

DIARY OF TRAINING AND EVENTS

June	
Wed 2nd	Bletchley support group, Parkside Surgery 1.30 - 3.30pm
	Mental Health evening support 6pm -7.30pm
Thurs 3rd	Pension Service surgery 2-4pm
	New Olney support group at Olney Centre 2-4pm
Fri 4th	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm
	Foot Clinic morning sessions by appointment
	Reflexology afternoon sessions by appointment
Tues 8th	Yoga at Heron's Lodge 11.30am-1pm
Wed 9th	Joy of Gardening, Frosts Garden Centre, Woburn Sands 10am-12pm
Thurs 10th	Former Carers 1.30-3.30pm
	Meeting for carers of adults with a learning disability on personal budgets 7-9pm
14th - 19th June	Carers' Week
Mon 14th	Ramble around Willen Lake North 10.30am-1pm
Tues 15th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 17th	Crafty Carers 10am-1pm
	Relaxation Therapies morning sessions by appointment
	Pensions and Benefits Advice 2-4pm
	Evening Relaxation Therapies by appointment only
Mon 21st	Parent Carer group 11am-1pm

Tues 22nd	Yoga at Heron's Lodge 11.30am-1pm
Wed 23rd	Meeting for carers of adults with a learning disability on autism 7-9pm
Thurs 24th	Singing at Simpson Music Centre 2-3pm
Fri 25th	BBQ for carers and those for whom you care, Moulsoe. (NB no coffee morning this day). 12-2pm
Mon 28th	Benefits Information Session 10.30am-12.30pm
Tues 29th	Yoga at Heron's Lodge 11.30am-1pm
Wed 30th	Diet Course - Healthy Start 10.30am-12.30pm
	Newport Pagnell support group UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
July	
Thurs 1st	Pension and Benefits Advice 2-4pm
	Olney support group, Olney Centre 2-4pm
Fri 2nd	Parent Carer coffee morning, Greenleys Centre 10.30am-12.30pm
	Reflexology afternoon sessions by appointment
Tues 6th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 8th	Former Carers, Frosts Garden Centre 1.30-3.30pm
Fri 9th	Foot Clinic morning sessions by appointment
Mon 12th	Stress and Anger Management 10am-2.30pm (inc lunch)
Tues 13th	Writing Club 10.30am-12.30pm
	Yoga at Heron's Lodge 11.30am-1pm
Thurs 15th	Crafty Carers 10am-1pm

DIARY OF TRAINING AND EVENTS

July (continued)

Thurs 15th	Relaxation Therapies morning sessions by appointment
	Pensions Service Surgery 2-4pm
	Evening Relaxation Therapies by appointment
Fri 16th	Singing at Simpson Music Centre 2-3pm
Mon 19th	Parent Carer group 11am-1pm
Tues 20th	Yoga at Heron's Lodge 11.30am-1pm
Wed 28th	Newport Pagnell support group UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 29th	Pensions and Benefits Advice 2-4pm
Fri 30th	Coffee morning 10.30am-12.30pm
August	
Wed 4th	Mental Health evening support group 6-7.30pm
Thurs 5th	Olney support group 2-4pm
Fri 6th	Pampering Day 11am-3pm
Tues 10th	Outing to Stockgrove Country Park 10.30am-12.30pm
Wed 11th	Taking Care of Your Back 10.30am-12.30pm
Fri 13th	Foot Clinic morning sessions by appointment
	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm
Sat 14th	Train Day at Caldecotte 1-4pm
Thurs 19th	Crafty Carers 10am-1pm
	Relaxation therapies morning sessions by appointment only

August (continued)

Tues 24th	Drumming Party 11am -1pm
Wed 25th	Newport Pagnell support group 1.30-3.30pm
	Bletchley support group 1.30-3.30pm
Thurs 26th	Pensions Service surgery 2-4pm
Fri 27th	Coffee morning 10.30am-12.30pm

September

Thurs 2nd	Olney support group 2-4pm
Fri 3rd	Parent Carer coffee morning, Greenleys 10.30am-12.30pm
	Reflexology afternoon sessions
Tues 7th	Yoga 11.30am-1pm
Wed 8th	Joy of Gardening, Frosts Garden Centre 10am-12pm
Thurs 9th	Former carers, Wyevale Garden Centre 1.30-3.30pm
	Pensions and Benefits Advice 2-4pm
Fri 10th	Foot Clinic morning sessions
	Singing, Simpson Music Centre 1-2pm
Tues 14th	Yoga 11.30am-1pm
Thurs 16th	Crafty Carers 10am-1pm
	Relaxation therapies morning sessions by appointment
	Evening relaxation therapies
Mon 20th	Parent Carer group 11am-1pm
Tues 21st	Yoga 11.30am-1pm
Thurs 23rd	Anxiety & Depression workshop, Olney Centre 10.30am-12.30pm
Fri 24th	Coffee morning 10.30-12.30pm
Tues 28th	Yoga 11.30-3.30pm
Wed 29th	Newport Pagnell support group 1.30-3.30pm
	Bletchley support group 1.30-3.30pm
Thurs 30th	First Aid (venue tbc)