

Whats On

October 2026

Activities and events taking place
for Carers in Derby



**derby
carers**

Information, Advice and
Support Service

01/10	Monthly Gym Pass at Springwood Leisure Centre (Carer & 1 Guest)	11am – 12pm
06/10 & 13/10	Spin Cycle Class at Springwood Leisure Centre (Virtual Studio)	11am – 12pm (6/10) 7pm – 8pm (13/10)
06/10	Men's Carers Group – Learn to play Boccia (Carers Only)	3pm – 5pm
08/10 & 24/10	Calke Abbey Community Pass (Carer & 1 Guest)	All day entry
08/10	Craft Cafe at Dubrek Studios (Carers Only)	10.30am – 12.30pm
13/10	Shared Reads at Ascot Drive Fire Station (Carers Only)	2pm – 3pm
04/10 & 21/10	Community Pass at Kedleston Hall (Carer & 1 Guest)	All day entry
22/10	Needle & Natter at Dubrek Studios (Carers only)	10.30am – 12.30pm
27/10	The Brunswick Bunch – Peer led (Open to Male Carers)	6pm – 8pm
30/10	Dementia Carers Cafe at Derby Theatre (Open to Carers with Cared For)	2pm – 4pm

Please scan the QR for further details
Contact us to book a place: 01332 315777
derbycarersevents@derbyshirecarers.co.uk



Whats On

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Online groups taking place for
Carers in Derby



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These are the details of our online groups taking place this month
All hosted on Microsoft Teams

07/10

Moments of Reflection

Online Support Group for Unpaid Carers

1 - 2pm

07/10

Mens Carers Group

Online Support Group for Male Unpaid Carers

11am - 12pm

Every Monday

Heart Centred Meditation

Online Support Group for Unpaid Carers

10 - 10.20am

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Whats On

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Special Events



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These are the details of some special one off events taking place this month

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|-------|--|--------------|
| 20/10 | Melodic Moments with Derby Sinfonia at the Italian Silk Mill
(Open to Carers with Cared For) | 2pm - 3pm |
| 10/10 | Carers Wellbeing Event for World Mental Health Day
Taking place at Stay Well Health, Chellaston
(Carers Only) | 1pm - 4.30pm |

Tai Chi, Sound Bath and individual Hand Massages – please contact for preferred session.

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