



What's On Guide - January to March 2021

1-Off Events/Workshops and New Courses	Who for?	Dates & Times	Host	Description
Benefits Talk by Citizens Advice Bureau (via Zoom)	Adult carers	14 th January 10.00am -12.00	Jenny Harris (CIB) Sharon Rogers(CIB) Rep from Leighton - Linslade CAB	A talk by the Citizens Advice Bureau around the benefits that are most relevant to carers and the services they offer, particularly in this current climate. This event is free and via Zoom. Joining details will be sent out shortly before the event. To register click HERE .
Maintaining Wellbeing and Boosting Self Confidence Talk (via Zoom)	Adult carers and former carers	19 th January 2.00pm - 3.30pm	Jenny Harris (CIB) Sharon Rogers(CIB) Dr Charlie Wykes - (Principal Clinical Psychologist) and Kieren Day (Trainee Clinical Psychologist)	A talk by Dr Charlie Wykes, Principal Clinical Psychologist and Kieren Day, Trainee Clinical Psychologist on maintaining wellbeing and boosting self-confidence. To register click HERE .
Desert Island Discs (Monthly Themed Meet-up via Zoom)	Carers and former carers Only	20 th January 10.00am - 12.00	Jenny Harris (CIB) Sharon Rogers(CIB)	Let us know about a song that means something to you. We will then play it and then you can share the story with other carers for us all to enjoy. To register click HERE .
Planning for Tomorrow 6-Week Course Via Zoom	Male carers 55+ years old	21 st and 28 th January 4 th , 11 th , 18 th and 25 th February	Carers in Bedfordshire and various	Worried about the future or not sure what will happen as you or the person you care for gets older? This 6-week course for male carers, age 55+,

		Sessions 1, 3,4,5,6 10am - 11am Session 2 2.00pm	professionals in their fields	explores these issues in full. Through discussions, presentations by experts (for example, on legal and financial matters) and exploring what support is available post-caring, the course aims to fully equip you to manage well whatever tomorrow may bring. This event is free and via Zoom. Joining details will be sent out shortly before the event. To register click HERE .
Time to Ask Mental Health (via Zoom)	Carers who are caring for someone with mental health issues	27 th January 1.30pm - 3.00pm	Representatives from: <ul style="list-style-type: none"> • The Recovery College • ELFT • CMHT • Impact • Mind BLMK • Impact Mental Health 	Do you care for someone with Mental Health problems? Do you often have questions and no one to answer them? Come and join us and let's see if between us we can help. Please register and send us your questions as early as possible to give us the best chance of getting your queries answered by the professionals who will attend on the day. They will need a little time to prepare. We will send your questions to the Recovery College, ELFT, CMHT, IMPACT and Mind BLMK prior to the event. This event is free and via Zoom. Joining details will be sent out shortly before the event. To register and submit your questions click HERE .
6-Week Online Cooking Course for Men (Via Zoom)	Male carers both young and old	28 th January 4 th , 11 th , 18 th , 25 th February and 4 th March 11.00am –12.30	Jenny Harris (CIB) Steve White(chef)	Steve White will present a 6-week online cooking course for men. Steve is a self-taught chef who has worked in the hospitality industry; catering for banquettes, weddings and the grand prix. Steve will provide easy to follow cooking sessions for men who are learning to cook from scratch Jan 28 th - Shepherd's Pie and Veg Feb 4 th - Omelette and Fruit salad Feb 11 th - Stew/Casserole Feb 18 th - Spaghetti Bolognese Feb 25 th - Chicken and Mushroom Pie and Chocolate

				<p>Sponge and Custard Mar 4th - Apple Crumble and Custard and Proper Rice Pudding</p> <p>This event is free and via Zoom. Joining details will be sent out shortly before the event. To register click HERE.</p>
A Talk for Parents Caring for a SEND Child by Yvonne Newbold (via Zoom)	Parent carers	<p>10th February Webinar 8.00-10.00pm £5 per person</p> <p>17th February Lunch 12.30-14.00 20 places £3 per person</p> <p>18th February Drinks and nibbles 8.00pm – 9.30pm 20 places £3 per person</p>	Jenny Harris (CIB) Sharon Rogers(CIB) Yvonne Newbold	<p>Webinar on the 10th February, 8.00pm - 10.00pm - Yvonne Newbold will explore the emotions e.g. guilt around being the parent of a SEND child. What are the triggers and how we are left feeling following interaction with other people?</p> <p>Follow on Discussions You will have the opportunity to join Yvonne for a follow up discussion over lunch or supper (via Zoom) the following week. Take the opportunity to put questions to Yvonne in person and discuss your issues with her and the other parents to help combat feelings of isolation.</p> <p>Zoom Lunch 17th Feb 12.30 - 2.00pm Make yourself a sandwich and a drink and join us for a mid-day follow up discussion to the Webinar via Zoom</p> <p>Zoom Drinks and Nibbles 18th Feb, 8.00pm - 9.30pm For those of us who are busy in the day but free in the evening, bring along a drink and some nibbles for a follow up discussion to the Webinar via Zoom.</p> <p>To register click HERE.</p>
Quiz Hour (Monthly Themed	Carers and	11 th February	Jenny Harris (CIB)	Come and join us for a fun quiz after lunch

