

Support Groups		
Bletchley Support Group, West Bletchley Parish Council Offices	Tuesdays 10.30 – 12.00	11 th April, 9 th May, 13 th June, 11 th July, 8 th August, 12 th September
Olney Support Group, Olney Centre	Thursdays 2.00 – 3.30	6 th April, 4 th May, 1 st June, 6 th July, 3 rd August, 7 th September
Great Linford Support Group, Great Linford Parish Council Offices	Wednesdays 2.00 – 3.30	12 th April, 10 th May, 14 th June, 12 th July, 9 th August, 13 th September
Hanslope Support Group, Hanslope Church	Wednesdays 10.30 – 12.30	26 th April, 31 st May, 28 th June, 26 th July, 30 th August, 27 th September
Newport Pagnell Support Group UR Church	Wednesdays 1.30 – 3.00	26 th April, 31 st May, 28 th June, 26 th July, 30 th August, 27 th September
Mental Health Evening Support Group	Wednesdays 6.00 – 7.30	5 th April, 3 rd May, 7 th June, 5 th July, 2 nd August, 6 th September
Autism Support Group (for carers of someone over the age of 18 with Autism)	Tuesdays 2.00 – 3.30	4 th April, 2 nd May, 6 th June, 4 th July, 1 st August, 5 th September
Friends and Family Mental Health Group (Personality Disorder)	Wednesdays 6.00 – 7.30	26 th April, 31 st May, 28 th June, 26 th July, 30 th August, 27 th September
Parent Carer Group	Mondays 10.30 – 12.00	15 th May, 19 th June, 17 th July, 21 st August, 18 th September
Former Carers	Thursdays 1.30 – 3.00	13 th April, 11 th May, 8 th June, 13 th July, 10 th August, 14 th September
Stroke Group	Thursdays 10.30 -12.00	27 th April, 25 th May, 29 th June, 27 th July, 31 st August, 28 th September
Parkinson's Support Group	Wednesdays 2.00- 3.30	5 th April, 3 rd May, 7 th June, 5 th July, 2 nd August, 6 th September
MS Support Group	Mondays 2.00– 3.30	8 th May, 19 th June, 31 st July, 11 th September
Alzheimers Support Group, Alzheimers Offices, Margaret Powell House	Wednesdays 10.30 - 12.30	12 th April, 10 th May, 7 th June, 5 th July, 2 nd August, 30 th August 27 th September
Relaxation		
Reflexology or Indian Head Massage	Monthly on Fridays	By appointment only
Social Groups		
Writing Group	Wednesdays 10.30 – 12.00	12 th April, 10 th May, 14 th June, 12 th July, 9 th August, 13 th September

Drumming Party – Moulsoe Millenium Hall, Cranfield Road, Moulsoe, MK16 0HB (For parent carers and their children only)	Tuesday 2.00 – 4.00	15 th August
Workshops and Information Sessions		
First Aid, The Quaker Centre Downhead Park	Mondays	6 th March – 10.00 – 12.30 8 th May – 1.30 – 4.00 3 rd July – 10.00 - 12.30 18 th September – 1.30 – 4.00
Manual Handling (back care), The Quaker Centre Downhead Park	Mondays	6 th March – 1.30 – 4.00 8 th May – 10.00 – 12.30 3 rd July – 1.30 – 4.00 18 th September – 10.00 – 12.30
Advance Care Planning	Monday 10:00-12:00	22 nd May
Q & A Workshop for Power of Attorney and Court of Protection by Tollers Solicitors.	Thursday 10.00-12.00	7 th September
Digestion and Gut Health workshop	Friday 10.00-12.00	19 th May
Managing Stress Workshop	Tuesday 10.00-12.00	21 st March 23 rd May 25 th July 26 th September
2 week Dementia Workshop	Thursday 10.30 – 12.30	13 th & 20 th April
Autism Awareness Workshop (Caring for someone over the age of 18)	Monday	8 th May - 5.00 - 7.15 18 th September - 10.00 - 12.15
Craft Activity Workshop	Tuesday 1.30-3.30	18 th April
Sleep Routines, Emotional Needs and Strategies Workshop (For parents who are caring for a child with autism)	Thursday 10.30- 12.00	1 st June

Please note: All activities are at Margaret Powell House unless otherwise stated

For carers attending the Carers MK offices in Margaret Powell House

Our offices are located on the third floor and, under normal circumstances, there is lift access. Please be aware that in the event of a fire evacuation it is not permitted to use the lifts and you will need to exit the building via the stairs. If you have any difficulties managing stairs then please contact us as soon as possible.

You will need to book a place on any of our workshops, events, activities or training sessions. If you have booked but unable to attend please call 01908 231703 or email mail@carersmiltonkeynes.org so that we are able to offer your place to another carer – thank you.

Don't forget to visit our website at www.carersmiltonkeynes.org or 'Like' our Facebook page to receive the latest information on forthcoming events, news and vacancies.

We regularly send out email reminders to carers about our training sessions, activities and events – using email means we can do this quickly and cheaply. If you would like to be kept up to date in this way please make sure we have your current email address – email us at mail@carersmiltonkeynes.org

CarersMK

DIARY OF WORKSHOPS, GROUPS
AND EVENTS

SPRING 2017

