

Diary of Training and Events

October	
Fri 1st	Parent Carer Coffee morning Greenleys Family Centre 10.30 - 12.30pm
	Singing at Simpson Music Centre 1-2pm
	Reflexology afternoon sessions by appointment
Tues 5th	Yoga, Heron's Lodge 11.30am-1pm
Wed 6th	Mental health evening support group 6-7.30pm
Thurs 7th	Relaxation therapies, morning sessions by appointment
	Pension & Benefits Advice 2-4pm
	Olney support group, the Olney Centre 2-4pm
Tues 12th	Yoga at Heron's Lodge 11.30-1pm
Wed 13th	Nature Ramble, Summer Leys Nature Reserve 10am-1pm (approx)
Thurs 14th	Health Awareness Day Heron's Lodge, Loughton 10.30am-1.30pm
	Former Carers 1.30pm-3.30pm
Fri 15th	Foot Clinic morning sessions by appointment
Mon 18th	Parent Carers' Carers group 11am-1pm
Tues 19th	Yoga at Heron's Lodge 11.30am-1pm
Wed 20th	Social evening 7pm onwards at the Barn Beefeater, Central MK
Thurs 21st	Crafty Carers 10am-1pm
	Relaxation therapies, morning and evening sessions available by appt only.
	Pension & Benefits Advice 2-4pm
Mon 25th	Parent Carer group 11am-1pm

October (continued)

Tues 26th	LINK event Middleton Hall
Wed 27th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Fri 29th	Coffee morning 10.30-12.30pm

November

Tues 2nd	Yoga at Heron's Lodge 11.30am-1pm
Wed 3rd	Carers and Employment Information Session 10.30am-12.30pm
Thurs 4th	Relaxation therapies, morning sessions by appointment
	Pension & Benefits Advice 2-4pm
	Olney support group, Olney Centre 2-4pm
Fri 5th	Information Day for Professionals at Carers MK
	Parent Carer coffee morning, Greenleys Centre 10.30am-12.30pm
Mon 8th	Understanding Stress & How to Manage It 10am-2.30pm (inc lunch)
	Singing at Simpson Music Centre 10.45-11.45am
Tues 9th	Writing Club 10.30-12.30pm
	Yoga at Heron's Lodge 11.30am-1pm
Thurs 11th	Former Carers at Dobbies Garden Centre 1.30-3.30pm
Fri 12th	Foot Clinic, morning sessions by appointment.
	Carers Milton Keynes' AGM 12-2pm
	Reflexology afternoon sessions by appointment.

November *(continued)*

Mon 15th	Parent Carer group 11am-1pm
Tues 16th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 18th	Crafty Carers 10am-1pm
	Pension & Benefits Advice 2-4pm
	Relaxation therapies morning and evening sessions by appointment only.
Mon 22nd	Men's Group: Ten Pin Bowling at City Limits from 7pm
Tues 23rd	Yoga at Heron's Lodge 11.30am-1pm
Wed 24th	Newport Pagnell support group, UR Church 1.30-3.30pm
	Bletchley support group, Parkside Surgery 1.30-3.30pm
Fri 26th	Coffee Morning 10.30am-12.30pm
Tues 30th	Yoga at Heron's Lodge 11.30-1pm

December

Wed 1st	Mental health evening support group 6-7.30pm
Thurs 2nd	Relaxation therapies, morning sessions by appointment
	Olney support group at the Olney centre 2-4pm
	Pension & Benefits Advice 2-4pm
Fri 3rd	Carers' Rights Day 10.30am-1pm
	Reflexology afternoon sessions by appointment only.
Tues 7th	Yoga at Heron's Lodge 11.30am-1pm
Wed 8th	Joy of Gardening, Frosts Garden Centre 10am-12pm.
Thurs 9th	Former Carers 1.30-3.30pm

Fri 10th	Foot Clinic, morning sessions by appointment only
	Parent Carer coffee morning, Greenleys Family Centre 10.30am-12.30pm
Tues 14th	Yoga at Heron's Lodge 11.30am-1pm
Thurs 16th	Crafty Carers 10am-1pm
	Relaxation therapies morning and evening sessions by appointment only
	Pension & Benefits Advice 2-4pm
Fri 17th	Christmas Party, Lovat Hall, Newport Pagnall 12-2pm
	NO COFFEE MORNING AT CMK
Mon 20th	Parent Carers group, Camphill tea rooms 11am-1pm
Wed 22nd	Newport Pagnell support group 1.30-3.30pm

January 2011

Thurs 6th	Relaxation therapies, morning sessions by appointment
	Olney support group at the Olney centre 2-4pm
Fri 7th	Parent Carer coffee morning, Greenleys family centre 10.30am-12.30pm
	Reflexology afternoon sessions by appt only
Tues 11th	Writing Club 10.30-12.30pm
	Yoga at Heron's Lodge 11.30-1pm
Thurs 13th	Continence Course 10.30-12.30pm
	Former Carers at Frosts Garden Centre 1.30-3.30pm
	Pension & Benefits Advice 2-4pm
Fri 14th	Foot Clinic morning sessions by appointment only.
Mon 17th	Parent Carers group 11am-1pm
Tues 18th	Yoga, Heron's Lodge 11.30am-1pm
Thurs 20th	Crafty Carers 10am-1pm
	Relaxation therapies morning sessions by appointment only
	Evening relaxation therapies by appointment
Mon 24th	Love or Duty? Caring for a parent 10.30am-12.30pm
Tues 25th	Yoga, Heron's Lodge 11.30am-1pm
Wed 26th	Newport Pagnell support group 1.30-3.30pm
	Bletchley support group 1.30-3.30pm
Thurs 27th	Pension & Benefits Advice 2-4pm
Fri 28th	Coffee morning 10.30am-12.30pm