

Carers MK Diary of Events (via Zoom): April – September 2021

(Our support groups are open to all carers unless otherwise stated)

Support Groups

Olney Support Group	1st Thursday of the month 2pm – 3.30pm	6th May, 3rd June, 1st July, 5th August, 2nd September
Great Linford Support Group	2nd Wednesday of the month 2pm – 3.30pm	12th May, 9th June, 14th July, 11th August, 8th September
Hanslope Support Group	4th Wednesday of the month 10.30am – 12.30pm	28th April, 26th May, 23rd June, 28th July, 25th August, 22nd September
Mental Health Support Group (for carers of someone who is 16+)	1st Wednesday of the month 6pm – 7.30pm	5th May, 2nd June, 7th July, 4th August, 1st September
Personality Disorder Support Group (for carers of someone who is 16+)	Last Wednesday of the month 6pm – 7.30pm	28th April, 26th May, 30th June, 28th July, 25th August, 29th September
Former Carers	2nd Thursday of the month 1.30pm – 3pm	13th May, 10th June, 8th July, 9th September
Parkinson's Support Group	1st Wednesday of the month 2pm – 3.30pm	5th May, 2nd June, 7th July, 4th August, 1st September
MS Support Group	Mondays 2pm – 3.30pm	17th May, 28th June, 9th August, 20th September
Dementia Support Group - Tuesday	2nd Tuesday of the month 1pm – 2.30pm	11th May, 8th June, 13th July, 10th August, 14th September
Dementia Support Group - Thursday	3rd Thursday of the month 1pm – 2.30pm	20th May, 17th June, 15th July, 19th August, 16th September

Social Groups

Writing Group	2nd Wednesday of the month 10.30am – 12pm	12th May, 9th June, 14th July, 11th August, 8th September
Coffee, Chat and Games	Monday 1.30pm – 3pm	17th May, 14th June, 12th July, 16th August, 13th September

Workshops and Training

Managing Stress	Mondays 10am – 12pm	10th May, 5th July
Redcross First Aid	Monday 10am – 11.30am	7th June
Flower Arranging	Tuesday 10am – 12pm	8th June
Craft Workshop: Decorate a Shopping Bag	Friday 10am – 12pm	11th June
Craft Workshop: Make Necklaces from Paper Beads	Friday 10am – 12pm	10th September
Feel Beautiful on the Inside Seated exercise/breathing techniques. Taster Session	Thursday 9.50am – 11.20pm	10th June
Feel Beautiful on the Inside Seated exercise/breathing techniques. 4 week workshop	Thursday 9.50am – 11.20pm	24th June, 1st July, 8th July, 15th July
Q & A Legal Advice Clinic with TOLLERS Solicitors	Fridays from 9.30am	14th May, 11th June, 9th July, 13th August, 10th September

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**