



What's On Guide – April to June 2021

1-Off Events/Workshops	Who for?	Days, Dates & Times	Host	Description & How to Register
<p>Transitioning to the 'New Normal': Helping Parents and Children During Their Return to School (via Zoom)</p>	<p>Parent carers</p>	<p>Wednesday 7th April 7:00pm -8:30pm</p> <p>Please note that this workshop also takes place at the end of March on Wednesday 31st March 2:00 - 3:30pm</p>	<p>Caroline Carter (CIB Wellbeing Practitioner)</p>	<p>Join us for a workshop on how to identify anxious thoughts that your child and/or you are experiencing and know what to do next in the context of COVID</p> <p>To register click HERE</p>
<p>Mindfulness Course for Carers (via Zoom)</p>	<p>Carers and former carers</p>	<p>Starting Thursday 8th April 2.00pm - 3.00pm</p> <p>For eight consecutive weeks</p> <p>8th, 15th, 22nd, 29th April and 6th, 13th, 20th and 27th May</p>	<p>Matthew Aylen</p>	<p>We will start with an explanation of what mindfulness is, how it is beneficial, as well as debunking some of the myths attached to it. You will then be introduced to different mindfulness techniques and give a chance to explore which are best for you. By the end of the training, you will have a clear understanding of how you can start to establish a regular mindfulness practice and understand the benefit for doing so.</p> <p>To register click HERE</p>

Stress Awareness Month Understanding Stress (via Zoom)	Carers, the person they care for and former carers	Monday 12th April 7:00pm - 8:30pm Or Tuesday 13th April 3:00pm - 4:30pm	Caroline Carter (CIB Wellbeing Practitioner)	A presentation on what stress is, how to identify triggers of stress and ways of coping with stress. To register click HERE
Managing Challenging Behaviour with Primary School Age Children (6-week course) (via Zoom)	Aimed towards parent carers but open to all	Tuesday 13th, 20th, 27th April and 4th, 11th and 18th May 6:00pm - 7:00pm	Caroline Carter (CIB Wellbeing Practitioner)	Based on the Manchester Model of Challenging Behaviour for primary school aged children this 6-week course aims to promote positive relationships, attachment and pro-social behaviour through sensitive responding. To register click HERE
Managing Worries and Improving Self-esteem (via Zoom)	Young adult carers 18-30 years old	Wednesday 28th April 6.30pm - 8.00pm	Caroline Carter (CIB Wellbeing Practitioner) Shani Brathwaite (CIB)	Caroline will talk with our young adult carers about managing their worries and improving their self-esteem. To register Click HERE
Mental Health Awareness Week The Wellness Wheel (via Zoom)	Carers, the person they care for and former carers	Monday 10th May 2:00pm - 3:30pm Or Monday 10th May 7:00pm - 8:30pm	Caroline Carter (CIB Wellbeing Practitioner)	A presentation on the Wellness Wheel and how to improve your own wellbeing. To register click HERE
Mental Health Awareness Week Wellbeing and Nutrition (via Zoom)	Carers, the person they care for and former carers	Tuesday 11th May 7:00pm - 8:30pm	Caroline Carter (CIB Wellbeing Practitioner)	A presentation on the link between nutrition and wellbeing. To register click HERE

Mental Health Awareness Week Understanding Anxiety (via Zoom)	Carers, the person they care for and former carers	Wednesday 12th May 2:00pm -3:30pm Or Wednesday 12th May 7:00pm - 8:30pm	Caroline Carter (CIB Wellbeing Practitioner)	A presentation on what anxiety is, why we experience anxiety, common symptoms of anxiety and how to manage it. To register click HERE
Mental Health Awareness Week Understanding Low Mood and Depression (via Zoom)	Carers, the person they care for and former carers	Thursday 13th May 7:00pm - 8:30pm	Caroline Carter (CIB Wellbeing Practitioner)	A presentation on what low mood and depression is, why we may experience low mood, common symptoms and how to manage it. To register click HERE
Mental Health Awareness Week Understanding Stress (via Zoom)	Carers, the person they care for and former carer	Friday 14th May 2:00pm - 3:30pm Or Friday 14th May 7:00pm - 8:30pm	Caroline Carter (CIB Wellbeing Practitioner)	A presentation on what stress is, how to identify triggers of stress and ways of coping with stress. To register click HERE
Carers Forum The Impact of Physical Exercise (via Zoom)	Carers, former carers and those who have done yoga, dance, walking, exercises etc.	20th May 2.00pm - 3.00pm	A rep from the CIB Events Team and the Dementia Team	Consulting with carers who have been doing exercises with us during lockdown and asking them how they have benefitted from it and the impact it has had on them. To register click HERE
Carers Week (‘Meet-in-Person-Event’)	Carers, the person they care	8th, 9th, 10th And 11th June	CIB Reps	Afternoon Tea – Picnic in the Park <i>Bring your own picnic and drinks – we will provide</i>

