

Carers MK Diary of Events (via Zoom): January – March 2021		
Olney Support Group	1st Thursday of the month 2pm – 3.30pm	4th February 4th March
Great Linford Support Group	2nd Wednesday of the month 2pm – 3.30pm	13th January 10th February 10th March
Hanslope Support Group	4th Wednesday of the month 10.30am – 12.30pm	27th January 24th February 24th March
Mental Health Support Group	1st Wednesday of the month 6pm – 7.30pm	6th January 3rd February 3rd March
Personality Disorder Support Group	Last Wednesday of the month 6pm – 7.30pm	27th January 24th February 31st March
Former Carers	2nd Thursday of the month 1.30pm – 3pm	14th January 11th February 11th March
Parkinson's Support Group	1st Wednesday of the month 2pm – 3.30pm	6th January 3rd February 3rd March
MS Support Group	Mondays 2pm – 3.30pm	11th January 22nd February
Dementia Support Group	2nd Tuesday of the month 1pm – 2.30pm	12th January 9th February 9th March
Social Groups		
Writing Group	2nd Wednesday of the month 10.30am – 12pm	13th January 10th February 10th March
Coffee, Chat and Games	Monday 1.30pm – 3pm	11th January 8th February 8th March
Workshops and Training		
What is Diabetes – Diabetes UK Information session	Monday 10am – 11am	18th January
British Red Cross First Aid	Monday 10.00am – 11.30am	15th February
Managing Stress	Tuesdays 10am – 12pm	23rd February
Flower Arranging	Monday 10am – 12pm	25th January 8th February 29th March
Feel Beautiful on the Inside Seated exercise/breathing techniques. 4 week workshop	Thursday 9.50am – 11.20pm	25 February 4th March 11th March 18th March

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:
01908 231703 or mail@carersmiltonkeynes.org