# What's on

## July 2025

- Regular Activity
- Limited Activity
- Support Group
- Drop-in
- Cuppa & Chat
- Carers Clinic

For more information or to speak to a member of our team, please call **01773 833 833** or email **info@derbyshirecarers.co.uk**

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Derbyshire All Age Carers Support Service

| | | | |
|---|---|---|---|
| **30/06** | **Heart-Centered Meditation** | 10.00 - 10.20 | Online |
| **01/07** | **Support Group** | 10.00 - 12.00 | Ripley |
| **02/07** | **Drop-in** | 10.00 – 12.30 | Chesterfield |
| **02/07** | **Drop-in** | 10.00 – 13.00 | Alfreton |
| **03/07** | **Support Group** | 13.30 - 15.30 | Belper |
| **03/07** | **Support Group** | 13.00 - 15.00 | Swadlincote |
| **03/07** | **Support Group** | 14.00 - 15.30 | Staveley |
| **04/07** | **Exercise Class** | 13.30 - 14.15 | Online |

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| **07/07** | **Heart-Centered Meditation** | 10.00 - 10.20 | Online |
| **07/07** | **Support Group** | 14.00 - 16.00 | Buxton |
| **07/07** | **Information Point** | 11.30 – 15.00 | Derby |
| **07/07** | **Gardening Group** | 11.00 - 12.00 | Online |
| **08/07** | **Pilates and Mindfulness** | 14.00 - 16.00 | Ripley |
| **08/07** | **Book Club** | 13.30 - 14.30 | Online |
| **08/07** | **Cuppa & Chat** | 13.30 - 15.30 | Hathersage |
| **08/07** | **Drop-in** | 16.00 – 18.00 | Loscoe |
| **10/07** | **Drop-in at The Dementia Hub** | 13.30 – 15.30 | Ilkeston |
| **10/07** | **Information Point** | 11.00 – 13.00 | Derby |
| **10/07** | **New to Caring Session** | 19.00 - 20.00 | Ripley |
| **10/07** | **Men's Cuppa & Chat** | 11.00 - 12.00 | Online |
| **10/07** | **Learning Disability Carers Mtg** | 16.00 - 17.15 | Online |
| **12/07** | **Meet the Commissioners** | 10.00 - 11.30 | TBC |

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| **14/07** | **Heart-Centered Meditation** | 10.00 - 10.20 | Online |
| **14/07** | **Drop-in** | 13.30 – 15.30 | Chapel-en-le-Frith |
| **14/07** | **Carers Clinic** | Bookable Slots | Hilton |
| **15/07** | **Chair-Based Yoga** | 13.30 - 14.15 | Online |
| **15/07** | **Support Group** | 14.00 - 15.30 | Glossop |
| **15/07** | **Wellbeing Walk** | 11.00 - 12.30 | Chesterfield |
| **17/07** | **Memory Loss Carers Group** | 14.00 - 15.30 | Online |
| **21/07** | **Heart-Centered Meditation** | 10.00 - 10.20 | Online |
| **21/07** | **Information Point** | 11.30 – 15.00 | Derby |
| **23/07** | **Shared Reading Group** | 13.00 - 14.00 | Online |
| **24/07** | **Learning Disability Carers Mtg** | 16.00 - 17.15 | Online |
| **25/07** | **Cuppa & Chat** | 12.00 - 14.00 | Hilton |
| **28/07** | **Heart-Centered Meditation** | 10.00 - 10.20 | Online |
| **28/07** | **Support Group** | 14.00 - 16.00 | Chapel-en-le-Frith |
| **29/07** | **Planning for the Future** | 19.00 - 20.00 | Online |
| **30/07** | **H-Connect Project Update** | 10.30 - 12.00 | Online |
| **31/07** | **Support Group** | 10.30 - 12.00 | Swadlincote |