



# Training, Breaks and Events

Here at Derbyshire Carers we put on Free training, breaks and events for Carers, we also work with Walking for Health to put on walks for Carers.

## October 2018

### **Tuesday 16th October – 2pm – Dementia Friendly Walk**

Hassop Station (pay and display) - a short walk along the Monsal Trail with the Peak National Park Rangers. These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support. For more information please contact Helen Milton at Walking for Health on: 01629 761 194 or email [helen.miltonderbyshiredales.gov.uk](mailto:helen.miltonderbyshiredales.gov.uk)

### **Wednesday 24 October 11.00am – 1.00pm Roll and Stroll Accessible walk**

Cromford Canal – walking along the canal tow path to High Peak Junction  
Roll and Stroll walks are fully accessible, wheelchair friendly and led by qualified walk leaders with cafe and refreshments, picnic areas and accessible toilets always available. If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support.

Meet at Cromford Wharf, Mill Road Cromford DE4 3RP (Pay and display car park)

For more information and to book your place contact Tom Whittaker on 07736 822305; [Tom.Whittaker@emhcareandsupport.org.uk](mailto:Tom.Whittaker@emhcareandsupport.org.uk)

### **Wednesday 24th October 11am – 4pm Relaxation and Therapy Day Derby**

@Derby Carers Centre, St Peter's Street, Derby

2 treatments per Carer and light refreshments

Booking Essential, to book your place phone 01332 200 002

### **Tuesday 30th October – 1pm—3pm Free Manual Handling Training Event for Carers Belper**

@Whitemoor Medical Centre, Whitemoor Lane, Belper DE56 0JB

To book your place phone 01773 833833

## November 2018

### **Tuesday 13th November – 2pm – Dementia Friendly Walk**

Whitworth Centre free car park in Darley Dale off A6 - a walk around Whitworth Park and linked cycle tracks. These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support. For more information please contact Helen Milton at Walking for Health on: 01629 761 194 or email [helen.miltonderbyshiredales.gov.uk](mailto:helen.miltonderbyshiredales.gov.uk)

### **Tuesday 20th November – 10.30am—12 noon Free Manual Handling Training Event for Carers Chaddesden**

Chaddesden Fire Station, Chaddesden , Derby  
To book your place phone 01332 200002

### **Tuesday 20th November – 2pm – Dementia Friendly Walk**

Hassop Station (pay and display) - a short walk along the Monsal Trail with the Peak National Park Rangers. These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support. For more information please contact Helen Milton at Walking for Health on: 01629 761 194 or email [helen.miltonderbyshiredales.gov.uk](mailto:helen.miltonderbyshiredales.gov.uk)

### **Monday 26th November – 10am—12noon Free First Aid Training for Carers Chesterfield**

@Room 1, Market Hall, Chesterfield, S40 1AR  
To book your place phone 01773 833833

### **Friday 30th November – 9.30am to 12.30pm Christmas Crafts and Candle Making Darley Dale**

@Whitworth Centre, Darley Dale, Matlock DE4 2EQ  
To register your interest phone 01773 833833

## December 2018

### **Thursday 6th December – 2.30pm Free Pantomime tickets for Carers to Pomegranate Theatre Chesterfield**

Cinderella

@Pomegranate Theatre, Corporation Street, Chesterfield, S41 7TX

**2 Tickets per Carer maximum. If second ticket is non Carer a donation of £5 is requested.**

Booking Essential, to reserve your place phone us on 01773 833 833

### **Thursday 6th December – 1pm to 4pm Christmas Crafts and Candle Making Belper**

@Belper Baptist Church, Bridge street, Belper, DE561AZ

To register your interest phone 01773 833833

### **Monday 10th December – 1pm – 2.30pm Carers Celebration 2018 at Derby Cathedral**

@Derby Cathedral, 18-19 Iron Gate, Derby, DE1 3GP

To be seated for 11:45am, service to start at 12 noon

To book your place phone 01332 200002

### **Tuesday 11th December – 2pm – Dementia Friendly Walk**

Whitworth Centre free car park in Darley Dale off A6 - a walk around Whitworth Park and linked cycle tracks. These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support. For more information please contact Helen Milton at Walking for Health on: 01629 761 194 or email [helen.miltonderbyshiredales.gov.uk](mailto:helen.miltonderbyshiredales.gov.uk)

### **Thursday 13th December – 12 noon – 1.30pm Carers Celebration and AGM 2018 at the Crooked Spire**

@The Crooked Spire, (Saint Mary & All Saints Church), Church Way, Chesterfield, Derbyshire S40 1XJ

To be seated for 11:45am, service to start at 12 noon, with a short AGM

To book your place phone 01773 833833

## December 2018 (Cont)

### **Tuesday 18th December 1.30pm Free Pantomime tickets for Carers to Derby Arena**

Jack and the Beanstalk

@Derby Arena, Royal Way, Pride Park, Derby, DE24 8JB

**2 Tickets per Carer maximum. If second ticket is non Carer a donation of £5 is requested.**

Booking Essential, to book your place phone 01332 200 002

### **Tuesday 18th December – 2pm – Dementia Friendly Walk**

Hassop Station (pay and display) - a short walk along the Monsal Trail with the Peak National Park Rangers. These walks will enable those living with dementia and carers supporting loved ones to enjoy gentle exercise, good company and the great outdoors. We guarantee a warm welcome and a programme of wheelchair friendly walks designed specifically for you at your pace (30 – 60 mins) If you need someone to support you, please don't come on your own as unfortunately we can't offer any additional support. For more information please contact Helen Milton at Walking for Health on: 01629 761 194 or email [helen.miltonderbyshiredales.gov.uk](mailto:helen.miltonderbyshiredales.gov.uk)

### **Thursday 20th December – 2.30pm Free Pantomime tickets for Carers to Buxton Opera House**

Dick Whittington

@Buxton Opera House, Water Street, Buxton, SK17 6XN

**2 Tickets per Carer maximum. If second ticket is non Carer a donation of £5 is requested.**

Booking Essential, to reserve your place phone us on 01773 833 833