp; Morning, Memory Gateway &amp; Parents Together.</b></p>			

### Training

Date (s)	Time	Course	Trainer	Venue	Fee
1 <sup>st</sup> & 3 <sup>rd</sup> Wed of the month	Various times available	1-to-1 IT training	Martin Walker	Arden House	Free
Oct - Day & time to be confirmed		Stroke Awareness	Stroke Association	Arden House	Free
Fri 10 Nov	10am-12pm	Anxiety & Depression	MIND BLMK	Dunstable Fire Station	Free
Nov - Day & time to be confirmed		Money Management	Age UK	Arden House	Free

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