

Carers in Bedfordshire (Bedford)

Groups & Training Timetable

July to Sept 2017

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

Groups

Sat 24 June	1.00 – 4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist
Mon 26 June	10.30 – 12.00pm	Coffee Morning Drop-in	Bedford office
Tues 27 June	10.15 – 1.15pm	Carers Rest	Dame Alice Court
Wed 28 June	10.00 – 12.30pm	Coffee & Information Morning	London Road Surgery
Thurs 29 June	1.30 – 3.30pm	Camera Club	Bedford office
Mon 3 July	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 4 July	9.45—11.15am	Carers Choir	Priory Methodist
Tues 4 July	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 10 July	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 10 July	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 11 July	9.45—11.15am	Carers Choir	Priory Methodist
Tues 11 July	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 13 July	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 17 July	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 18 July	9.45—11.15am	Carers Choir	Priory Methodist
Tues 18 July	10.15—1.15pm	Carers Rest	Dame Alice Court
Fri 21 July	10am – 12pm	Parents Together	Bedford Office
Sat 22 July	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 24 July	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 25 July	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 26 July	10.00—12.30pm	Coffee & Information Morning	London Road Surgery
Thurs 27 July	1.30—3.30pm	Camera Club	Bedford office
Fri 28 July	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Mon 31 July	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 1 Aug	9.45—11.15am	Carers Choir	Priory Methodist
Tues 1 Aug	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 7 Aug	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 8 Aug	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 14 Aug	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 14 Aug	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 15 Aug	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 17 Aug	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 21 Aug	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 22 Aug	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 23 Aug	10.00—12.30pm	Coffee & Information Morning	London Road Surgery
Thurs 24 Aug	1.30—3.30pm	Camera Club	Bedford office
Fri 25 Aug	10.00—12.00pm	Learning Disability Carers Group	Bedford office

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Groups cont...

Mon 28 Aug	BANK HOLIDAY		
Tues 29 Aug	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 4 Sept	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 5 Sept	10.15—1.15pm	Carers Rest	Dame Alice Court
Mon 11 Sept	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Mon 11 Sept	7.00—9.00pm	Bedford Evening Carers Group	Bedford office
Tues 12 Sept	10.15—1.15pm	Carers Rest	Dame Alice Court
Thurs 14 Sept	10.00—12.00pm	Carers Taster Thursday	Sue Ryder Hospice
Mon 18 Sept	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 19 Sept	10.15—1.15pm	Carers Rest	Dame Alice Court
Fri 22 Sept	10.00—12.00pm	Learning Disability Carers Group	Bedford office
Sat 23 Sept	1.00—4.00pm	Bedford Carers Café & Memory Gateway	Priory Methodist Church
Mon 25 Sept	10.30—12.00pm	Coffee Morning Drop-in (Carers only)	Bedford office
Tues 26 Sept	10.15—1.15pm	Carers Rest	Dame Alice Court
Wed 27 Sept	10.00—12.30pm	Coffee & Information Morning	London Road Surgery
Thurs 28 Sept	1.30—3.30pm	Camera Club	Bedford office

Training: To book, please contact Nic West on 0300 111 1919

Date (s)	Time	Course	Trainer	Fee
1 st Thursday of the month	Various times available	1-to-1 IT training	Karen Cope	Free / donation
Tues 13 June	1.30 – 3.30pm	5 Ways to Wellbeing	Sandra Rome	Free / donation
Tues 15 June	1.30 – 3.30pm	Dealing with Change	MIND	Free
Tues 20 June	1.30 – 3.30pm	Understanding Stress	Purple Trust	Free
Mon 10, 17, 24 July	12 – 1pm	Wellness	Dawn Sunrise	£20 per course £6 per session
Thurs 6 July	2 – 4pm	Meet the Team	Sandra Rome	Free / donation
Mon 11, 18, 25 Sept	12 – 1pm	Wellness	Dawn Sunrise	£15 per course £6 per session
Tues 12 Sept	1.30 – 3.30pm	5 Ways to Wellbeing	Sandra Rome	Free / donation
Tues 19 Sept	10 – 12pm	First Aid Training	Helen Bell-Day	Free
Tues 19 Sept	2 – 4pm	Meet the Team	Sandra Rome	Free / donation
Wed 13, 20 & 27 Sept	6pm Coffee 6.30pm start 7.30pm finish	Mindfulness & Meditation Course	Dan Satherthwaite	Free / donation
Fri 29 Sept 6, 13, 20 Oct 3, 10, 17 Nov	10.30 – 12.30	Mix Media (Art)	Anne Thompson	£35 per course; £6.00 per session