

What's on

August 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

01/08	Exercise Class ●	13.30 - 14.15	Online
04/08	Heart-Centered Meditation ●	10.00 - 10.20	Online
04/08	Gardening Group ●	11.00 - 12.00	Online
04/08	Carers Clinic ●	Bookable Slots	Risley
05/08	Support Group ●	10.00 - 12.00	Ripley
05/08	Book Club ●	13.30 - 14.30	Online
06/08	Information Point ●	10.00 - 12.00	Ilkeston
07/08	Support Group ●	13.30 - 15.30	Belper
07/08	Support Group ●	13.00 - 15.00	Swadlincote
07/08	Support Group ●	14.00 - 15.30	Staveley
07/08	Learning Disability Carers Mtg ●	16.00 - 17.15	Online

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11/08	Heart-Centered Meditation ●	10.00 - 10.20	Online
11/08	Drop-in ●	13.30 – 15.30	Chapel-en-le-Frith
12/08	Cuppa & Chat ●	13.30 - 15.30	Hathersage
14/08	Men's Cuppa & Chat ●	11.00 - 12.00	Online
14/08	Drop-in ●	14.00 – 17.00	Tibshelf
14/08	Consultation on sharing of personal information ○	14.30 - 16.00	Online
18/08	Heart-Centered Meditation ●	10.00 - 10.20	Online
18/08	Drop-in ●	10.30 – 13.00	Dronfield Woodhouse
19/08	Chair-Based Yoga ●	13.30 - 14.15	Online
19/08	Support Group ●	14.00 - 15.30	Glossop
19/08	Sleep Workshop ○	19.00 - 20.00	Online
20/08	Drop-in ●	10.00 – 12.30	Chesterfield
20/08	Carers Clinic ●	Bookable Slots	Long Eaton
21/08	Learning Disability Carers Mtg ●	16.00 - 17.15	Online
21/08	Memory Loss Carers Group ●	14.00 - 15.30	Online
21/08	Drop-in ●	10.00 – 12.00	Heanor

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25/08	Heart-Centered Meditation ●	10.00 - 10.20	Online
27/08	Moment of Reflection ○	14.30 - 15.30	Online
27/08	Shared Reading Group ●	13.00 - 14.00	Online
28/08	ADHD & ASD Awareness ○	19.00 - 20.00	Online
28/08	Support Group ●	10.30 - 12.00	Swadlincote
28/08	Drop-in ●	10.00 – 12.00	Matlock Bath
28/08	Drop-in ●	10.00 – 12.00	Langwith
29/08	Cuppa & Chat ●	12.00 - 14.00	Hilton