

DIARY OF TRAINING AND EVENTS

October

Thurs 6th	Citizens Advice Bureau appointments only 9.00am - 12.30pm
	Pensions Surgery 1pm - 4pm
	Olney Support group, Olney Centre 2 - 4pm
Fri 7th	Parent Carer coffee morning, Greenleys Family Centre 10.30am - 12.30pm
	Reflexology or Indian Head massage afternoon sessions by appointment
Mon 10th	Kings & Queens talk 1.30 - 3pm
Tues 11th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 12th	Singing 1pm - 2pm
Thurs 13th	Former Carers 1.30pm - 3.30pm
Fri 14th	Book Club 10.30 - 12.30
Mon 17th	Parent Carers Group 11am - 1pm
Tues 18th	Yoga at Heron's Lodge 11.30am - 1pm
	Stroke Group 6 - 8pm
	Shaping Health Event (all day) Middleton Hall
Thurs 20th	Relaxation therapies, morning sessions by appointment
	Crafty Carers 10am - 1pm
	Pensions Surgery 1pm - 4pm
Tues 25th	Ramble at Waterhall Park, Bletchley 10.30am - 12.30pm

October (continued)

Wed 26th	Bletchley support group, Parkside Surgery 1.30-3.30pm
Thurs 27th	Sensory Adaptations 10.30am - 12.30pm
	Friends and Family 6 - 7.30pm
Fri 28th	Coffee Morning 10.30am - 12.30pm
Mon 31st	Men's Group, First Base Sports Bar, Xscape from 7pm

November

Tues 1st	Yoga at Heron's Lodge 11.30am - 1pm
Wed 2nd	Oral Health 10.30am - 12.00pm
	Mental Health Evening Support Group 6 - 7.30pm
Thurs 3rd	Citizens Advice Bureau 9am - 12.30pm appointment only
	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
	Olney support group, Olney Centre 2 - 4pm
Fri 4th	ANNUAL GENERAL MEETING 11am - 1pm
Tues 8th	Writing Club 10.30am - 12.30pm
	Yoga at Heron's Lodge 11.30am - 1pm
Wed 9th	Training on Carers' Assessment 10.30am - 12.30pm
Thurs 10th	Former Carers, Wyevale Garden Centre 1.30pm - 3.30pm
Fri 11th	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm

DIARY OF TRAINING AND EVENTS

November *(continued)*

Tues 15th	Yoga at Heron's Lodge 11.30 - 1pm
	Stroke Support Group 6 - 8pm
Wed 16th	Singing 1pm - 2pm
Thurs 17th	Crafty Carers 10am -1pm
	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
Mon 21st	Parent Carers 11am -1pm
Tues 22nd	Yoga at Heron's Lodge 11.30am - 1pm
Wed 23rd	Moving Into Supported Living 10.30am - 12.30pm
Thurs 24th	Stress & Anger Management 10am - 2.30pm inc lunch
	Social Evening 7pm onwards
Fri 25th	Coffee Morning 10.30am - 12.30pm
Tues 29th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 30th	First Aid Training at 49A Wolverton Road, Stony Stratford 1am - 4pm
	Newport Pagnell support group, UR Church 1.30pm - 3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm

December

Thurs 1st	Citizens Advice Bureau 9am - 12.30pm appt only
	Relaxation therapies morning sessions by appt only
	Pensions Surgery 1 - 4pm
	CAB 9am -12.30pm appt only

December

	Olney support group, Olney Centre 2 - 4pm
Fri 2nd	CARERS' RIGHTS DAY 10am -1pm
	Singing 1.30 -2.30pm
	Reflexology or Indian Head Massage afternoon sessions by appointment only
Tues 6th	Yoga at Heron's Lodge 11.30 - 1pm
Wed 7th	Joy of Gardening, Frosts Garden Centre 10am -12pm
	Mental Health Evening Support Group 6 - 7.30pm
Thurs 8th	Former Carers Xmas Special 1.30pm - 3.30pm
Fri 9th	Parent Carer Coffee Morning, Greenleys Family Centre 10.30am - 12.30pm
Sat 10th	Christmas Party, Lovat Hall, Newport Pagnell 1 - 3pm
Mon 12th	Men's Group, First Base Sports Bar, Xscape from 7pm
Tues 13th	Yoga at Heron's Lodge 11.30 - 1pm
	Stroke Group 6 - 8pm
Thurs 15th	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
Fri 16th	Coffee Morning , Xmas Special 10.30am - 12.30pm
Tues 20th	Stroke Group 6 - 8pm
Wed 21st	Newport Pagnell support group, UR Church 1.30 - 3.30pm
	Bletchley Support group, Parkside Surgery 1.30 - 3.30pm

DIARY OF TRAINING AND EVENTS

January

Wed 4th	Mental Health evening support group 6 - 7.30pm
Thurs 5th	Citizens Advice Bureau 9.30am - 12.30pm appointment only
	Relaxation therapies morning sessions by appointment
	Pensions Surgery 1 - 4pm
	Olney support group, Olney Centre 2 - 4pm
Fri 6th	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm
	Reflexology or Indian Head massage afternoon sessions by appt
	Singing 1 -2pm
Tues 10th	Writing Group 10.30am - 12.30pm
	Yoga at Heron's Lodge 11.30am - 1pm
Thurs 12th	Former Carers, Dobbies Garden Centre 1.30 -3.30pm
Mon 16th	Parent Carer group 10.30am -1pm
Tues 17th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 18th	Nutrition Course 10.30am -12.30pm
Thurs 19th	Crafty Carers 10am -1pm
	Relaxation therapies, morning sessions by appointment
	Pensions Surgery 1 - 4pm

Mon 23rd	Life After Caring 10.30am - 12.30pm
Tues 24th	Yoga at Heron's Lodge 11.30am - 1pm
Wed 25th	Newport Pagnell support group, UR Church 1.30 - 3.30pm
	Bletchley support group, Parkside Surgery 1.30 - 3.30pm
Fri 27th	Coffee morning 10.30am -12.30pm
Tues 31st	Yoga at Heron's Lodge 11.30am - 1pm

Please note that all activities are at our offices in Central Milton Keynes unless otherwise stated. Training courses are highlighted in purple.

A copy of the latest newsletter is available on our website at www.carersmiltonkeynes.org