<p>This will go ahead so long as COVID restrictions allow. Keep checking the CIB website for updates near the time - See HERE for the CIB What's On page</p>	<p>for and former carers</p>	<p>12.00 - 2.00pm</p>		<p><i>Fresh Cream Scones and Strawberries</i></p> <p>Four locations - weather permitting: Tues 8th- Bedford Park Wed 9th Houghton Hall Park Thurs 10th Ampthill Park Fri 11th - Sandy - Bedford Road Recreation Ground</p> <p>Registration details will be made available nearer the time. Please check the CIB website HERE for updates</p>
<p>Regular Activities</p>	<p>Who for?</p>	<p>Days, Dates & times</p>	<p>Host</p>	<p>Description & Registration Details</p>
<p>Choir (via Zoom)</p>	<p>Carers and former carers</p>	<p>Weekly on a Tuesday at 3.30pm</p> <p>13th, 20th, 27th April, 4th, 11th, 18th, 25th May, 8th, 15th, 22nd, 29th June, 6th, 13th, 20th, 27th July</p>	<p>Evelyn Sutherland</p>	<p>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 hear yourself on Zoom.</p> <p>Once registered please contact 0300 111 1919 or tracey.gill@carersinbeds.org.uk to make a payment of £25.00 for the 15-week course.</p> <p>Join wks. 1-2 - £25 Join wks. 3-5 - £20 Join wks. 6-9 - £15 Join wks. – 10 – 15 - £10</p> <p>To register click HERE</p> <p>Evelyn will send out Zoom details and music to carers before the start</p>

<p>Chair Yoga with Trish (via Zoom)</p>	<p>Carers, the person they care for and former carers</p>	<p>Weekly on a Wednesday</p> <p>7th, 14th, 21th, 28th April, 5th, 12th, 19th, 26th May, 2nd, 9th, 16th, 23rd June</p> <p>10.00am -10.45am</p>	<p>Trish Munro</p>	<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.</p> <p>To register please email wegteam@carersinbeds.org.uk</p>
<p>Art for Wellbeing (via Zoom)</p>	<p>Carers, the person they care for and former carers</p>	<p>Weekly on a Thursday</p> <p>3rd June - no session</p> <p>1st, 8th, 15th, 22nd, 29th April, 6th, 13th, 20th, 27th May, 10th, 17th, 24th June</p> <p>11.00am -12.30</p>	<p>Natasha Rehman</p>	<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!</p> <p>To register please email wegteam@carersinbeds.org.uk</p>
<p>Armchair Yoga with Linda (via Zoom)</p>	<p>Carers, the person they care for and former carers</p>	<p>Weekly on a Friday</p> <p>2nd, 9th, 16th, 23rd, 30th April, 7th, 14th, 21st, 28th May, 4th, 11th, 18th, 25th June</p>	<p>Linda Wheatley</p>	<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>

		3.00pm – 3.45pm		
Armchair Exercise to Music (Via Zoom)	Carers, the person they care for and former carers	Fortnightly on a Monday 19th April, (no session 3rd or 31st May) 17th May, 14th, 28th June 2.00pm - 3.00pm	Dick Evans Jenny Harris (CIB)	Dick is looking forward to meeting carers for a fun seated exercise session to music. Dick is experienced at delivering these classes which are very popular and hopes you will come along to enjoy a social activity that will improve your mobility and wellbeing. To register click HERE
Managing Worries and Uncertainty (via Zoom)	Carers, the person they care for and former carers	Weekly on Wednesdays Starting 7th April 1.00pm - 2.00pm	Caroline Carter (CIB Wellbeing Practitioner)	During this strange start to 2021 you may have noticed changes in your own wellbeing. You might have experienced feelings of exhaustion, frequent worries about your own or a loved one's health, increased levels of stress or anxiety, or you may be feeling low, irritable, restless or overwhelmed. Although these feelings may not be nice, in the face of a global pandemic they are completely normal and very common. Join us weekly or every now and again to talk about how to manage these worries and uncertainty as we adjust to the 'new normal'. To register click HERE
Wellbeing Drop-In (via Zoom)	Carers, the person they care for and former carers	Weekly on Friday Starting 9th April 11.00am - 12.00	Caroline Carter (CIB Wellbeing Practitioner)	Join us for our weekly drop-in hour with our Wellbeing Practitioner to talk wellbeing and learn tips and strategies to promote positive wellbeing To register click HERE

