

# Carers in Bedfordshire (Ivel Valley & West Mid Beds)

## Groups

January – March 2018

For further details visit our Groups & Training Webpage on [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk)

### Groups



Mon 8 Jan	11.00am-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Wed 10 Jan	1.45-3.00pm	Biggleswade Carers choir	Sea Cadets HQ, Biggleswade
Thurs 11 Jan	10.00am-12.00pm	Parents Together	The Hub, Ivel Valley School
Thurs 11 Jan	10.00am-12.00pm	Carers Thursday	Sue Ryder Hospice, Moggerhanger
Mon 15 Jan	10.30am—12.30pm	Tea & Toast Drop In	Sea Cadets HQ, Biggleswade
Tues 16 Jan	10.30am-12.00pm	Stotfold Carers Group (Carers only)	The Old Council Office, Stotfold
Tues 16 Jan	2.00-3.30pm	Barton Carers Group (For carers of someone living with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 17 Jan	11.00am-1.00pm	Biggleswade Walking Group	Various Locations
Wed 17 Jan	10.30am-12.00pm	Amphill Drop In	Parkside Hall, Amphill
Fri 19 Jan	10.30am-12.30pm	Wellbeing group (for carers on their own or with the person with dementia)	Henlow Gardens Community room, Henlow
Mon 22 Jan	1.00-4.00pm	Flitwick Cafe	Sea Cadets, Flitwick
Wed 24 Jan	1.45-3.00pm	Biggleswade Carers choir	Sea Cadets HQ, Biggleswade
Fri 26 Jan	11.50am-1.30pm	Sandy Lunch Club	Quince Court, Sandy
Tues 30 Jan	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 31 Jan	10.30am—12.30pm	Camera Club	Sea Cadets HQ, Biggleswade
Sat 3 Feb	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggleswade
Tue 6 Feb	10.30am-12.00pm	Shefford Carers Group (Carers only)	Shefford Health Centre
Wed 7 Feb	10.30am-12.00pm	Biggleswade Carers Group (Carer only)	Sea Cadets HQ, Biggleswade
Wed 7 Feb	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Thurs 8 Feb	10.00am-12.00pm	Parents Together	The Hub, Ivel Valley School
Thurs 8 Feb	10.00am-12.00pm	Carers Thursday	Sue Ryder Hospice, Moggerhanger
Mon 12 Feb	11.00-1.00pm	Memory Gateway	Sea Cadets HQ, Biggleswade
Tues 13 Feb	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Fri 16 Feb	10.30am-12.30pm	Wellbeing group (for carers on their own or with the person with dementia)	Henlow Gardens Community room, Henlow
Mon 19 Feb	10.30am-12.30pm	Tea and Toast Drop In	Sea Cadets HQ, Biggleswade
Tues 20 Feb	10.30am-12.00pm	Stotfold Carers Group (Carer only)	The Old Council Office, Stotfold
Wed 21 Feb	11.00am-1.00pm	Biggleswade Walking Group	Various Locations
Wed 21 Feb	1.45-3.00pm	Biggleswade Carers Choir	Sea Cadets HQ, Biggleswade
Wed 21 Feb	10.30am-12.00pm	Amphill Drop In	Parkside Hall, Amphill
Fri 23 Feb	11.50am-1.30pm	Sandy Lunch Club	Quince Court, Sandy

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Mon 26 Feb	1.00-4.00pm	Flitwick Cafe	Sea Cadets HQ, Flitwick
Tues 27 Feb	2.00-3.30pm	Barton Carers Group (For carers caring for someone with dementia)	St. Nicholas Church Hall Barton Le Clay
Wed 28 Feb	10.30am-12.30pm	Camera Club	Sea Cadets HQ, Biggleswade
Sat 3 March	1.00-4.00pm	Biggleswade Cafe	Adult Learning Centre, Biggleswade
Tues 6 March	10.30am-12.00pm	Shefford Carers Group (Carer only)	Shefford Health Centre
Wed 7 March	10.30am-12.00pm	Biggleswade Carers Group (Carer only)	Sea Cadets HQ, Biggleswade
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## Workshop/Information Sessions January – March 2018

### Training

Date (s)	Time	Course	Trainer	Fee
Thursdays start date 18 <sup>th</sup> Jan	10.30am-12.30pm	Art Group Sea Cadets HQ Biggleswade	Deidre Porter Hanson	£40 per course or £6 per session
Tues 9 <sup>th</sup> Jan	10.00am-2.30pm	Relaxation Therapy Sea Cadets HQ Biggleswade	Victoria Harley	£15.00 for 30 min or £25.00 for 60 mins
Tues 23 <sup>rd</sup> Jan	10.30am-12.30pm	Coping with Change Sea Cadets HQ Biggleswade	Anne Moulder	Free donations welcome
Thurs 25 <sup>th</sup> Jan	1.30-3.30pm	5 Ways to Wellbeing St. Nicholas Church Hall, Barton Le Clay	Sally Petre/Sandra Rome	Free Donations welcome
Tues 13 <sup>th</sup> Feb	10.30am-2.30pm	Relaxation Therapy Sea Cadets HQ Biggleswade	Victoria Harley	£15.00 for 30 min or £25.00 for 60 mins
Wed 28 <sup>th</sup> Feb	10.30am-12.00pm	Hate Crime Sea Cadets HQ Biggleswade	Georgia Searle Bedfordshire Police	Free Donations welcome
Tues 20 <sup>th</sup> Feb	10.30am-12.30pm	Medication Management St Nicholas Church Hall, Barton Le Clay	Smarta Healthcare	Free Donations welcome
Mon 5 <sup>th</sup> March	10.30am-12.30pm	Meet the team St. Nicholas Church Hall, Barton Le Clay	Staff	Free Donations welcome
Thurs 8 <sup>th</sup> March	1.30-3.30pm	Art Session St. Nicholas Church Hall, Barton Le Clay	Deidre Porter Hanson	Free Donations welcome
Tues 16 <sup>th</sup> March	10.00am-2.30pm	Relaxation Therapy Sea Cadets HQ Biggleswade	Victoria Harley	£15.00 for 30 min or £25.00 for 60 mins

To book, please contact Dawn Ray 01767 315079