Meet-up via Zoom)	former carers	2.00pm - 3.00pm	Sharon Rogers(CIB)	To register click HERE .
Ancestry Part Two (via Zoom)	Carers and former carers	24 th February 10am – 12.00pm	Anni Berman Sharon Rogers(CIB)	Following on from Anni’s very popular Beginners Guide to Ancestry, Anni will on this occasion talk in more detail and show other resources available to those progressing their research into their family tree. This event is free and via Zoom. Joining details will be sent out shortly before the event. This event is free and via Zoom. Joining details will be sent out shortly before the event. To register click HERE .
Planning for Emergencies – How to Prepare for the Unexpected (via Zoom and/or ‘in-person’ tbc)	Adult carers	4 th March 10am – 12.00 2-hours on Zoom and/or in-person at the Bedford Office depending on current Covid rules	Jenny Harris (CIB) Sharon Rogers(CIB) Wellbeing Practitioner	This workshop looks at how to prepare for the unexpected. It looks at plans you can put in place and resources you can use to ensure that you are prepared in the event of an emergency. This event is free and via Zoom. Joining details will be sent out shortly before the event. To register click HERE .
A Personal Wartime Story (Monthly Themed Meet-up via Zoom)	Carers and former carers only	12 th March 10.00am - 12.00	Jenny Harris (CIB) Sharon Rogers(CIB)	Join Anni as she talks about her dad’s story from when war broke out. She will cover his time in the Navy, his D-Day experience, being ship-wrecked and what happened right up to the ending of the war. A fascinating personal insight. To register click HERE .
Regular Activities	Who for?	Dates & times	Host	Description
Choir (via Zoom)	Carers and former carers	Weekly on a Tuesday at 3.30pm Restarts on 12 th	Evelyn Sutherland	Come along and join the choir; singing in your own home. This has proved to be really popular with the carers who are currently attending. You do not have to be an accomplished singer; it’s only you who can

		January for 11 sessions with a half-term break on Tuesday 16 th February.		<p>hear yourself on Zoom. Once registered please contact 0300 111 1919 or tracey.gill@carersinbeds.org.uk to make a payment of £25.00 for the 11-week course.</p> <p>Join wks. 1-2 - £25 Join wks. 3-5 - £20 Join wks. 6-9 - £15 Join wks. – 10 – 11 - £10</p> <p>To register click https: HERE.</p>	
Chair Yoga with Trish (via Zoom)	Carers, the person they care for and former carers	<p>Weekly on a Wednesday from 10.00am - 10.30am</p> <p>Restarts: 6th January (No break)</p>	Trish Munro	<p>Led by Qualified teacher, Trish Munro. Chair yoga is for everyone no matter what age you are or what level of fitness you are at. Everyone can experience the health benefits of yoga. To register please email wegteam@carersinbeds.org.uk</p>	
Art for Wellbeing (via Zoom)	Carers, the person they care for and former carers	<p>Weekly on a Thursday 11.00am -12.30 pm</p> <p>Restarts: 7th January (no breaks)</p>	Natasha Rehman	<p>Natasha is an artist who works with carers to educate them about classic and contemporary art and create creative projects on paper. Whether you are a complete novice with no experience or a budding Picasso, there will be something for you to enjoy! To register please email wegteam@carersinbeds.org.uk</p>	
Armchair Yoga with Linda (via Zoom)	Carers, the person they care for and former carers	<p>Weekly on a Friday 3.00pm – 3.30pm</p> <p>Restarts: 8th Jan</p> <p>Break – Wk/c 15th Feb</p>	Linda Wheatley	<p>Qualified yoga teacher, Linda Wheatley will be guiding you through breathing, gentle stretching and muscle activation techniques, working at your own pace and to your own ability.</p> <p>To register click HERE.</p>	
Groups	Who for?	Location / Zoom details		Dates & times	Host
Tea & Chat Tuesday (via Zoom)	Tea and chat for all - carers, the person you care for and former carers	To register click HERE.		<p>2pm - 3pm</p> <p>1st and 3rd Tues</p> <p>Monthly</p> <p>5th and 19th January,</p>	Caroline McGovern (CIB Support Worker)