Groups	Who for?	Location & How to Register	Dates & times	Host
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Tea & Chat Tuesday (via Zoom)	Tea and Chat for All - For carers, the person they care for and former carers	To register click HERE .	1st and 3rd Tues Monthly 6th & 20th April, 4th & 18th May, 1st & 15th June 2.00pm - 3.00pm	Caroline McGovern (CIB Support Worker)
Evening Group - Monday (via Zoom)	Carers and former Carers	To register click HERE .	2nd Mon Monthly 12th April, 10th May, 14th June 7.00pm – 8.00pm	Amanda Thaxter (CIB Service Lead)
Evening Group - Tuesday (via Zoom)	Carers and former carers	To register click HERE .	4th Tues Monthly 27th April, 25th May, 22nd June 7.00pm - 8.00pm	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 Caroline on 07458 302878 if you will be joining us. 7th April Maria will be leading the walk	1st Weds monthly 7th April, 5th May, 2nd June 10.00 - 12.00pm	Sharon Rogers (CIB Service Lead) and Caroline McGovern (CIB Support Worker) NB/ Caroline will not be able to do the 7 th and so Maria Pantelli will attend instead. To register click HERE

Houghton Hall Park ('Meet-in-Person-Event')	Carers, the person you care for and former carers	Houghton Hall Park - Meet by the Cafe Text Maria on 07772 231230 /07458 303993 if you will be joining us.	2nd Weds monthly 14th April, 12th May, 9th June 1.00pm - 3.00pm	Sharon Rogers (CIB Service Lead) and Maria Pantelli (CIB Support Worker) NB/ Caroline will be doing the 14 th April instead of Maria as Maria is doing Caroline's Ampthill Park on the 7 th To register click HERE
Bedford Park ('Meet-in-Person-Event')	Carers, the person you care for and former carers	Bedford Park - Meet by the Pavillion Café Text Geraldine on 07305 047412 if you will be joining us.	3rd Weds monthly 21st April, 19th May, 16th June 1.00pm - 3.00pm	Geraldine Place (CIB Support Worker) To register click HERE
Henlow Park ('Meet-in-Person-Event')	Carers, the person you care for and former carers	Henlow Park – Meet at Henlow Church Text Nicki on 07429 516779 if you will be joining us.	4th Weds Monthly 28th April, 26th May, 23rd June 11.00 - 1.00pm	Nicki Harris (support worker) and a volunteer To register click HERE
Men Only Walking Group	Male Carers	Wrest Park – Meet at Silsoe Church Text Mick on 0779 5957982 if you will be joining him	Friday 30th of April, 28th May, 25th June 11.00am - 1.00pm	Mick James (volunteer) To register click HERE
Wellbeing Sessions	Who for? Eligibility & Target	Location, Days, Dates & Times	Host	Details and Registration

Outcomes/ Benefits of Attending				
Wellbeing Sessions ('Meet-in-Person' Event)	Carers, the person you care for and former carers	<p>1st Saturday of each month (5th June) from 12.30 - 3.30pm Biggleswade Baptist Church, 24 London Road, Biggleswade SG18 8EB</p> <p>2nd Saturday of each month (8th May, 12th June) from 10.30am - 1.30pm Eaton Bray Village Hall, Church Lane, Eaton Bray, Dunstable LU6 2DJ</p> <p>3rd Thursday of the month (15th April, 20th May, 17th June) 1.00pm - 4.00pm Whichello's Wharf, The Elms, Stoke Road, Leighton Buzzard, Bedfordshire LU7 2TD</p> <p>3rd Saturday of each month (17th April, 15th May, 19th June) from 10.00am - 1.00pm Bedford Office Suite D1, Emerald Court, Pilgrim Centre MK4 17PZ</p> <p>4th Monday of each month (24th May, 28th June *, 26th July) from 1.00pm - 4.00pm Flitwick Village Hall, 11 Dunstable Rd, Flitwick, Bedford MK45 1HP *NB 28th June session is being held at The Rufus Centre due to no availability at Flitwick Village Hall</p>	Jane Baker (CIB) and various therapists	<p>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.</p> <p>Footcare costs - £10 Hair cut - £5 Massage - £10 for 30 minutes or £20 for 50 minutes</p> <p>To book an appointment please HERE.</p>

Important Information:

- New events and news will come online all of the time. Please see [HERE](#) for updates
- To register for an event - please click on the links above or go to the Carers in Beds website 'What's On' page [HERE](#) or email: events@carersinbeds.org.uk.
- 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 ongoing activities you are already are registered for e.g., Choir or Art with Natasha.*
- All events/activities and groups are free unless stated otherwise but donations are very welcome. Please click [HERE](#) to donate.