

Carers in Bedfordshire (Ivel Valley & West Mid Beds)

Groups & Training Timetable

July to Sept 2017

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

Groups

Sat 1 July	1.00-4.00pm	Biggleswade Carers Cafe	Adult Learning Centre
Tues 4 July	2.00-3.30pm	Barton Carers Group (Cares for someone with Dementia)	St. Nicholas Church Hall, Barton Le Clay
Tues 4 July	12.30-2.30pm	Shefford Carers Group	Lunch at the Five Bells, Henlow
Wed 5 July	10.30-12.30pm	Biggleswade Carers Group	Sea Cadets HQ
Wed 5 July	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ
Mon 10 July	11.00-1.00pm	Memory Gateway for carers and people living with dementia	Sea Cadets HQ
Thurs 13 July	10.00-12.00pm	Parents Together	The Hub, Ivel Valley School
Thurs 13 July	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 17 July	10.30—12.30pm	Tea & Toast Drop In	Sea Cadets HQ
Tues 18 July	10.30-12.00pm	Stotfold Carers Group	Larksfield Surgery
Tues 18 July	2.00-3.30pm	Barton Carers Group (caring for someone with Dementia)	St. Nicholas Church Hall, Barton Le Clay
Wed 19 July	11.00-1.00pm	Walking Group	Various Locations
Wed 19 July	10.30-12.00pm	Amphill Drop In	Parkside Hall, Amphill
Wed 19 July	1.45—3.00pm	Biggleswade Carers Choir	Sea Cadets HQ
Mon 24 July	1.00-4.00pm	Flitwick Cafe	Sea Cadets, Flitwick
Mon 24 July	6.30-8.30pm	Men's Group	White Hart Pub, Biggleswade
Wed 26 July	10.30—12.30pm	Camera Club	Sea Cadets HQ
Fri 28 July	11.50-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Tues 1 Aug	10.30-12.00pm	Shefford Carers Group	Shefford Health Centre
Tues 1 Aug	2.00-3.30pm	Barton Carers Group (caring for someone with Dementia)	St. Nicholas Church Hall, Barton Le Clay
Wed 2 Aug	10.30-12.30pm	Biggleswade Carers Group	Sea Cadets HQ
Sat 5 Aug	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggleswade
Mon 14 Aug	11.00-1.00pm	Memory Gateway for carers and people living with dementia	Sea Cadets HQ
Tues 15 Aug	10.30-12.00pm	Stotfold Carers Group	Larksfield Surgery
Tues 15 Aug	2.00-3.30pm	Barton Carers Group (Carers caring for someone with Dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 16 Aug	11.00-1.30pm	Walking Group	Various locations
Wed 16 Aug	10.30-12.00pm	Amphill Drop In	Parkside Hall, Amphill
Thurs 17 Aug	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice

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Groups cont.

Mon 21 Aug	10.30—12.30pm	Tea & Toast Drop In	Sea Cadets HQ
Fri 25 Aug	11.50-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Tues 29 th Aug	2.00-3.30pm	Barton Carers Group (caring for someone with Dementia)	St. Nicholas Church Hall, Barton Le Clay
Wed 30 Aug	10.30—12.30pm	Camera Club	Sea Cadets HQ
Sat 2 Sept	1.00-4.00pm	Biggleswade Carers Cafe	Adult Learning Centre, Biggleswade
Tues 5 Sept	10.30—12.00pm	Shefford Carers Group	Shefford Health Centre
Wed 6 Sept	10.30-12.30pm	Biggleswade Carers Group	Sea Cadets HQ
Mon 11 Sept	11.00-1.00pm	Memory Gateway for carers and people living with dementia.	Sea Cadets HQ
Tues 12 Sept	2.00-3.30pm	Barton Carers Group (caring for someone with Dementia)	St. Nicholas Church Hall, Barton Le Clay
Thurs 14 Sept	10.00-12.00pm	Parents Together	The Hub, Ivel Valley School
Thurs 14 Sept	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 18 Sept	10.30—12.30pm	Tea & Toast Drop in	Sea Cadets HQ
Tues 19 Sept	10.30-12.30pm	Stotfold Carers Group	Larksfield Surgery
Wed 20 Sept	11.00—1.30pm	Walking Group	Various Locations
Wed 20 Sept	10.30-12.00pm	Amphill Drop In	Parkside Hall, Amphill
Fri 22 Sept	11.50-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Mon 25 Sept	6.30-8.30pm	Men's Group	White Hart Pub, Biggleswade
Tues 26 Sept	2.00-3.30pm	Barton Carers Group (caring for someone with Dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 27 Sept	10.30—12.30pm	Camera Club	Sea Cadets HQ

Training

Date (s)	Time	Course	Trainer	Fee
Thursdays start date tbc	Various times	Art Group	Deidre Porter	£40 per course or £6 per session
Tues 11 July	1.00-3.00pm	Meet the team – Sea Cadets Flitwick		
Thurs 27 July	1.30-3.30pm	Managing Medicine - Biggleswade		Free
Tues 22 Aug	1.00-3.00pm	What to do in case of a fall – Barton Le Clay	Jenny Archer	Free
Mon 4 Sept	10.30-12.30pm	5 ways to wellbeing – Flitwick Sea Cadets	Sally Petre/Sandra Rome	Free
Wed 13 Sept	1.00-1.00pm	Challenging Behaviour - Biggleswade	Sue Greenwood	Free

To book, please contact Dawn Ray 01767 315079