



UMBRELLA PARENT/CARERS SUPPORT GROUPS
SPRING/SUMMER PROGRAMME 2017

DERBY CITY (morning group) meet first Wednesday in the month at Trinity Baptist Church, Green Lane, Derby DE1 1RZ. Time: 10am to 12 noon

- May 3 Relaxation tips & mindfulness with Abbi
June 7 Sensory Elite HealthCare Ltd is a new small company offering a range of rehabilitation programmes
July 5 Shopping trip to Birmingham

DERBY CITY (afternoon group) meet first Wednesday in the month at "Haven House Carers Retreat", 31 Charnwood Street, Derby DE1 2GU. Time 1pm to 3pm

- May 3 Chair Yoga & relaxation with Kirsty
June 7 Sensory Elite HealthCare Ltd is a new small company offering a range of rehabilitation programmes
July 5 Shopping trip to Birmingham

SOUTH DERBYSHIRE group meet second Wednesday of the month at Hilton Village Hall, Peacroft Lane, Hilton DE65 5GH. Time 11.00am - 1.00pm

- May 10 Derbyshire Information Advice Support Service
June 14 Relaxation tips & mindfulness with Abbi
July 12

AMBER VALLEY group - meet second Thursday in the month at Strutts Building, Derby Road, Belper DE56 1UU. Time 10am to 12noon

- May 11 Chair yoga and relaxation with Bek (bring a cushion/blanket)
June 8 Derbyshire Information Advice Support Service (Angela Leedham)
July 13 Contact a family

EREWASH group meet last Wednesday of the month at The Adult Education Centre, 173 Derby Road, Long Eaton NG10 4LL -
Time: 10am to 12 noon

- April 26 Relaxation tips/mindfulness with Abbi
June 28 Umbrella Independent Support (Liz)
July 19

UMBRELLA SUPPORT GROUPS MEET TERM TIME ONLY We offer a warm friendly welcome at our support groups, a time to be yourself in a safe and confidential environment. Telephone 01332 785658 for more information. Alisha