

**Carers MK Diary of Events (via Zoom): October 2021 – March 2022**

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

(All support groups, workshops and activities are currently being held via Zoom - unless otherwise stated)

**Support Groups**

Great Linford Support Group	2nd Wednesday of the month 2pm – 3.30pm	13th October, 10th November, 8th December, 12th January, 9th February, 9th March
Hanslope Support Group This group is delivered and facilitated by Hanslope PPG (Patient Participation Group)	4th Wednesday of the month 10.30am – 12.30pm	27th October, 24th November, 26th January, 23 February, 23rd March
Mental Health Support Group (for carers of someone who is 16+)	1st Wednesday of the month 6pm – 7.30pm	3rd November, 1st December, 5th January, 2nd February, 2nd March
Personality Disorder Support Group (for carers of someone who is 16+)	Last Wednesday of the month 6pm – 7.30pm	27th October, 24th November, 22nd December, 26th January, 23rd February, 30th March
Former Carers	2nd Thursday of the month 1.30pm – 3pm	14th October, 11th November, 9th December, 13th January, 10th February, 10th March
Parkinson's Support Group	1st Wednesday of the month 2pm – 3.30pm	3rd November, 1st December, 5th January, 2nd February, 2nd March
MS Support Group	Mondays 2pm – 3.30pm	1st November, 13th December, 24th January, 7th March
Dementia Support Group (Tuesdays)	2nd Tuesday of the month 1pm – 2.30pm	12th October, 9th November, 14th December, 11th January 8th February, 8th March

**Social Groups**

Writing Group	2nd Wednesday of the month 10.30am – 12pm	13th October, 10th November, 8th December, 12th January, 9th February, 9th March
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**Workshops and Activities**

Craft Workshop: Felt Elephants and Wooden Lanterns	Friday 10am – 12pm	5th November
Craft Workshop: Pipe cleaner wreaths		10th December
Manual Handling (Back Care) The Quaker Centre, Downhead Park, MK15 9BH	Tuesday 10am – 12pm	28th September
Managing Stress	Mondays 10am – 12pm	6th December, 14th February
Flower Arranging	Monday 10am – 12pm	18th October, other dates to be confirmed
Q & A Legal Advice Clinic with Toller's Solicitors (Telephone appointments)	Fridays from 9.30am	8th October, 12th November, 10th December, 14th January 11th February, 11th March
Cookery Master Class Demonstration with Sarah Scotland (Making bread and soup)	Monday 11am – 12pm	18th October
Cookery class – cook along with Sarah Scotland	Monday 11am – 12pm	10th January

**Please note: All support groups and workshops are being held via Zoom unless otherwise stated.****For more information and to book a place on our groups and workshops:****01908 231703 or [mail@carersmiltonkeynes.org](mailto:mail@carersmiltonkeynes.org)**