			2 nd and 16 th February, 2 nd and 16 th February	
Tea & Chat Thursday (via Zoom)	Carers and former carers	To register click HERE .	11am - 12.00 – 1 st and 3 rd Thurs Monthly 7 th and 21 st January, 4 th and 18 th February, 4 th and 18 th March	Caroline McGovern (CIB Support Worker) or Donna McEvoy (CIB Support Worker)
Evening Group Monday (via Zoom)	Carers and former Carers	To register click HERE .	7pm - pm 2 nd Mon Monthly 11 th January, 8 th February, 8 th February	Amanda Thaxter (CIB Service Lead)
Evening Group Tuesday (via Zoom)	Carers and former carers	To register click HERE .	7pm - 8pm 4 th Tues Monthly 26 th January, 23 rd February, 23 rd March	Sharon Rogers (CIB Service Lead)
Ampthill Park (‘meet in- person event’)	Carers, the person you care for and former carers	Ampthill Park - Meet by the main entrance Text Dawn on 07772 231183 if you will be joining us.	10 - 12pm 1 st Weds Monthly 6 th January, 3 rd February and 3 rd March	Sharon Rogers (CIB Service Lead) and Caroline McGovern (CIB Support Worker)
Houghton Hall Park (‘Meet-in- Person-Event’)	Carers, the person you care for and former carers	Houghton Hall Park - Meet by the Cafe Text Dawn on 07772 231183 if you will be joining us.	1 - 3pm 2 nd Weds Monthly 13 th January, 10 th February and 10 th March	Sharon Rogers (CIB Service Lead) and Maria Pantelli (CIB Support Worker)
Bedford Park (‘Meet-in- Person-Event’)	Carers, the person you care for and former carers	Bedford Park - Meet by the Pavillion Café Text Jenny on 07772231142 if you will be joining us.	1 - 3pm 3 rd Weds Monthly 20 th January, 17 th February and 17 th	Jenny Harris (CIB Service Lead) and Geraldine Place (CIB Support Worker)

			March	
Henlow Park ('Meet-in-Person-Event')	Carers, the person you care for and former carers	Henlow Park – Meet at Henlow Church Text Jenny on 07772231142 if you will be joining us.	11 - 1pm 4 th Weds Monthly 27 th January, 24 th February and 24 th March	Jenny Harris (CIB Service Lead) and Geraldine Place (CIB Support Worker)
Wellbeing Sessions	Who for?	Location, Dates & Times	Host	Details
Wellbeing Sessions ('Meet-in-Person-Event')	Carers, the person you care for and former carers	1st Saturday of each month (no January sessions, 6 th February and 6 th March) from 11.30am - 2.30pm at The Weatherley Centre, Eagle Farm Rd, Biggleswade SG18 8JH, 2nd Saturday of each month (9 th January, 13 th February and 13 th March) from 10.30am- 1.30pm at Eaton Bray Village Hall, Church Lane, Eaton Bray, Dunstable LU6 2DJ 3 rd Thursday of the month (21 st January, 18 th February and 18 th March) 1.00pm - 4.00pm at Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard, Bedfordshire LU7 2TD 3rd Saturday of each month (16 th January, 20 th February and 20 th March) from 10.00am - 1.00pm at Bedford Office Suite D1, Emerald Court, Pilgrim Centre MK4 17PZ 4th Monday of each month (25 th January, 22 nd February and 22 nd March) from 1.00pm-4.00pm at Flitwick Village Hall, 11 Dunstable Rd, Flitwick, Bedford MK45 1HP	Jane Baker (CIB) Various therapists	We are really pleased to be able to provide footcare, massage therapies and haircuts at the dates, times and venues across the county each month as stated. Footcare costs £10 Hair cut £5 Massage £10 for 30 minutes £20 for 50 minutes To book an appointment please HERE .

Joining Details:

- Please click on the links above or go to the Carers in Beds Website 'What's On' page (see [HERE](#)) or email: events@carersinbeds.org.uk to register for an event. Currently, all events are via Zoom unless indicated otherwise*. Once you have registered, we'll send you the Zoom joining details shortly before the event.

*Events that require you to 'meet-in-person' rather than 'virtually' are dependent on government rules at the time of the event. Please check our website for updates.

- **Please Note:** *You will need to book by no later than **9.30am** on the day of the activity.*
- ***There is no need to re-register for activities you are already are registered for.***
- All events/activities and groups are **FREE** unless stated otherwise but donations are very welcome. Please click [HERE](#) to donate.