

Support Groups		
Olney Support Group, Olney Centre	Thursdays 2.00 – 3.30	6 th Sept, 4 th Oct, 1 st Nov, 6 th Dec, 7 th Feb, 7 th March
Great Linford Support Group, Great Linford Parish Council Offices	Wednesdays 2.00 – 3.30	12 th Sept, 10 th Oct, 7 th Nov, 12 th Dec, 9 th Jan, 13 th Feb, 13 th March
Hanslope Support Group, Hanslope Church	Wednesdays 10.30 – 12.30	26 th Sept, 24 th Oct, 28 th Nov, Dec date to be agreed, 30 th Jan, 27 th Feb, 27 th March
Newport Pagnell Support Group UR Church	Wednesdays 1.30 – 3.00	26 th Sept, 24 th Oct, 28 th Nov, No meeting in Dec, 30 th Jan, 27 th Feb, 27 th March
Mental Health Evening Support Group	Wednesdays 6.00 – 7.30	5 th Sept, 3 rd Oct, 7 th Nov, 5 th Dec, 2 nd Jan, 6 th Feb, 6 th March
Autism Support Group (for carers of someone over the age of 16 with Autism)	Tuesdays 1.00 – 2.30	4 th Sept, 2 nd Oct, 6 th Nov, 4 th Dec, no group in Jan, 5 th Feb, 5 th March
Friends and Family Mental Health Group (Personality Disorder)	Wednesdays 6.00 – 7.30	26 th Sept, 24 th Oct, 28 th Nov, 19 th Dec, 30 th Jan, 27 th Feb, 27 th March
Parent Carer Group	Mondays 10.30 – 12.00	17 th Sept, 15 th Oct, 19 th Nov, 17 th Dec, 21 st Jan, 18 th Feb, 18 th March
Former Carers	Thursdays 1.30 – 3.00	13 th Sept, 11 th Oct, 8 th Nov, 13 th Dec, 10 th Jan, 7 th Feb, 7 th March
Parkinson's Support Group	Wednesdays 2.00- 3.30	5 th Sept, 3 rd Oct, 7 th Nov, 5 th Dec, 2 nd Jan, 6 th Feb, 6 th March
MS Support Group	Mondays 2.00– 3.30	24 th Sept, 5 th Nov, 17 th Dec, 28 th Jan, 11 th March
Dementia Support Group (New Group)	Tuesdays 1.00-2.30	9 th Oct, 13 th Nov, 11 th Dec, 8 th Jan, 12 th Feb, 12 th March
Relaxation		
Reflexology or Indian Head Massage	Monthly on Fridays	By appointment only
Social Groups		
Writing Group	Wednesdays 10.30 – 12.00	12 th Sept, 10 th Oct, 14 th Nov, 12 th Dec, 9 th Jan, 13 th Feb, 13 th March
Christmas Party, Lovat Hall, Newport Pagnell	Saturday 12.00 – 2.30	8 th December 2018
Workshops and Information Sessions		
First Aid, The Quaker Centre Downhead Park	Mondays	10 th Sept – 1.30 – 4.00 12 th Nov – 10.00 – 12.30 14 th Jan – 1.30 – 4.00 4 th Mar – 10.00 – 12.30

Manual Handling (back care), The Quaker Centre Downhead Park	Mondays	10 th Sept – 10.00 - 12.30 12 th Nov – 1.30 – 4.00 14 th Jan – 10.00 – 12.30 4 th Mar - 1.30 – 4.00
Managing Stress Workshop	Tuesday 10.00-12.00	25 th Sept, 4 th Dec, 29 th Jan, 19 th March
6 Week Sewing Workshop	Fridays 12.00 -2.00	7 th Sept – 12 th Oct
Nutrition workshop covering Cold prevention and impact on darkness and mood.	Thursday 10.00 -12.00	18 th October
Art Therapy 8 week workshop	Tuesdays 10.00 -12.00	9 th Oct, 16 th Oct, 23 rd Oct, 6 th Nov, 13 th Nov, 20 th Nov, 27 th Nov & 11 th Dec
Flower Arranging Workshop	10.00 -12.00	Thursday 4 th Oct Friday 14 th Dec
Pressure Sore Prevention Workshop	10.00 – 12.00	Monday 26 th November 2018
Advanced Care Planning and End of Life Care	10.00 -11.30	Monday 8 th October 2018
Hand Hygiene and Infection Prevention Workshop	10.30 – 12.00	Friday 9 th November 2018
Christmas Paper Jewellery Craft Workshop	10.30 - 12.30	Friday 16 th November 2018
Bring a Book and Make Hedgehog Craft Workshop	10.30 - 12.30	Friday 1 st March 2019

Please note: All activities are at Margaret Powell House unless otherwise stated

For carers attending the Carers MK offices in Margaret Powell House

Our offices are located on the third floor and, under normal circumstances, there is lift access. Please be aware that in the event of a fire evacuation it is not permitted to use the lifts and you will need to exit the building via the stairs. If you have any difficulties managing stairs then please contact us as soon as possible.

You will need to book a place on any of our workshops, events, activities or training sessions. If you have booked but unable to attend please call 01908 231703 or email mail@carersmiltonkeynes.org so that we are able to offer your place to another carer – thank you.

Don't forget to visit our website at www.carersmiltonkeynes.org or 'Like' our Facebook page to receive the latest information on forthcoming events, news and vacancies.

We regularly send out email reminders to carers about our training sessions, activities and events – using email means we can do this quickly and cheaply. If you would like to be kept up to date in this way please make sure we have your current email address – email us at mail@carersmiltonkeynes.org

CarersMK

DIARY OF WORKSHOPS, GROUPS
AND EVENTS

AUTUMN 2018