

## Wellbeing Retreat and DCA Carers Celebration

Please see below details for some upcoming events -



Working in Partnership to offer a

*Half Day Wellness Retreat*

**daacss**

Derbyshire All Age Carers Support Service

**Are you a Carer supporting someone  
living with a mental illness?**

**SATURDAY 12th October 2024**

- @ Community Room - Ascot Drive Fire Station, Derby, DE24 8GZ.
- 10.00am - 1pm
- Booking Essential as places limited
- Free Refreshments

To book your session call 01773 833833 or email  
[events@derbyshirecarers.co.uk](mailto:events@derbyshirecarers.co.uk)

*Aromatherapy Oil Chair Yoga Class*

*Goody Bag Meditation & Mindfulness*



Derby City Council



Mid Mercia



Derby and Derbyshire  
Integrated Care Board

**SAVE THE DATE**

## Carers Celebration

@ The Crooked Spire  
12 December 2024

**Thursday  
12 December**

**11:00 - 12:30** at:

**The Parish Church of  
St Mary and All Saints**

Church Way, Chesterfield  
Derbyshire  
S40 1XJ

**2024**

**DECEMBER**

**SUN MON TUE WED THU FRI SAT**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

**Derbyshire Carers Association**

[www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)  
[info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
01773 833 833



Charity No: 1062777

**SAVE THE DATE: Carers Celebration @ the Crooked Spire, Chesterfield**

FREE refreshments and a light lunch will also be provided!

12<sup>th</sup> December 2024

11am-12.30pm

No booking required however please let us know if you have any accessibility requirements.

If you would like further information on these events or would like to know more about our full activity programme [Events \(derbyshirecarers.co.uk\)](https://www.derbyshirecarers.co.uk) please email: [events@derbyshirecarers.co.uk](mailto:events@derbyshirecarers.co.uk) or call our office on :01773 833 833

Please feel free to share the information with your friends and colleagues.

Many thanks,

**Reah Marshall**

Head of PR and Communications

*Normal Working Days: Mon -Thurs (9am-5pm)*

**Derbyshire Carers Association**

**Phone**            01773 833833 / 07306 081415

**Website**        [www.derbyshirecarers.co.uk](https://www.derbyshirecarers.co.uk)

**Address**        3 Park Road, Ripley, DE5 3EF