

# CarersMK

## Carers MK Diary of Events (via Zoom) October 2020 – March 2021

Olney Support Group	1st Thursday of the month 2pm – 3.30pm	5th November, 3rd December, 4th February, 4th March
Great Linford Support Group	2nd Wednesday of the month 2pm – 3.30pm	11th November, 9th December, 13th January, 10th February, 10th March
Hanslope Support Group	4th Wednesday of the month 10.30am – 12.30pm	28th October, 25th November, 27th January, 24th February, 24th March
Mental Health Evening Support Group	1st Wednesday of the month 3pm – 4.30pm	4th November, 2nd December, 6th January, 3rd February, 3rd March
Personality Disorder Support Group	Last Wednesday of the month 3pm – 4.30pm	28th October, 25th November, 23rd December, 27th January, 24th February, 31st March
Former Carers	2nd Thursday of the month 1.30pm – 3pm	12th November, 10th December, 14th January, 11th February, 11th March
Parkinson's Support Group	1st Wednesday of the month 2pm – 3.30pm	4th November, 2nd December, 6th January, 3rd February, 3rd March
MS Support Group	Mondays 2pm – 3.30pm	30th November, 11th January, 22nd February
Dementia Support Group	2nd Tuesday of the month 1pm – 2.30pm	10th November, 8th December, 12th January, 9th February, 9th March
<b>Social Groups</b>		
Writing Group	2nd Wednesday of the month 10.30am – 12.00pm	11th November, 9th December, 13th January, 10th February, 10th March
Coffee, Chat and Games	Monday 1.30pm – 3.00pm	9th November
<b>Workshops and Training</b>		
4 Week Feel Beautiful on the Inside (Breathing and Relaxation)	Thursdays 9.50am – 11.20am	29th October, 5th November
Managing Stress	Tuesdays 10.00am – 12.00pm	1st November, 23rd February
What is Diabetes – Diabetes UK Information session	Monday 10.00am – 11.00am	18th January

**Please note: All support groups and workshops are being held via Zoom.**

**For more information and to book a place on our groups and workshops call 01908 231703**

**or email [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org)**