

Carers MK Diary of Events (via Zoom): January – 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	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	26th January, 23rd February, 23rd March
Mental Health Support Group (Formerly Mental Health and Personality Disorder Support Groups)	Last Wednesday of the month 6pm – 7.30pm	26th January, 23rd February, 30th March
Former Carers	2nd Thursday of the month 1.30pm – 3pm	13th January, 10th February, 10th March
Parkinson's Support Group	1st Wednesday of the month 2pm – 3.30pm	5th January, 2nd February, 2nd March
MS Support Group	Mondays 2pm – 3.30pm	24th January, 7th March
Dementia Support Group (Tuesdays)	2nd Tuesday of the month 1pm – 2.30pm	11th January, 8th February, 8th March

Social Groups

Writing Group	2nd Wednesday of the month 10.30am – 12pm	12th January, 9th February, 9th March
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Workshops and Activities

Managing Stress	Mondays 10am – 12pm	14th February
Flower Arranging	Monday 10am – 12pm	7th February
Q & A Legal Advice Clinic with Toller's Solicitors (Telephone appointments)	Fridays from 9.30am	14th January (Fully Booked)
Cookery class – cook along with Sarah Scotland	Monday 11am – 12pm	10th January, 14th March
Carers Wellbeing Workshop (Looking after your mental health)	Tuesday 1pm – 2.15pm	1st February
Feel Beautiful on the Inside (Gentle stretches, yoga breathing techniques, relaxation)	Thursdays 9.50am – 11.15am	17th February, 24th February, 3rd March, 10th March
Craft Workshop (Button Pictures)	Friday 10am – 12pm	11th March
Guardian First Aid Awareness The Quaker Centre, Downhead Park, MK15 9BH	Monday 10am – 12.30pm	28th March
Manual Handling (Back Care) The Quaker Centre, Downhead Park, MK15 9BH	Monday 1.30pm – 4pm	28th March

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 email:

mkbookings@carersmiltonkeynes.org